“To hear, read or watch a thing is not to learn a thing. To learn a thing is not to understand a thing. To understand a thing is not to live a thing. Only by living a thing can we truly know a thing.”
Have you ever wondered…

- What makes us all ‘tick’?
- Why the three main human drives are?
- Why we often do what we do, even when we don’t want to?
- Why some relationships go wrong?
- Why you keep repeating the same destructive patterns?
- Why you sometimes have conflicting voices inside your head?
- How you can make changes for the better that actually last?
- What type of LIFE SCRIPT you have?
Remarkably, after over 200 years of psychological research and its practical application through psychotherapy, the answers to all these questions are now well understood.

BUT...

At the moment, this information is only known by a few expert psychological professionals!
Doing **THE KNOWLEDGE** gives you this VITAL information about your **LIFE SCRIPT** - information you can easily apply to yourself and share with others, whatever your life situation.

If cabbies have to ‘do’ the knowledge in order to simply transport people from A to B through the streets of London, then I believe that we ALL really need to ‘do’ **THE KNOWLEDGE** of just what it means to **BE HUMAN** and navigate our way effectively and sustainably through the inner landscape of our **LIFE SCRIPTS**.
What you get with **THE KNOWLEDGE** is solid practical information about how to unpack your **LIFE SCRIPT**, based on over 200 years of psychology. This is delivered by a clinically experienced and accredited psychotherapist and is based on models that have been tried and tested for over 50 years by thousands of psychotherapists, educationalists and management consultants worldwide. 

*In other words, it is the real thing...*

**THE KNOWLEDGE** consists of seven 3-day weekends spread over a year. This provides the consistency, safety, structure and support in which to learn how we can heal past traumas and re-write our **LIFE SCRIPTS** from all three ego states - Parent, Adult and Child. In this way it mimics one of the most well proven and successful pathways for transformation, healing and personal change that is currently being used by psychotherapists all around the world.
Learning about Life Scripts with Gerry

“Practical and easy”
The biggest value for me is how practical and easy it is to translate the theory into my life. Obviously it will be difficult to untangle the puzzle of my mind (scripts) but I feel I have useful tools to help me do so. I feel empowered.
(Jana Dosoudilova)

“Space and thought”
I valued Gerry’s time and energy to listen to our questions and the space and thought he gave to each of us to answer our questions. I found it fascinating and enjoyed Gerry’s approach which was welcoming and encouraging and made me feel very comfortable.
(Rachel Wayte)

“Supportive and safe”
I valued the honest and open communication about topics that were personal, confusing, disturbing and illuminating. Allowing me to investigate me and my feelings and impulses. I enjoyed the interactions between the group and Gerry. The subjects were very emotive but were handled in a supportive and safe way.
(Sara Renyard)

“Accessible, fascinating, entertaining.”
(Sophie Atkinson)

“Group support”
I have realised so very much about myself, it’s very exciting. I have loved the group support which I felt from everyone! I have really enjoyed doing the ego states and the life scripts – I’m fascinated to learn more about how I can recover AUTONOMY.
BIG BIG THANKYOU!!!
(Michelle Doughty)

“Inspirational”
“I gained everything I expected from participating in the course – and much, much more. It has been inspirational and exciting ….”
(Peter Bartlett)

“Easily digestible.”
(Robert Day)

“Fresh and new”
I enjoyed the energy and didn’t feel as if I was learning a load of “stuffy” counselling info. Felt fresh and new.
(Kate Schaeffer)

“Stretched my thinking”
The models were kept simple with valuable exercises that allowed everyone to walk through the content and bring it to life. The pace was great and the breaks were valuable in further exploring ideas with the group. Shared group experiences stretched my thinking.
(Sarah Bean)

“Diversity”
What I enjoyed… The ability to pick up complex information and ideas quickly. Being able to look at my own life and how TA can explain and help my journey and ongoing development …. Being able to ask in depth questions which clarified my learning in the moment. The diversity of the group.
(Emmy Yeadon)

“Slow pace”
At first, flicking through the folder I found it daunting and wondered if I would be able to understand it all, but Gerry’s humour and slow pace and extensive explanation made it all unfold beautifully.
(Miranda Davis)

“Self healing”
Uncomplicated, easy, self healing, not just physically but energetically, emotionally, spiritually and mentally!!
(Farhat Mahmood)

“Inspirational”
What I gained everything I expected from participating in the course – and much, much more. It has been inspirational and exciting ….”
(Peter Bartlett)

“Easy digestion.”
(Robert Day)

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(Sarah Bean)
Who is
THE KNOWLEDGE
for?

No qualifications are needed to attend this programme other than an interest in LIFE SCRIPT, how it affects our behaviour and how to influence it...
DO YOU WANT...

TO LIVE LIFE ‘ON PURPOSE’?

The Knowledge is specifically designed for you if you are interested in accessing even more of your potential in life. If you have already tried a variety of different personal development approaches but still feel that you have not unlocked your full potential then this could simply be because you are missing important aspects of your Life Script. The Knowledge will properly fill this gap with its comprehensive programme of Life Script exploration.

MORE CHOICE?

When we buy a car, we are giving ourselves the ability to move freely around the land. By doing the Knowledge, we give ourselves the ability to move around our ‘inner landscape’ much more freely. This means we are able to make choices where before we felt we had none. It gives us the freedom to be ourselves and follow a life path of choice, as opposed to one dictated by our past Life Script conditioning.

TO HAVE MORE IMPACT?

If you are someone who wants to have more impact in your work or in your community, or you wish to become better at your relationships or you simply want to improve your general health and wellbeing, then The Knowledge is a training course which will both educate and empower you. In order to understand the Life Script of others better we need to deepen our understanding of our own Life Script. This is how we can truly help and empower others.

A CAREER CHANGE?

The Knowledge is an excellent way for you to explore the possibilities of a new career in Transactional Analysis (TA) Psychotherapy or Counselling. If you are already in Education or Management it will also lay excellent foundations for qualifying as a TA practitioner and consultant in your field. It also counts as the first year in a two year training as a Life Script coach. By understanding the core needs of all human beings it is possible to bring greater happiness and healing to everyone that we meet and work with.

Taking just one year out to understand how your Life Script impacts your inner self and your psyche can have a MASSIVE impact on the rest of your life.
How does THE KNOWLEDGE work?
Stage One: FOUNDATIONS
This first stage consists of a single 3-day weekend called BEING HUMAN and an online course based on another weekend course that I taught called EFFECTIVE COMMUNICATION. This first stage covers the language, techniques and philosophies that we will be using throughout the programme. This is where we start to ‘peel’ away the top layers of our LIFE SCRIPT and build our confidence in the tools that we will be using.

Stage Two: THE ADULT EGO STATE
This second stage consists of two 3-day weekends called MASTERING THE SELF. In this stage we learn the TA models that specifically enable us to strengthen and empower our Adult ego state. Its aim is to develop a greater sense of control and agency over our LIFE SCRIPT. Perhaps the most significant role of this strengthened Adult is to make our Child ego state safe and free from fear. It also enables us to more easily resist the manipulations of others. This is vital preparation for the deeper work of the next two stages. During these 6 days we learn the following classic TA theories:

CONTRACTS - EGO STATES - TRANSACTIONS - GAMES - DISCOUNTS.

Stage Three: THE PARENT EGO STATE
This third stage consists of two 3-day weekends called MASTERING SCRIPT. In this stage we learn how our lives have been influenced by cultural and family belief systems that may have been passed down for generations. Without a full understanding of the depth of this material - the most significant aspect of our LIFE SCRIPT - we are in danger of making changes to our behaviour that cannot be sustained because of the internal conflicts they generate. The danger of missing this Parent ego state aspect of change is the well-documented “Script Backlash” - in which apparently healthy change leads to sometimes frightening consequences. During these 6 days we focus specifically on the following classic TA theories that can inform our understanding of script:

SCRIPT MECHANISMS - CATHEXIS THEORY - THE PARENT INTERVIEW - SCRIPT TYPES & GREEK MYTHS - AUTONOMY

Stage Four: THE CHILD EGO STATE
This fourth stage consists of two 3-day weekends called MASTERING THE UNCONSCIOUS. In this stage we learn how to communicate directly with our unconscious in its own language. This means deepening our understanding of the Child ego state and identifying ways to communicate the work of the previous three stages directly to this archaic self - the very engine of LIFE SCRIPT. We focus specifically on the following theories that have been integrated into TA over the last 50 years, culminating in the creation of your own unique fairy tale to skilfully and elegantly update your life script:

CHILD DEVELOPMENT - REDECISION THERAPY - REFERENTIAL SYSTEMS - PERMISSIONS - THE LANGUAGE OF FAIRY TALES - SOMATIC TRANSFORMATION

This is probably the most well worn and well proven system of personal change, healing and transformation currently used by experienced psychotherapy clinicians worldwide.
Learning about Life Scripts with Gerry

“Humour and honesty”
“Done with fun and engagement – to understand was easy. Fantastic course delivered well with humour and honesty. I am grateful to now understand why I do what I do, instead of just knowing what I do. Thank you.”

(Ann Holmes)

“Releasing”
Gave me a clear idea of how to change repetitive behaviour that is not helping me in my life, releasing time and energy that I waste in that way. It also allowed me to look at how I can use that released energy to move my life in the direction that I want to go.

(Sally Smith)

“Brilliantly organised”

(Jane Blacklock)

“Energetic”
An excellent course, containing a lot of complex material, broken down and made easy to understand, with an energetic and humorous presentation by Gerry… I particularly enjoyed anchoring the outcome into the body with spinal exercises and breathing!

(Wendy Moor)

“Empowering”
I felt like here was REAL help, a way I can help myself overcome repetitive behaviour patterns that I have carried since childhood… The whole script thing - change your script, change your life, is very empowering and really excites me.

(Val Schenn)

“Knowledgeable”
We had a lot of questions throughout the week end that Gerry managed to answer very well without any hesitation. It was obvious how well informed and knowledgeable he is on the subject. I like his style of presenting, with lots of humour and laughter whilst learning. I thoroughly recommend the course to anyone who wants to grow in their own personal development or facilitate it in others.

(Rita Patel)

“Sheds new light”
I have read many books on how to bring about change in my life, and have found them difficult to implement and a real struggle to maintain, I have found myself slipping back in to old ways. Which is very frustrating!! This course brings a whole new light on to the subject. For me it has given me a tool to use over and over again so I can continue to change my patterns of behaviour with ease and fun along the way…. A real must for anyone who is serious about making change in their lives.

(Theresa Aldous)

“Dynamic”
Gerry shared bucket loads of inspiring information in such a way that it was exciting, fun, and enlightening. The learning is dynamic, with plenty of real life examples. I felt very safe, respected as I am, cared for and that allowed me to be more open.

(Noelia Romani Moreno)
Why should I ‘DO’ THE KNOWLEDGE?
“It is my firm belief that THE KNOWLEDGE is an excellent way to support Physis within each and every one of us. Whilst LIFE SCRIPT is built from the influences of the past and can become a restrictive shackle or prison, THE KNOWLEDGE shows us how we can create a new destiny for ourselves, one that allows each of us the freedom to grow and evolve in our own unique way.”

Gerry Pyves

PHYSIS
At the heart of THE KNOWLEDGE is a belief that every human being has a drive within ourselves to grow and evolve. Eric Berne (the creator of Transactional Analysis) described this as a force that drives us to evolve further and to fulfil our purpose and potential in life. To describe this, Berne used the word Physis to describe a force that he believed existed in all of nature “…which eternally strives to make all things grow and to make growing things perfect.” To release this Physis within us, we need to understand and work with LIFE SCRIPT.

FUTURE GENERATIONS
THE KNOWLEDGE is part of a new global movement for sustainable models of co-operation, co-creativity and acceptance in a diverse world. It brings current and future leaders up to speed with some of the most powerful psychological developments of the last two hundred years. You will learn LIFE SCRIPT models that have a proven validity and track record across many different cultures from all around the world. With THE KNOWLEDGE each and every one of us can participate in changing the planet ‘one transaction at a time’.

ILLNESS, UNHAPPINESS AND CONFLICT
The simple truth is that the roots of most self sabotage, unhappiness, mental and physical illness, conflict and violence to self or others lies in past trauma - sometimes long forgotten and often denied. The latest neuroscience is now showing us how past trauma actually re-wires our brain so that we are much more susceptible to new traumas, depression, anxiety, rage, addiction and a whole variety of dysfunctional human LIFE SCRIPT conditions.

RE-PROGRAMMING THE BRAIN
Neuroscience is also showing us why some remarkably simple and very ancient touch techniques can literally remove trauma and allow us to resume normal brain function within just a few minutes. These are simple enough for everyone to learn how to do - which is why we teach this at the very first weekend of THE KNOWLEDGE. This has enormous implications for our success when working with LIFE SCRIPT.
Learning about *Life Scripts* with Gerry

“**Aha moments**”
The information I received answered so many questions I had about myself - ie why I find moving forward in some areas of my life so difficult. I experienced several ‘ah ha’ moments when it was like a light had illuminated something so I could suddenly see why I find some things so difficult to do even though I want to do them. I have been riding the crest of a wave of released energy since coming back from the course …

(Ros May)

“**Practical life changing tools**”
I arrived wanting to learn more about the power of the unconscious mind and the reasons why lasting change is so hard to achieve, and left feeling empowered with an understanding of simple yet deep acting practical life changing tools. I continue to enjoy the positive shift in my interactions and energy and feel far more connected with my truth and in control of my life.

(Marion Rigg)

“**The missing link**”
The material taught on the course has provided me with what feels like THE MISSING LINK to changing the things I’d like to change in my life. The course content is profound, Gerry’s teaching and compassion are amazing.

(Renny Slade)

“**Accessible**”
An amazingly accessible way to approach our own, most complex, psyche & start to understand how most definite change can be achieved for ourselves through time, with support & with the right tools.

(Sue McFarlane)

“**Movement**”
My spine / back now feels flexible and fluid. My hips are loose, I feel as if I want to go out on a long walk, and feel totally energised. All the movements we learned are doable for anyone, and I am so pleased that I came on this course.

(Christina Storie)

“**Primordial**”
Such an intense and profound retreat into the deep levels of the soul. Gerry provides all the tools and structure needed to uncover and change the most primordial self-destructive limiting beliefs to access how one truly wants to be and live. Life transformation in one’s own hands.

(Marinella Appolonia)

“**Simple and effective**”
I found the course a great mix and have come away feeling more confident and energised. These tools seem simple and effective ways to maintain good health … I sincerely recommend you try it, you won’t be disappointed!

(Martina Teal)

“**Encouraging**”
“Excellent course, encourages you to think of my day to day behaviour and interactions, helping me realise where it goes wrong.”

(Aliona Pantaziev)
Why not just access this information online?
EMBODIED LEARNING
Learning the physical aspect of LIFE SCRIPT and the practical tools to soothe both ourselves and others is an essential component of THE KNOWLEDGE. It is only possible to learn this safely in the physical presence of a group led by an experienced clinician. Coming to terms with our own inner somatic conflicts and learning how to resolve these at our very core, is how we change both ourselves and the world one thought, one breath and one transaction at a time, whatever our line of work.

COMMUNITY
Neuroscience and other brain research is finally demonstrating what many of us have known from personal experience for years - namely that human beings are social animals and we learn and grow best only with the support and encouragement of a group.

GEOGRAPHY
Learning this material in isolation (albeit in the comfort of our own homes) is not conducive to making LIFE SCRIPT changes to our lives. Unsurprisingly, we tend to just “stay where we are”. Physically travelling from where we are to a different place - a privileged space dedicated to personal transformation and safety - becomes a vital metaphor for personal transformation. Having your personal journey witnessed by the rest of the group is one of the most powerful ways to embed and anchor your learning.

APPLICATION
Because THE KNOWLEDGE is an applied training in a safe group, you not only experience exploring the application of these ideas for yourself but you also share in the learning of others as they also apply these ideas to their lives. This multiplies your learning tenfold. It is my firm belief that the support of a safe group, led by an experienced professional guide is vital for the challenging work of long term LIFE SCRIPT change.

KNOWLEDGE
After living for 60 years on this planet, teaching, learning and supporting people through profound personal LIFE SCRIPT change I am very clear that

To hear, read or watch a thing is not to learn a thing
To learn a thing is not to understand a thing
To understand a thing is not to live a thing
Only by living a thing can we truly know a thing

Whilst we can read information online, that is not the same as learning it, understanding it, living it or actually knowing it. The most effective way to work with LIFE SCRIPT that I know, is in a group of physically present people, where you are supported and witnessed over a significant period of time.

SAFETY: By training in a group it is possible that one person’s story or past experiences may trigger another person’s trauma. This is actually a good thing, but only if there are plenty of properly trained people on hand who know how to resolve that trauma with these simple techniques. This is what groups of humans do best together - help each other heal.
ABOUT GERRY MA (Oxon), PGCE (Man), Dip T.M. (CHM), CTA (UKATA), PTSTA (EATA)

Gerry is a UKCP registered psychotherapist, supervisor and trainer as well as a qualified Massage therapist. Within psychotherapy (Transactional Analysis) he is also authorised to train and supervise therapists in Transactional Analysis by the European Association of Transactional Analysis (EATA). Within his Massage work he is the pioneer and director of The NO HANDS Academy for Transformational Touch Therapy, a three stage training for qualified Massage therapists - see www.nohandsmassage.com. He is the author of a trilogy of books about Massage and Bodywork as well as the ‘Psychology of Change’ trilogy. Gerry has written numerous articles and has presented keynote presentations and workshops at conferences all over the world.

COURSE CERTIFICATION: At the end of THE KNOWLEDGE, you will receive a certificate to confirm your completion of this programme. This makes you eligible to apply for a special award from the United Kingdom Association of Transactional Analysis (UKATA) to officially recognise your 120 hrs of training in TA. These hours can then be counted towards a UKCP recognised training in Psychotherapy and Counselling or towards a qualification in either Educational or Organisational TA that is recognised worldwide.
Embodied learning

“To hear, read or watch a thing is not to learn a thing. To learn a thing is not to understand a thing. To understand a thing is not to live a thing. Only by living a thing can we truly know a thing.”