

# Developmental Transactional Analysis

## A Summary of Awards and Qualifications

This leaflet provides a summary of the range of awards and qualifications that can be obtained by people who are using developmental transactional analysis (DTA) in their lives and in their work and would like to check that they are doing so competently and ethically. The Trainer and Supervisor qualifications described may also be undertaken by those with a different focus (e.g. NLP).

DTA is TA when it is being used for non-psychotherapeutic purposes. Of course, any application of TA will have a therapeutic impact because our brains and bodies are inextricably linked, but DTA refers to those times when our focus is on increasing healthy psychological functioning rather than curing pathology.

### **TAPAs – TA Proficiency Awards**

These may be obtained by children and young people (TAPACY), by teachers and educators (TAPATE), or by caregivers and parents (TAPACM). Candidates are expected to produce a folder, or portfolio, that contains examples of how they applied DTA in their life. This might include, for instance, an analysis using TA ideas of their relationships in the classroom or family. They need to do this for six different TA concepts (e.g. ego states, strokes, psychological games). It is then assessed by an experienced TA practitioner and the candidate receives a certificate and badge, usually at a celebratory Award Ceremony. The TAPAs are run by the IDTA – the UK-based Institute of Developmental TA; recent/ongoing schemes already operate in Armenia, Croatia, Germany, Italy, South Africa and the UK.

### **DTAVA – DTA Vocational Awards**

These are similar to EURO TAPAs except that they are for people who want to apply the DTA as part of the way they do their jobs, especially in terms of their relationships with colleagues, customers, members of the public, etc and where these relationships are important elements in how they do their work – so DTAVA is suitable for managers, customer care agents, police officers, nursing staff, and similar roles where the main purpose of the job is not directly aimed at developing other people but where people skills are critical. Candidates are expected to produce portfolios that show how they have applied DTA within their normal work. There is also an Advanced DTAVA for those who apply a wider range of DTA concepts and maintain a learning journal as they do so. DTAVAs are awarded by the ICDTA – the International Centre for DTA, which is an independent body of internationally-accredited TA trainers.

### **DTAWA – Work-Based Awards**

These are designed for experienced managers, consultants, coaches etc who wish to apply DTA within their professional activities. DTAWAs equate to 40-45 university credits and are recognised by the Institute of Leadership and Management (ILM), by Chartered Management Institute (CMI – approval pending), and by Middlesex University. Candidates attend 12 days of training workshops supplemented with self study, receive coaching tutorials (DTA supervision), and produce evidence of their application of DTA to their personal and professional development.

### **DTAPA - Practitioner Awards**

These are designed for those already qualified as ‘helping professionals’ in something other than TA, who want to check out how well they are incorporating DTA into their professional practice. They might be coaches, consultants, educators, mediators, HR professionals – any role where the primary focus is on helping other people, or families, teams or organisations, to develop themselves. Candidates must already hold a competence-based qualification that has involved training, supervision and practice, and are expected to have engaged in more training and supervision with internationally-accredited DTA professionals. They are required to produce evidence of DTA application and a critical reflection on how DTA fits with their own approach. DTAPAs are awarded by the ICDTA – the International Centre for DTA, which is an independent body of internationally-accredited TA trainers.

### **DTAPQ – DTA Professional Qualifications**

These are a Certificate and Diploma in DTA, in which a specialisation is also an optional extra. They represent approximately 25% each of the requirements set for the international TA qualifications. They can also form the basis for the MSc Professional Development (DTA) that is described elsewhere in this leaflet. They are intended for those already in practice or about to start as helping professionals, who wish to make DTA a major element of their professional approach. Candidates are expected to attend training and supervision with internationally-accredited DTA trainer/supervisors and to produce evidence of their competent application of DTA. Candidates will be applying DTA in their work for at least 100 hours and will attend for 20 days training/supervision across a year for each level, although they can spread training and application over a longer period. The Certificate and Diploma are awarded by the ICDTA – the International Centre for DTA that comprises internationally-accredited DTA professionals.

### **MSc Professional Development (Developmental Transactional Analysis #)**

*# a specialism may be added if appropriate e.g. Coaching, Counselling, OD)*

Awarded by Middlesex University in association with PDF, Psychological Intelligence Ltd and the ICDTA, this qualification requires that helping professionals demonstrate their competent application of DTA, accompanied by a series of critical reflective essays. The DTA competence is developed over three years of DTA training workshops, supervision and application and is assessed via the ICDTA - the International Centre for DTA that comprises internationally-accredited DTA professionals. The critical reflective essays are then assessed in line with Middlesex University requirements. Both elements must be passed. Candidates are expected to attend 20 days training/supervision across each year and to be applying DTA in their professional work. They are also expected to engage in some work-based research activity. Those who wish can opt for Postgraduate Certificate or Diploma instead of MSc.

### **Diploma in Developmental Super-Vision (and in Developmental Training)**

The Trainer qualification is under development. The Supervisor qualification is for those who have already qualified as practitioners in TA or in other approaches, and wish to supervise others within the same professional category. Requirements are 60 hours attendance at workshops/seminars led by ICDSV – International Centre for Developmental Super-Vision - trainer/supervisors (online option available), 100 units of providing supervision to at least 5 supervisees, 20 units of supervised supervision. Candidates also make 3 theoretical presentations and 3 case presentations. This programme is currently under consideration for an EMCC Quality Award. Trainer and Supervisor options are currently being developed as postgraduate certificate, diploma and MSc accredited by Middlesex University.

### **CTA – Certified Transactional Analyst, CTA Trainer, TSTA**

These are the international qualifications, run by the training bodies of the European and International TA Associations in ways that ensure the standards are consistent internationally. Candidates opt for one of four fields of application: psychotherapy, educational, organisational, and counselling (which also equates to coaching). For CTA, students must attend at least 300 hours of TA training and 75 hours of supervision, complete at least 500 hours of TA application, plus other professional development and practice activities that bring the total hours to at least 2000. They produce a 24000 word written examination and attend a 4-person panel examination. On the basis of 16-20 days attendance at workshops each year, most students take 4-5 years to reach CTA status. Hours achieved for the DTAPQ and the MSc can also be credited against the CTA requirements. CTA Trainer and TSTA are further qualifications after achieving CTA and are anticipated to take another 5-7 years.

© 2012 Julie Hay [dta@adinternational.com](mailto:dta@adinternational.com)

*Caveat: This information in this document is for guidance only and should not be relied upon when decisions are made – the original documents should be consulted before any contracts are signed. Note also that requirements are subject to change.*

Psychological Intelligence Foundation CIC, Wildhill, Broadoak End, Hertford SG14 2JA +44 (0) 1992 550246