

## Transactional Analysis Therapy

Transactional Analysis theory was developed by psychiatrist and psychoanalyst Eric Berne in the 1950's.

Berne wanted to develop an approach that was really practical and gave people a lot of helpful and useful tools. He viewed psychoanalysis as too slow at helping people with their problems and complex and poorly communicated to clients. He decided to start naming his concepts using everyday language that people could understand and this was part of his desire to demystify the whole therapy process and make it a lot more democratic and accessible to people.

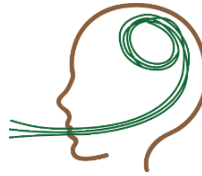
### The Foundation Beliefs of TA

Transactional Analysis has several philosophical assumptions that underpin the whole theory. The first thing is that it has a very optimistic view of human nature. In this way, a belief is that deep down, people are fundamentally good. People all over the world are living their lives in the best way they know how and have kind and caring natures. It believes that people have an inherent internal drive towards growth and development and that we are all continuously learning, growing and developing.

Transactional analysts also believe that people have the capacity to think and think for themselves. They believe that people can make decisions about who they are, how they live their lives, how they relate to other people and in particular that those decisions can be changed. In this way TA is an anti-deterministic philosophy, believing that at some point in our lives we made decisions in order to survive but that these decisions can be reviewed and challenged and potentially put aside to make way for new decisions to be made.

### Does TA work?

One of the most pertinent questions you may ask is, does TA work? Research has proved that TA is successful in the treatment of a range of psychological issues from depression to anxiety, personality disorders, general wellbeing and so much more.



## **Key Aspects of TA Therapy**

### **Centrality of relationship**

The relationship between client and therapist is central to a successful outcome. There is a significant importance placed on what can be achieved by the 2 people in the room, in relationship with each other.

### **Relationship with self, relationship with others**

The relationship we have with ourselves and how we think and feel about ourselves is a focus in TA therapy. This subjective or intrapsychic relationship can shine a spotlight on our relational patterns that impact on our belief about ourselves and our beliefs about others.

### **Experience counts**

In TA therapy, what happens between therapist and client in the relational experience can account for significant changes not reached by cognitive insight.

### **A Collaborative Process**

The therapist takes an active role in TA therapy. Working together the therapist and client can find new ways of relating to each other.

The therapist will make use of their own subjective experience (counter-transference) to inform them as to the appropriate intervention to use and when, with the client.

In being a contractual therapy TA allows for client and therapist to collaborate on specific goals for therapy sessions.

### **A Bilateral Commitment**

In relational Transactional Analysis the emphasis is on an Adult – Adult relationship. There is mutuality in the relationship between client and therapist.

Mutual relationship with client with a focus on establishment, maintenance and end of therapeutic relationship.