



Course Guide - Spring & Summer - 2026

Continuing Education Training Programs, Workshops, and Supervision for Mental Health Professionals and the General Public

Director - Vann Joines, Ph.D.
Faculty - Jessica D'Andrea, Psy.D.



HISTORY

The Southeast Institute for Group and Family Therapy was founded in 1969 as a non-profit educational institute called the Fellowship for Racial and Economic Equality (FREE). Its goal was to promote racial and economic justice in the United States, with a primary focus on working with groups of Blacks and Whites in the Southeast and training faculty and counselors in Historically Black Colleges and Universities throughout the South. By 1971, the Fellowship offered training in Transactional Analysis and creative group problem-solving for improving psychotherapy skills and confronting social problems.

In 1973, the Fellowship moved to Chapel Hill, NC, and changed its name to Southeast Institute for Group and Family Therapy to reflect an expanded focus. Shortly after this move, Southeast Institute launched an experimental Master of Arts program in psychotherapy and social change. Twenty-two students graduated in 1975. Due to a shortage of grant money to continue a graduate program, Southeast Institute began focusing primarily on continuing education training and supervision for mental health professionals.

The Southeast Institute held an annual Spring Conference from 1974 to the mid-1980s, with attendance ranging from 300 to 1,100 people each year. In 1977, the annual Eric Berne Lectures on Social Psychotherapy were inaugurated with a lecture by Gregory Bateson, Ph.D. Over the years, Southeast Institute has earned international respect and recognition for its excellence of training and its continued commitment to developing effective models for individual and social change. We recently celebrated our 50th Anniversary with a conference in Raleigh, NC July 31-Aug. 3, 2019, with participants from over 20 countries, entitled "Promoting Equality and OKness: Healing the Divisions in Our World."

MISSION STATEMENT

The Southeast Institute for Group and Family Therapy is committed to making the world a better place for all by connecting people to their worth, value, and dignity and the worth, value, and dignity of others. We offer our clients excellence in clinical therapy and psychotherapy training.

WHY THIS TRAINING IS IMPORTANT

This training is designed for mental health professionals--psychologists, professional counselors, marriage and family therapists, social workers, and others--who are working with children, adults, couples, groups, and families. This training allows mental health professionals to stay abreast of the latest developments in the practice of psychotherapy while maintaining a concern for the common good. The training also fulfills participants' continuing education requirements for licensure.

ON-GOING TRAINING PROGRAMS

POSTGRADUATE TRAINING PROGRAM

In person & Online

PGTP-2026

A one-year training program is offered to professionals who have an advanced degree in a discipline involving the study and practice of psychotherapy. The purpose of this program is to grow personally and professionally; to learn our theories and techniques; and to earn hours toward certification in the International Transactional Analysis Association, the USATA Association, the American Association for Marriage and Family Therapy, membership in the American Group Psychotherapy Association, and certification as a Redecision Therapist.

The courses of study for the year include individual, group, couple, and family therapy. Students will participate in a weekly personal growth group, a weekly tutorial, a monthly training program with other professionals, and periodic workshops to learn redecision therapy and effective psychotherapy.

All regular workshops and courses offered by the Southeast Institute will be open to postgraduate students. The overall goal of the program is to challenge students to grow and develop resources to become competent therapists and powerful members of their institutions and society.

LEARNING OBJECTIVES

- State their professional development goals for the next three years
- Develop a clear theoretical framework for the therapy they provide
- Integrate many different therapeutic approaches into a coherent system
- Show mastery of Re-decision therapy and related approaches
- Conduct individual, group, couple, and family therapy
- Explain the theoretical basis for the therapy they are conducting
- Demonstrate competency in their work
- Grow their practices

ENROLLMENT

- Program consists of participation in all the programs offered by the Southeast Institute for one year.
- One hour of individual supervision per week.
- Participation in a weekly and a monthly therapy group.

DATES February, June or September

TIMES Fridays 9:00 am – 5:00 pm
Saturdays 9:00 am – 4:30 pm

FACULTY Vann Joines, Ph.D.,

TUITION \$12,500 (\$2,500 deposit;
balance payable \$1000/ month for 10 months)

LEVEL Advanced

CE Hours 60 Per Semester

12-Week TA 101 Training

Online

PGTP-2026

DATES February 12, 2026 – May 7, 2026

TIMES Weekly, Thursdays 12:00 pm - 1:00 pm

FACULTY Jessica D'Andrea, Psy.D., Certified Transactional Analyst and TA 101 Instructor

TUITION \$450 for 12 sessions (\$100 deposit; balance payable \$40/ week for 11 weeks)

LEVEL All - 15 participants (minimum of 4 required)

CE Hours 1 per week (total 12 weeks)

ADVANCED TRAINING AND SUPERVISION

In person & Online

CHTPAD 2026

This program is designed for mental health professionals who have completed two years in the Certification Training Program in Transactional Analysis and Re-decision/Relational Therapy and need additional supervision for certification and for individuals who want supervision as a marriage and family therapist, a professional counselor, or other on-going supervision requirements. Participants will present tapes and cases of their work for supervision and study advanced theory in addition to working with one another under the supervision of the Faculty.

LEARNING OBJECTIVES

- Develop and maintain an effective therapeutic alliance
- Explain the effect of guilt and shame on clients Point out “rackets”
- Demonstrate how to work with physiological disorders
- Diagram a bipolar structure
- Describe how to work with anxiety, OCD, and panic disorders
- Explain how clients depress themselves
- Describe how to work with addictions

ENROLLMENT

- The program meets one day a month for 10 months, with enrollment by semester.

TIMES Fridays 9:00 am – 5:00 pm

FACULTY Vann Joines, Ph.D.,
Jessica D'Andrea, Psy.D.,

TUITION \$1225 per semester (\$425 deposit;
balance payable \$200 per month for 4 months)

LEVEL Beginner, Intermediate, & Advanced

CE Hours 30 Per Semester

| Dates: | Topics: |
|-------------|--|
| February 26 | Working with Guilt and Shame |
| March 26 | Working with Physiological Disorders |
| April 24 | Working with Bipolar Disorders |
| May 29 | Treating Anxiety, OCD, and Panic Attacks |
| June 25 | Working with Depressed Clients |

ON-GOING TRAINING PROGRAMS

Certification Program in Personality-Focused Treatment - PFT®

The Southeast Institute is pleased to offer two certification tracks in Personality-Focused Treatment - PFT® for professionals seeking to practice, teach, and train others in the use of Personality Adaptations and the Joines Personality Adaptations Questionnaire - JPAQ.

* Supervision is provided by Vann Joines, Ph.D., Co-Author of Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling, Author of the Joines Personality Adaptation Questionnaire, and Insight Out: The 6 Personality Types That Hold the Key to Success in Your Life and Relationships, and Developer of PFT®

PFT® CERTIFICATION TRACK OVERVIEW

| | Certified PFT® Practitioner | Certified PFT® Instructor |
|---------------------|--|---|
| Certification Level | Foundational – for those who want to practice PFT® | For those who want to teach and train others in PFT® |
| Workshops | Two 2-day workshops (Basic & Advanced) on Personality Adaptations and the JPAQ | <i>Not included</i> (requires completion of Practitioner level) |
| Supervision Format | Seven, 1-hour, online supervision sessions following each workshop | Seven sessions (2 hours) of online supervision |
| Supervision Content | Present two client cases using a PFT® approach during each supervision series | Teach the Personality Adaptations material under supervision |
| Limited | 6 | |
| Faculty | Vann Joines, Ph.D. | |
| Outcome | Certification as a PFT® Practitioner | Certification as a PFT® Instructor |

Supervision Seminars for PFT® Practitioner Certified PFT® Practitioner

Online
PRAC-PFT-SPRING-2026

Certified PFT® Practitioner - This program consists of two 2-day workshops (a Basic and an Advanced - see full descriptions below) on Personality Adaptations and the Joines Personality Adaptation Questionnaire. Each workshop will be followed by seven, one-hour, online supervision sessions in which participants will present 2 cases of clients they are working with using a Personality Focused Treatment - PFT® approach under the direct supervision of Vann Joines, Ph.D., Co-Author of *Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling*, and Author of the *Joines Personality Adaptation Questionnaire*, and of *Insight Out: The 6 Personality Types That Hold the Key to Success in Your Life and Relationships*, Developer of Personality Focused Treatment (PFT)®.

CERTIFICATION LEVEL

- Foundational – for those who want to practice PFT®
- Present two client cases using a PFT® approach

DATES Mondays
TIMES 1:00 pm - 2:00 pm
FACULTY Vann Joines, Ph.D., Originator of Trauma Resolution Energy Therapy (TRET)®
TUITION \$525 for 7 sessions (\$150 deposit, balance payable \$75/week for 6 weeks)
LIMIT LEVEL 6 participants
CE HOURS All
 7

Supervision Seminars for PFT® Instructor Certified PFT® Instructor

Online
INST-PFT-SPRING-2026

Certified PFT® Instructor - This program will consist of seven, two-hour online supervision sessions in which the participants will teach the information on Personality Adaptations under the Supervision of Dr. Joines.

CERTIFICATION LEVEL

- For those who want to teach and train others in PFT®
- Teach PFT® material under supervision

DATES Mondays
TIMES 1:00 pm - 3:00 pm
FACULTY Vann Joines, Ph.D., Developer of PFT®
TUITION \$1050 for 7 two-hour sessions (\$300 deposit; balance payable \$150/ week for 5 weeks)
LIMIT LEVEL 6 participants
CE HOURS Advanced
 14

ON-GOING TRAINING PROGRAMS

Certification Program in Trauma Resolution Energy Therapy - TRET®

The Southeast Institute is pleased to offer two certification training programs in Trauma Resolution Energy Therapy - TRET® for professionals who want to practice, teach, and train others in the treatment of trauma. This program will consist of two levels of certification:

1. Certified TRET Practitioner (for those who want to practice TRET)
2. Certified TRET Instructor (for those who want to teach and train others in TRET).

TRET® CERTIFICATION TRACK OVERVIEW

| | Certified TRET Practitioner | Certified TRET Instructor |
|---------------------|--|---|
| Certification Level | Foundational – for those who want to practice TRET® | For those who want to teach and train others in TRET® |
| Workshops | Two 2-day workshops (Basic & Advanced) | <i>Not included</i> (requires completion of Practitioner level) |
| Supervision Format | Seven 1-hour, online supervision sessions following each workshop | Seven sessions (2 hours) of online supervision |
| Supervision Content | Present two client cases using a TRET® approach during each supervision series | Teach the TRET material under supervision |
| Faculty | Vann Joines, Ph.D. | |
| Outcome | Certification as a TRET® Practitioner | Certification as a TRET® Instructor |

Certified TRET® Practitioner

Online

CERT-TRET-SPRING-2026

This program will consist of two, 3-day Workshops (a Basic and an Advanced - see full descriptions below) focused on the application of the TRET® approach in working with Trauma clients. Each workshop will be followed by seven one-hour online supervision sessions in which participants will present 2 cases of clients they are working with using a TRET® approach. This supervision will be provided by Vann Joines, Ph.D., developer of TRET®.

LEARNING OBJECTIVES

- Get a trauma history Lists the parts of the body's subtle energy system
- Conduct a case analysis
- Identify the traumas needing treatment
- Describe what a negative core belief is
- Explain muscle testing
- Explain how trauma is held energetically in the body and how it can be cleared
- Demonstrate clearing trauma with energy therapy

| | |
|-----------------|---|
| DATES | Tuesday |
| TIMES | 1:00 pm - 2:00 pm |
| FACULTY | Vann Joines, Ph.D., Originator of Trauma Resolution Energy Therapy - TRET® |
| TUITION | \$525 for 7 sessions (\$150 deposit, balance payable \$75/week for 5 weeks) |
| LEVEL | All |
| LIMIT | 6 Participants |
| CE HOURS | 7 |

ON-GOING TRAINING PROGRAMS

Certification Training Program in Transactional Analysis and Re-decision/Relational Therapy

In person & Online

CHTP-2026

Description: This comprehensive training program draws on 50 years of experience and integrates Transactional Analysis (TA), Gestalt, Re-decision Therapy, Relational Therapy, Personality Adaptations, Attachment Theory, Systems Theory, Developmental Theory, Neuroscience, Bodywork, and Energy Psychology. It offers a powerful, short-term approach that combines cognitive, behavioral, and experiential techniques, with an emphasis on working with the emotional brain to achieve lasting change.

Goal: The goal is to develop a broad conceptual framework and master effective techniques for individual, couple, family, and group therapy.

PFT® CERTIFICATION REQUIREMENTS OVERVIEW

| Certification | Requirements | Training Components |
|---|---|---|
| TA Practitioner through the North American Transactional Analysis Association (NATAA) | <ul style="list-style-type: none"> Completion of a two-day Transactional Analysis 101 Course 10 months of training | <ul style="list-style-type: none"> Theory Demonstration Experiential work Supervision |
| Re-decision Therapist through the Southeast Institute | <ul style="list-style-type: none"> Transactional Analysis 101 Course 20 months of training Attending the One-Week Mastering Re-decision Therapy Workshop Written exam Videotaped demonstration of competence | <ul style="list-style-type: none"> All TA Practitioner components Video-based peer practice Personal work and observe the faculty |
| Certified Transactional Analyst (CTA) through the International Transactional Analysis Association | <ul style="list-style-type: none"> Completion of a two-day TA 101 course Four years of training For a Complete Description, see the ITAA Website (itaaworld.com) | <ul style="list-style-type: none"> Videotaped demonstration of competence Ongoing Supervision with a PTSTA or TSTA Written & Oral exam with ITAA |

LEARNING OBJECTIVES

- Demonstrate contracting
- Describe the Re-decision process
- Explain Personality Focused Treatment
- List the six core Personality Adaptations
- List the major developmental stages in childhood
- Describe the contact cycle
- List the different levels of passive behavior
- Explain when Relational Therapy is most important
- Describe how to develop a therapeutic alliance with someone with a Borderline structure
- Explain how to make contact with someone with an Antisocial Personality Adaptation

| Dates: | Topics: |
|------------------------|---|
| Spring Semester | CHTP SP 2026 |
| February 13 - 14 | Relational Therapy, Racket Analysis |
| March 13 - 14 | Dream Work, Game Analysis |
| April 10 - 11 | Working with Borderline Personality Disorder, Passivity and Discounting |
| May 15 - 16 | Working with Narcissistic Personality Disorder, Script Analysis |
| June 19 - 20 | Working with Antisocial Personality Disorder, The Overall Framework |

ENROLLMENT

- Meets one weekend a month for 10 months
- Runs on a two-year cycle, with enrollment by semester.

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|-----------------|--|
| TIMES | Fridays 9:00 am – 5:00 pm Saturdays 9:00 am – 4:30 pm |
| FACULTY | Vann Joines, Ph.D., & Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | \$2250 per semester (\$650 deposit; balance payable \$400 per month for 4 months) |
| LEVEL | All |
| CE Hours | 60 Per Semester |

ON-GOING TRAINING PROGRAMS

Consultation for Transactional Analysis and Redecision Therapy – for Individuals and Groups

Online Video Conference

CONSULTTA-SPRING2026

This is an online consultation conference for individuals and/or groups who are looking to deepen their understanding of TA and Redecision Therapy. It consists of one-hour sessions with one participant presenting a prepared case each session. The remaining time will be used for questions and answers.

LEARNING OBJECTIVES

- Present a case through a TA and Redecision perspective
- Conduct a case analysis
- Demonstrate clear contracting with clients
- Identify drivers, injunctions, and early decisions
- Identify initial discounts (cons), racket feelings, and games
- Identify different personality adaptations
- Develop a treatment plan
- Identify and use appropriate TA / Redecision techniques

| | |
|-----------------|---|
| DATES | Starting in February 2026 (to be arranged with supervisor) |
| TIMES | Group Beginners Mondays 1:00 pm - 2:00 pm Groups (Intermediate and advanced) Thursdays 1:00 pm - 2:00 pm Individuals To be scheduled |
| FACULTY | Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | \$450 for 6 sessions (\$100 deposit, balance payable \$70 / week for 5 weeks) |
| LEVEL | All |
| LIMIT | 4 participants |
| CE Hours | 1 per week |

Monthly Therapy Group for Therapists Only Wednesdays or Thursdays

In person & Online

MTG-SP 2026

This is an experiential re-decision therapy group, once a month, for mental health professionals only, to resolve their own personal issues. The group will demonstrate how to use re-decision therapy in an on-going group therapy process. Participants will have the opportunity to learn this approach through their own experience and observation.

| | |
|----------------|--|
| DATES | 2026 SPRING SEMESTER WEDNESDAY: Feb. 25, Mar. 25, Apr. 29, May 27, June 24 2026 SPRING SEMESTER THURSDAY: Feb. 12, Mar. 19, Apr. 9, May 14, June 18 |
| TIMES | 9:00 am - 4:30 pm |
| FACULTY | Vann Joines, Ph.D. |
| TUITION | \$1225 per semester (\$425 deposit; balance payable \$200/ month for 4 months) |
| LEVEL | All |
| LIMIT | 10 participants |

**This therapy group does not offer continuing education credits.*

TA 101 for Parents: Parenting with Purpose, Love and Limits

Online
TAPS-SPRING2026

Join us for an exciting workshop on Transactional Analysis for Parents, designed to empower you with the communication tools to enhance your relationship with your children. These interactive sessions will delve into the core concepts of Transactional Analysis, providing practical strategies to understand and improve parent-child interactions. Whether you're navigating the challenges of toddlerhood or the teenage years, this workshop will offer valuable insights to foster a more harmonious and nurturing family environment.

LEARNING OBJECTIVES

- Describe the Parent, Adult, and Child Ego states
- Describe the major developmental stages in childhood and adolescence
- Recognize and use communication skills at different ages
- Identify the different kinds of Strokes
- Identify your Scripts and Life Stories
- Identify the Games children and parents play – and learn to stay out of them
- Demonstrate practical applications and role play

**Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well, in order to experience how the theory is applied in facilitating personal change.*

DATES 12 sessions, starting from March 6, 2026
 (dates may vary due to upcoming holidays)
TIME Fridays, 12:00 pm - 1:00 pm
FACULTY Jessica D'Andrea, Psy.D., CTA, TAPI
TUITION \$540 for 12 One-Hour Lectures (\$200 Deposit)
LEVEL All
CE HOURS 12 (Therapists Only)

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

Weekend Intensive Personal Growth Workshop

In person & Online
TAPS-SPRING2026

This weekend is designed to enable participants to identify their strengths and build on them by bringing into awareness and changing early decisions and behaviors that are limiting or self-defeating in the present. Life Script theory along with Re-decision/Relational Therapy, Family Systems Therapy, and other experiential techniques are used to assist participants in making the changes they desire. Join us for a powerful and fun weekend experience.

**Participants are encouraged to register for the TA 101 Course as well, in order to get an overview of the theory that is used in the process.*

DATES September 26 - 27, 2026
TIME Saturday 9:00 am - 5:00 pm;
 Sunday 9:00 am - 4:30 pm
FACULTY Vann S. Joines, Ph.D., &
 Jessica D'Andrea, Psy.D., CTA, TAPI
TUITION \$450 (\$150 deposit)

Transactional Analysis 101 Course (2-Day): Understanding Yourself and Others: The Theory and Practice of Transactional Analysis

In person & Online
TA2DAY-SPRING2026

The TA 101 is a powerful and transforming experience opening new vistas to understanding yourself and others. It provides a comprehensive introduction to the theory and practice of transactional analysis. Transactional analysis, as developed by Eric Berne, M.D., is both a theory of personality and human interaction, and a method of psychotherapy, counseling, organizational analysis, and educational consultation. This course will provide an in-depth new perspective for understanding human behavior. The format is a combination of lecture, group discussion, experiential exercises, and fun under the leadership of a Certified Teaching and Supervising Transactional Analyst in the International Transactional Analysis Association. Participation in this course qualifies you for Regular Membership in the ITAA, and is required for certification as a TA Practitioner.

LEARNING OBJECTIVES

- List the philosophical assumptions of TA
- Identify the four major components of TA
- Explain structural analysis
- Describe how to use contracting
- Identify and describe one's life script
- List the five drivers
- Explain the four basic existential positions
- Define a stroke according to TA theory
- Compare and contrast the differences between strokes for doing and strokes for being
- Describe three types of transactions

**Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well, in order to experience how the theory is applied in facilitating personal change.*

DATES September 24 - 25, 2026
TIME 9:00 am - 5:00 pm both days
FACULTY Vann S. Joines, Ph.D., &
 Jessica D'Andrea, Psy.D., CTA, TAPI
TUITION \$450 (\$150 deposit)
 *Retake this workshop for \$100 off
LEVEL All
CE HOURS 12

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

Archetypal Insights: Using Transactional Analysis to Unveil and Transform Core Patterns in Therapy

In person & Online

ARCH-SPRING2026

This intensive workshop is designed for therapists seeking to deepen their understanding and application of Transactional Analysis (TA) to reveal and work with archetypal patterns in their clients. By integrating TA with archetypal theory, participants will gain powerful tools to identify, analyze, and transform core psychological patterns that influence behavior, relationships, and personal growth. Through a combination of theoretical exploration, practical exercises, and case studies, this workshop will enhance therapeutic effectiveness and foster profound personal transformation in clients.

LEARNING OBJECTIVES

- List TA's Basic tenets
- Explain Jung's theory of Archetypes
- Integrate TA with Archetypal theory
- Explain when not to work with an Archetype and why
- Give examples of how to apply this information

**Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well, in order to experience how the theory is applied in facilitating personal change.*

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|-----------------|-------------------------------------|
| DATES | Friday, June 5, 2026 |
| TIME | 9:00 am - 4:30 pm |
| FACULTY | Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | \$225 |
| LEVEL | All |
| CE HOURS | 6 |

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

Couples Weekend Workshop

In person & Online

COUPLES-SPRING2026

Make major changes in yourself and your relationship in a weekend and gain the tools for resolving future conflicts! This is a powerful weekend experience for couples, designed to assist them in making desired changes, both in themselves and their relationship, in order to have a fulfilling life together. Information from Redecision Therapy, Family Systems, Family Sculpting, Attachment Theory, and other approaches will be used to help couples increase their awareness, autonomy, spontaneity, and capacity for intimacy. Couples often accomplish as much in this weekend as in a year of weekly therapy. Join us for a fun and productive weekend.

LEARNING OBJECTIVES

- Describe the different escape hatches in couples' relationships.
- Explain what is required and what is desired for intimacy.
- Describe the difference between target strokes and target discounts.
- List the four basic emotions and explain how emotional literacy is beneficial to couples
- Explain the connection between early attachment relationships and romantic relationships.
- List and describe four different attachment styles.
- Define "attachment longings."
- Explain how a partner's attempts to connect to his or her spouse will often push that person further away.
- Describe the role of the "initiator" in Pete Pearson and Ellyn Bader's I to I process of communication.
- Describe the role of the "inquirer" in Pete Pearson and Ellyn Bader's I to I process of communication.
- List three attributes of conflictual communication patterns.
- List three attributes of open communication patterns.
- Describe how couple's relationship sculpts interlock
- List three benefits to group couples' therapy.
- List 5 elements of contracting for safety in group couples therapy.

**Note: We also accept up to two therapists who wish to observe and learn this process. We will meet with them periodically during the weekend.*

| | |
|-----------------|---|
| DATES | May 8 - 10, 2026 |
| TIME | Friday & Saturday 9:00 am - 5:00 pm Sunday 9:00 am - 4:00 pm <i>*times may change depending on the number of participants</i> |
| FACULTY | Vann S. Joines, Ph.D., & Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | Couples: \$1250 per couple (\$400 deposit) Retake this Workshop for \$200 off per couple Therapist: \$625 (\$200 deposit) <i>*Retake this workshop for \$100 off</i> |
| LEVEL | All |
| CE HOURS | 18 (Therapists Only) |

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

Dream Workshop

In person & Online

ARCH-SPRING2026

This workshop will present the Gestalt and Senoi approaches to working with dreams which allow the client to experience what the dream is all about and resolve the conflict between the parts of self that are represented in the dream. From a Transactional Analysis perspective, dreams are created by the Child ego-state as a way of working with unresolved conflicts in a way that the Parent cannot interfere. The combination of the Gestalt and Senoi approaches offers a powerful tool for helping clients understand and work through the issues in their dreams and thereby change those issues in their waking life. In this workshop, we will go over these approaches and demonstrate them in depth. Participants will have an opportunity to work on their own dreams as well as work with other participants on theirs.

LEARNING OBJECTIVES

- List TA's Basic tenets
- Explain Jung's theory of Archetypes
- Integrate TA with Archetypal theory
- Explain when not to work with an Archetype and why
- Give examples of how to apply this information

**Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well, in order to experience how the theory is applied in facilitating personal change.*

| | |
|-----------------|-------------------------------------|
| DATES | Saturday April 25, 2026 |
| TIME | 9:00 am - 4:30 pm |
| FACULTY | Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | \$225 |
| LEVEL | All |
| CE HOURS | 6 |

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

Life Script Workshop

In person & Online

LIFE-SPRING2026

The concept of the Life Script was one of Eric Berne's most significant contributions to the fields of psychology and psychotherapy. No other theory contains as in-depth an insight into what is going on with people. Bringing into awareness an individual's life script provides a tremendous tool for personal growth and change in their achievement of autonomy. Come learn how to help clients identify their life script and change it in order to live the type of life they desire. Participants will be taught how to use The Life Script Questionnaire, complete a Life Script Matrix, construct a Life Script Wheel and an Autonomy Wheel. Opportunities will also be provided for practicing using these tools with a partner and doing psychotherapy to change one's script under the direct supervision of the faculty.

LEARNING OBJECTIVES

- Identify drivers, counter-injunctions, and injunctions
- Explain what a racket is
- List the major escape hatches
- Explain the significance of fairy tales in the development of scripts
- Describe different existential positions
- Draw out a life script matrix
- List the different parts of the script

**Note: We also accept up to two therapists who wish to observe and learn this process. We will meet with them periodically during the weekend.*

| | |
|-----------------|---|
| DATES | July 17-18, 2026 |
| TIME | 9:00 am - 5:00 pm Daily |
| FACULTY | Vann S. Joines, Ph.D., & Jessica D'Andrea, Psy.D., CTA, TAPI |
| TUITION | \$450 (\$150 deposit) |
| LEVEL | All |
| CE HOURS | 12 (Therapists Only) |

**For the program schedule, visit <http://www.seinstitute.com> or call (919) 929-1171.*

**Personality Focused Treatment (PFT)®
Basic - Improve Your Therapy and
Relationships by Knowing How to Work
Effectively with the Different Personality
Adaptations**

In person & Online
PFTB-SPRING2026

Many therapists are effective with certain clients and have a difficult time with others. They become frustrated and believe that their therapeutic approach does not work with those clients. The problem is not the approach, but the difference in clients' personality adaptations. This workshop uses theory, presentations, and demonstrations to teach mental health professionals how to work effectively with each adaptation.

The concept of personality adaptations offers an exciting, new approach to working with personality dynamics. It was originated by Paul Ware, M.D., and Taibi Kahler, Ph.D., and further developed by Vann Joines, Ph.D., as a result of 40 years of clinical observation and research. The workshop will cover the diagnosis and treatment of six core personality adaptations: Creative Daydreamer (schizoid), Brilliant Skeptic (paranoid), Charming Manipulator (antisocial), Playful Resister (passive-aggressive), Responsible Workaholic (obsessive-compulsive), and Enthusiastic Overreact-or (histrionic). These adaptations form the basic building blocks of personality and can be observed across the different DSM-5 disorders. Each adaptation has its unique way of approaching the world, working most effectively in making changes, and defending against vulnerability.

We will look at how the adaptations develop, how they interact in the world, the major treatment issues, and how to work most effectively with each type. The books, Personality Adaptations (Lifespace, 2002) and Insight Out (Outskirts Publishing, 2022), and the JPAQ questionnaire developed by Vann Joines, Ph.D., are recommended for this workshop to understand and assess the adaptations. By knowing these adaptations, therapists, regardless of their theoretical orientation, can quickly establish rapport, target interventions, avoid getting stuck in defenses, and maximize their effectiveness.

LEARNING OBJECTIVES

- List the six core personality adaptations.
- Describe how the adaptations develop.
- List the therapeutic doors for each adaptation.
- Explain the difference between the surviving and performing adaptations.
- List the primary drivers for each adaptation.
- List the six personality adaptations
- Summarize the influence of nature and nurture on the development of personality adaptations.
- Explain the concepts of open door, target door, and trap door.
- Briefly describe the five driver behaviors outlined by Bob and Mary Goulding.
- List three examples of “cons” and their corresponding personality adaptations.
- Explain how parenting style shapes personality development.

DATES February 6-7, 2026
June 26-27, 2026
TIMES 9:00 am – 5:00 pm Daily
FACULTY Vann Joines, Ph.D.,
TUITION \$450 (\$150 deposit)
Retake this workshop for \$100 off
LEVEL All
CE Hours 12

**Personality Focused Treatment (PFT)®
Advanced - Diagnosis and Treatment Planning**

In person & Online
PFTA-SPRING2026

This workshop will cover advanced information on diagnosis and treatment planning with the different personality adaptations using a Transactional Analysis and Redecision Therapy framework. Each of these adaptations operate from a different existential position and each has a specific open door in which they easily make contact with others, a target door that is most effective in helping them make change, and a trap door in which they have the greatest defenses and should to be avoided. We will explore this information and demonstrate it in our work with participants. Knowing this information can make you a more effective therapist, regardless of your treatment modality.

LEARNING OBJECTIVES

- Explain the different existential positions
- Describe which personality adaptations fit within each existential position
- List the typical behaviors for each existential position
- Explain the escape hatch for each existential position and how to close it
- Describe the attachment and differentiation issues for each existential position
- State the order of treatment necessary for each personality adaptation
- Match the types of interventions with the levels of functioning of different clients

DATES April 17-18, 2026
August 7-8, 2026
TIMES 9:00 am – 5:00 pm Daily
FACULTY Vann Joines, Ph.D.,
TUITION \$450 (\$150 deposit) Retake this workshop for \$100 off
LEVEL All
CE Hours 12

**Exploring Games in Transactional
Analysis: Understanding and
Transforming Interpersonal Dynamics**

Online
GAMES-SPRING2026

Games are socially dysfunctional behavioral patterns that individuals use to take care of their psychological needs in an indirect way. This workshop is meant to help you recognize and understand the Game dynamics and find ways to stay out of it.

LEARNING OBJECTIVES

- Explain the different existential positions
- List the 3 ego states
- Define and describe a Game
- Explain the Drama Triangle
- Recognize common games in personal and professional relationships
- Analyze the underlying dynamics of games
- Give Case studies and role-play games
- Break the cycle of unproductive games
- Build healthier communication patterns

DATES April 16, 2026
TIMES 9:00 am – 5:00 pm
FACULTY Jessica D'Andrea, Psy.D., CTA, TAPI
TUITION \$225 (\$100 deposit)
LEVEL Advanced
CE Hours 6

Learn to Treat Trauma Quickly and Effectively with Energy Therapy - Trauma Resolution Energy Therapy (TRET)® - Basic

In person & Online

TRETB-SPRING2026

This workshop offers a powerful and effective way to resolve trauma of all types. It integrates traditional psychodynamic psychotherapy with energy psychology and provides a way to help clinicians get to and resolve unconscious material that few other approaches offer. Specific new skills that will be taught are:

- An analysis of trauma and how it limits our functioning
- Understanding the subtle energy systems in the body
- Energy balancing
- Muscle testing to communicate directly with the unconscious
- How to test for neurological disorganization and dehydration
- Diagnosing trauma and traumatic patterns
- A trauma resolution protocol for clearing trauma and traumatic patterns
- Clearing psychological reversals to eliminate resistance
- How to clear negative core beliefs
- How to install positive core beliefs

LEARNING OBJECTIVES

- Describe how trauma affects our functioning
- Lists the parts of the body's subtle energy system
- Demonstrate muscle testing
- Explain how to test for neurological disorganization and dehydration
- Demonstrate how to test for and clear trauma
- Describe what a negative core belief is
- Explain why it is important to clear negative core beliefs
- Demonstrate how to clear a psychological reversal

DATES August 21-23, 2026
TIMES 9:00 am – 5:00 pm
FACULTY Vann Joines, Ph.D.,
TUITION \$675 (\$200 deposit)
Retake this seminar for \$200 off.
LEVEL Beginner and Intermediate
CE Hours 18

Trauma Resolution Energy Therapy (TRET)® - Advanced

In person & Online

TRETA-SPRING2026

This workshop is the second level of TRET training following Basics. In it you will learn how to get a thorough history of the client's trauma, organize the work into themes, do a case analysis, do treatment planning, evaluate the ego strength of the client and increase it if necessary, work with boundary issues, learn surrogate muscle testing, work with the meridians for specific issues, and instill positive qualities.

LEARNING OBJECTIVES

- Describe how to get a complete history of the client's trauma
- Organize the work into themes
- Demonstrate short-term work
- List the steps in treatment planning
- Explain how to work with themes
- Describe the order of treatment
- State the options for treatment when a client does not have sufficient ego strength to treat early trauma
- Explain when and why you treat core beliefs
- Describe what you do when a core belief is not clearing
- List three options for surrogate muscle testing
- Demonstrate diagnosing the earliest originating trauma
- Explain shortcuts that can be used
- Give examples of when to instill positive qualities

DATES February 27-March 1, 2026
TIMES 9:00 am – 5:00 pm Daily
FACULTY Vann Joines, Ph.D.,
TUITION \$675 (\$200 deposit)
Retake this seminar for \$200 off.
LEVEL Advanced
CE Hours 18

Introduction to Redecision Therapy

In person & Online

INRDT-SPRING2026

Redecision therapy is a powerful, in-depth, short-term treatment approach that works experientially with the emotional brain to produce lasting change. It was developed by Robert Goulding, M.D., a psychiatrist, and Mary Goulding, M.S.W., a Social Worker who were Teachers and Supervisors in the International Transactional Analysis Association. It combines the clear cognitive framework of Transactional Analysis with the powerful experiential techniques of Gestalt therapy. We will teach the basics of this approach and demonstrate it, as well as provide opportunities for participants to practice it with one another. Redecision therapy elicits the power and autonomy of the client and facilitates change in a fun and exciting way. Join us in experiencing the effectiveness of this approach.

LEARNING OBJECTIVES

- State the philosophical principles of Redecision Therapy
- Demonstrate how to get a therapeutic Contract
- Work from an I'm okay-You're okay position
- Identify first cons
- Describe how to invite clients into their power and autonomy
- Identify rackets
- List the 7 Major Components of Redecision Therapy
- Explain the 14 steps of Redecision Therapy
- Demonstrate how to find the early scene
- Describe how to identify the early decision
- Facilitate a Redecision
- Describe how to anchor a Redecision

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| DATES | March 27-28, 2026 |
| TIMES | 9:00 am – 5:00 pm Daily |
| FACULTY | Vann Joines, Ph.D., |
| TUITION | \$450 (\$150 deposit) |
| LEVEL | All |
| CE Hours | 12 |

One-Week Workshop: Mastering Redecision Therapy

In person & Online

MRDT-SPRING2026

Modern neuroscience indicates that it is working with the emotional brain that produces the most effective change in psychotherapy. Redecision therapy is a powerful, short-term treatment approach that works experientially with the emotional brain to produce lasting change. It treats a number of emotional problems including depression, anxiety, panic, phobias, obsessive-compulsive disorders, and early trauma. Redecision Therapy integrates cognitive, behavioral, and affective work in a brief, but powerful, in-depth approach. It is an action-oriented method that elicits the power and autonomy of the client and facilitates change in a fun and exciting way. This workshop will focus on mastering this approach with ample opportunities for practice and personal work using video supervision. Come experience the effectiveness of this powerful and exciting approach.

LEARNING OBJECTIVES

- Describe how to get a complete history of the client's trauma
- Describe the history of the development of Redecision therapy
- State the major types of work in Redecision therapy
- List the seven major components of Redecision therapy
- Demonstrate contracting
- Describe the fourteen steps in the Redecision process
- Explain the contributions of Transactional Analysis and Gestalt Therapy
- List the five layers of an impasse
- Describe the four types of impasses
- Demonstrate the Redecision Process
- Explain how to work with dreams using Redecision therapy
- Describe how to work with phobias using Redecision therapy

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| DATES | July 20-25, 2026 |
| TIMES | 9:00 am – 4:30 pm Daily |
| FACULTY | Vann Joines, Ph.D., |
| TUITION | \$1,350 (\$300 deposit) Retake this Workshop for \$200 off |
| LEVEL | All |
| CE Hours | 36 |

VANN JOINES, Ph.D. - Clinical Psychologist; President and Director, Southeast Institute for Group and Family Therapy; International Psychotherapy Trainer, Supervisor, and Consultant, having taught in over 30 countries; Certified Teaching and Supervising Transactional Analyst and 1994 Winner of the Eric Berne Memorial Award, International Transactional Analysis Association; Diplomate and Founding Member, Re-decision Therapy Association; Clinical Fellow and Approved Supervisor, American Association for Marriage and Family Therapy; Licensed Psychologist, State of North Carolina; Certified Group Psychotherapist with the National Registry of Group Psychotherapists; Certified EDxTM Practitioner and Level I & II Trainer; Creator of Trauma Resolution Energy Therapy (TRET)®; Creator of Personality Focused Treatment (PFT)®, Member, American Psychological Association, and Association for Comprehensive Energy Psychology; Life Fellow, American Group Psychotherapy Association; Co-Author, *TA Today: A New Introduction to Transactional Analysis* (Lifespace Publishing, 1987, 2012), and *Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling* (Lifespace Publishing, 2002). Author, *Joines Personality Adaptations Questionnaire*, the *JPAQ Administration, Scoring, and Interpretative Kit* (Southeast Institute, 2002), and *Insight Out: The 6 Personality Types That Hold the Key to Success in Your Life and Relationships* (Outskirts Press, 2022).

JESSICA D'ANDREA, Psy.D. - Licensed Psychologist with over 18 years of experience working as a Clinical Psychologist and Neuropsychologist. Certified Transactional Analyst (Psychotherapy), Certified Re-decision Therapist, Certified Personality Focused Treatment (PFT)® Practitioner and Instructor, Certified Trauma Resolution Energy Therapy (TRET) Practitioner, licensed in North Carolina, South Carolina and Ohio with experience in Italy and the United States. Clinical knowledge of ethical regulations, with experience in administering evidence-based psychological and neuropsychological assessment for comorbid diagnosis and treatment of a variety of disorders, in individual, couple, family and group therapy. Due to her husband's military career, she has a personal interest in assisting veterans. Dr. D'Andrea was born and grew up in Italy, met her husband and then moved together to the US in 2010. She, her husband and daughter now live in Chapel Hill. Her current interests are emotional literacy and attachment in couples and families, as well as helping people learn about their personal strengths and how to grow healthy relationships. She and her family love outdoor adventures, practicing taekwondo and photography.

CONTINUING EDUCATION CREDITS



APA

Southeast Institute for Group and Family Therapy is approved by the American Psychological Association to sponsor continuing education for psychologists.



NBCC

Southeast Institute for Group and Family Therapy has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6756. Programs that do not qualify for NBCC credit are clearly identified. Southeast Institute for Group and Family Therapy is solely responsible for all aspects of the programs.

Please note: All licensed professionals are urged to check with their licensing authorities to determine which CE credits will qualify for license renewal.

Our cancellation and refund policy can be found here:
<http://www.seinstitute.com/cancellation-policy/>

2026

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| JANUARY 8-9 | Understand Yourself and Others – TA 101 Course with Vann Joines, Ph.D.& Jessica D’Andrea, Psy.D. (In Person & Online) |
| JANUARY 10-11 | Weekend Personal Growth Marathon with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In Person & Online) |
| FEBRUARY 6-7 | Personality Focused Treatment (PFT)® Basic Workshop with Vann Joines, Ph.D. (In person & Online) |
| FEBRUARY 12 | Beginning of the 12-Week TA 101 Training with Jessica D’Andrea, Psy.D. (Online) |
| FEBRUARY 12 | Beginning of the Spring Semester of the Thursday Therapy Group for Therapists with Vann Joines, Ph.D. (In person & Online) |
| FEBRUARY 13-14 | Beginning of the Spring Semester of the Certification Training Program in TA and Redecision Therapy with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In person & Online) |
| FEBRUARY 25 | Beginning of the Spring Semester of the Wednesday Therapy Group for Therapists with Vann Joines, Ph.D. (In person & Online) |
| FEBRUARY 26 | Beginning of the Spring Semester of the Advanced Training and Supervision Program with Vann Joines, Ph.D.& Jessica D’Andrea, Psy.D. (In person & Online) |
| FEBRUARY 27 - March 1 | Trauma Resolution Energy Therapy (TRET)® Advanced Workshop with Vann Joines, Ph.D. (In person & Online) |
| MARCH 6 | Beginning of the 12-Week TA101 for Parents with Jessica D’Andrea, Psy.D. (In person & Online) |
| MARCH 27 - 28 | Introduction to Redecision Therapy with Vann Joines, Ph.D. (In person and Online) |
| APRIL 16 | Exploring Games in Transactional Analysis with Jessica D’Andrea, Psy.D. (In person & Online) |
| APRIL 17 - 18 | Personality Focused Treatment (PFT)® Advanced Workshop with Vann Joines, Ph.D. (In Person & Online) |
| APRIL 25 | Dream Workshop with Vann Joines, Ph.D. (In person & Online) |
| MAY 8 - 10 | Couples Weekend Workshop with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In person & Online) |
| JUNE 5 | Archetypal Insights Workshop with Jessica D’Andrea, Psy.D. (In person & Online) |
| JUNE 26 - 27 | Personality Focused Treatment (PFT)® Basic Workshop with Vann Joines, Ph.D. (In person & Online) |
| JULY 17 - 18 | Life Script workshop with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In person & Online) |
| JULY 20 - 25 | One-Week Workshop: Mastering Redecision Therapy with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In personal & Online) |
| AUGUST 7 - 8 | Personality Focused Treatment (PFT)® Advanced Workshop with Vann Joines, Ph.D. (In person & Online) |
| AUGUST 21 - 23 | Trauma Resolution Energy Therapy (TRET)® Basic Workshop with Vann Joines, Ph.D. (In person & Online) |
| SEPTEMBER 24 - 25 | Understanding Yourself and Others: TA101 Course with Vann Joines, Ph.D. & Jessica D’Andrea, Psy.D. (In person & Online) |
| SEPTEMBER 26 - 27 | Weekend Personal Growth Workshop with Vann Joines, Ph.D & Jessica D’Andrea, Psy.D. (In person & Online) |