



## Training Information Sheet

### The Institute of Transactional Analysis (ITA)

#### History

The ITA was founded in 1976 by a group of medical doctors who had become interested in the use of TA in psychiatric and medical practice. The original institute was a voluntary body registered as a charity with the objectives of educating the public in the good practice of TA. The ITA was a founding member of EATA; the European Association of Transactional Analysis was formed as an umbrella organisation for TA in Europe in association with the ITAA, the international body set up in the USA.

In addition to developing, publishing and applying codes of ethics and professional practice, the ITA ran annual conferences at which members could meet, share ideas and present and attend workshops. The ITA was an original member of the Rugby Standing Conference which led to the formation of the UKCP.

The ITA has always played a prominent part in the running of EATA by its representatives becoming Council members and by playing leading roles on various committees. ITA members have also made a large contribution to the development of TA theory and practice by the writing of papers for the Transactional Analysis Journal, the professional TA journal published by the ITAA and the presentation of professional workshops at UK, European and World conferences. Members of the ITA have also held many positions of responsibility within UKCP and continue to do so.

In 1995 the ITA reorganised and became a company limited by guarantee and the new company was registered as a charity.

#### ITA Membership

The ITA has 1,150 members divided into various categories of membership; these are:

- Regular Members
- Student Members
- Contractual Training Members
- Certified Transactional Analysts (CTA)
- Provisional Teaching and/or Supervising Transactional Analysts (PTSTA)
- Teaching and/or Supervising Transactional Analysts (TSTA)

In addition to these individual categories there is an organisational membership category of

- Registered Training Establishments (RTE)

Regular membership is an interest category open to anyone who has completed a TA101 introductory course. It is also the membership category for foundation year trainees. Advanced trainees become Student Members until having started practice they take out an EATA training contract with a principal supervisor and become Contractual Trainee Members at which time they can be listed by the ITA as practising in training. On passing the CTA examination they are eligible for membership as CTAs. After a year, CTAs who want to be authorised as trainers can prepare for and participate in a Training Endorsement

Workshop (TEW) and on satisfactory completion of this become provisional trainers in contract with a TSTA. To become a TSTA a rigorous set of examinations has to be passed.

### **Management of the ITA**

The ITA is managed by a board of directors who also have the responsibility of trustees for the charity. The board normally known as the Council has thirteen members; four principal officers: the Chair, Vice-chair, Secretary and Treasurer and nine ordinary members. All council members serve for one year and may stand for re-election with the limitation that a member of council can only serve for four years in any six.

The ITA employs a full time administrator who is responsible to council for the general administration and accounting of the institute. Council is also assisted by a company secretary who fulfils the statutory company role and advises council on constitutional and organisational issues.

The running of the ITA is conducted through a number of committees appointed by council with various remits. There are three regulatory committees: the Ethics Committee, the Professional Practices Committee and the Training Standards Committee (TSC), the first two of these committees are responsible for hearing and resolving complaints, advising members on practice and ethical issues and advising council of any needed changes in the codes or procedures. TSC has the responsibility for the standard of training delivered by the RTEs; the primary duty to ensure that training complies with the requirements of UKCP and EATA.

Other committees include publications, development and conferences. The ITA publishes a newsletter six times a year and a journal twice a year. The ITA organises an annual conference and sponsors a number of regional conferences organised locally by groups of members.

### **ITA the Future**

The future of psychotherapy registration is uncertain until the government makes regulation a statutory requirement. It is current ITA policy that registration should be supported and that the ITA will continue to represent the interests of TA and those who practice this modality as counsellors or psychotherapists. The ITA is currently looking at ways of reorganising to provide a better service and representation.

### **CPTI and the ITA**

CPTI are a Registered Training Establishment of the ITA and are active in support of the institute. Members of CPTI have served as Chair, Vice-chair and Treasurer and as chairs or members of TSC and the Ethics, Conferences and Development Committees, as ordinary members of council and as editor of the ITA News. CPTI will continue to encourage its members, both trainers and trainees to take an active role in the ITA.

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