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analysis is a

talking therapy

and sessions are

designed to

explore an

individual's

personality and

how this has

been shaped by

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Transactional –
particularly
those stemming
from childhood.

This is achieved
through skilful
questioning and
the utilisation
of various
models,
techniques and
tools.

Transactional

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Transactional Analysis is to identify which of the three parts, Parent, Adult or Child, is involved in the transaction, and then take appropriate action. How does the identification work?

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This concise

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provides 30

practical

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counsellors

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counselling
skills. After a
brief
introductory
section that
summarizes the
essentials of TA
theory and
technique, the
book covers
crucial aspects
of best practice
in current TA,

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many of them
unavailable in
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Psychotherapy

*Developing
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(Developing ...

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analysis in
counselling is
usually focussed

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more tightly on solving particular problems and, in this, can be contrasted from person-centred counselling which does not focus on problems. Ideas and techniques from transactional

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however, do lend themselves to incorporation in an integrative approach.

analyse and reflect in a critical way on my use of ...

Transactional analysis It categorises the

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human transactional
personality into
three states -
Parent, Adult
and Child -
which can help
you understand
how you interact
with others.
Therapists also
look at how your
beliefs and the
way you
interpret the

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Transactional you
can create
recurrent and
problematic
patterns of
behaviour, and
will work with
you to help you
to change.

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Rapport;
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Depth; Silence;
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by both trainees
and experienced
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The course

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analysis

provides an
integrated model
of counselling
skills which

builds on
previous
training and/or
practical
experience.

Participants

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will be
introduced to
concepts such as
ego states,
transactions,
psychological
games and script
and will be able
to consider
often perplexing
aspects of
experience from
a new and
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