



JSS College of Arts, Commerce and Science
(Autonomous)
Ooty Road, Mysuru
PG Department of Social Work

Optional Value - added Courses of 35 hours, outside the curriculum of the academic programmes _offered

Year 2018-19	
Sl. No	Name of the course
2	Applied Transactional Analysis

Syllabus :

APPLIED TRANSACTIONAL ANALYSIS (TA) - (36 Hours)

Course Outcomes

- *Gain a deep Insight into their own personality & the personality of others*
- *Recognize personal obstacles & how they impede their own personal success. More importantly, how to transcend these obstacles?*
- *Discover how early life decisions obstruct & sabotage your success potential. More importantly, how can you change the course of your life?*
- *Discover the finer nuances of interpersonal relationship politics in the office, home & social circle. How can one engage in pattern recognition to affect both teamwork & personal effectiveness?*
- *The Art of Constructive Feedback & Engineering Interactions to reach a win-win outcome, to enhance relationships and solve relationship problems*

Syllabus:

1. *An Overview of Transactional Analysis (1 Hour)*
2. *Life Positions – Effective vs. Ineffective Self-management styles (3 Hours)*
3. *Ego States Analysis and Structural Pathologies (3 Hours)*
4. *Transactional Analysis Proper – Effective vs. Ineffective Transactions (3 Hours)*
5. *Discounting Theory – Effective vs. Ineffective Problem Solving (3 Hours)*
6. *Strokes Theory – Motivating Self & Others (3 Hours)*
7. *Games Analysis – Games People Play (Self-Defeating Behaviours) (4 Hours)*
8. *Drama Triangle – Analysing ‘Phoney Roles’ (4 Hours)*
9. *Hungers and Time Structuring (3 Hours)*
10. *Script Analysis – Being aware of past and impact on today (1 Hour)*
11. *Learning Strategies to deal with Drivers & Injunctions to enhance Emotional Wellbeing (3 Hours)*
12. *A step by step Therapy technique of Applied Transactional Analysis (ATAT) (5 Hours)*

Methodology

- Theory Lectures
- Audio-Visual Learning
- Group Discussions
- Concept Skits
- Live Improvisation
- Self-awareness Essay

ASSESSMENT CRITERIA

Marks	Grade	Remarks
90 and Above	A+	Outstanding
80-89	A	Excellent
70-79	B	Very good
60-69	C	Good 50-59
50-59	D	Satisfactory
40-49	E	Pass/Adequate
Below 40	F	Failure