

TRANSACTIONAL ANALYSIS (TA)

TA is: A philosophy:

1. People are OK – (have worth and dignity)
2. Everyone has the capacity to think – therefore decide what s/he wants from life
3. People decide their own destiny and these decisions can change.

A theory of personality:

We learn how to behave from the people around us, the most powerful influences being our parents when we were children. Those early influences affect the feelings we can safely express, the values and beliefs we hold, the expectations we have about how families ought to behave and the actions we allow ourselves (especially when we're under stress). These feelings, beliefs, values and actions become habits, or life scripts long before we could analyse and decide in a rational way whether they were useful to us- A theory of interpersonal behaviour and communication.

GOAL AUTONOMY

Berne: The release or recovery of awareness, spontaneity and intimacy through “A friendly divorce from one’s parents and from other Parental influence so that they may be agreeably visited on occasion but are no longer dominant”.

EGO STATES

Behaviours, thoughts and feelings copied from parents/parent figures

Behaviours, thoughts and feelings – direct responses to the here and now

Behaviours, thoughts and feelings replayed from childhood

