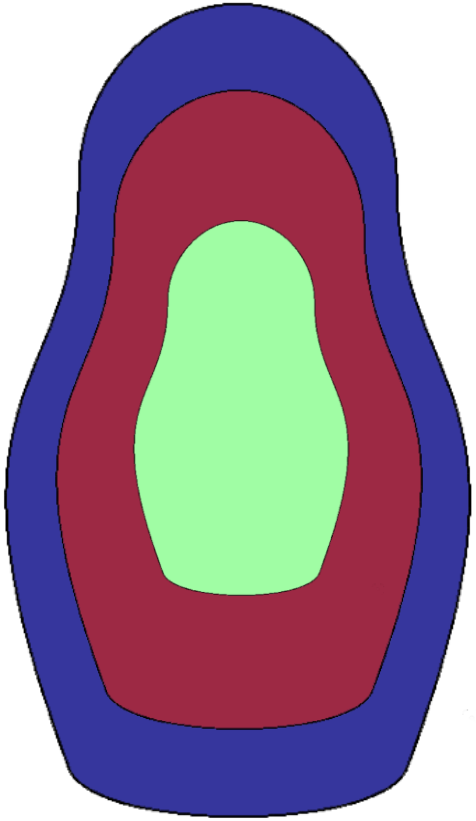
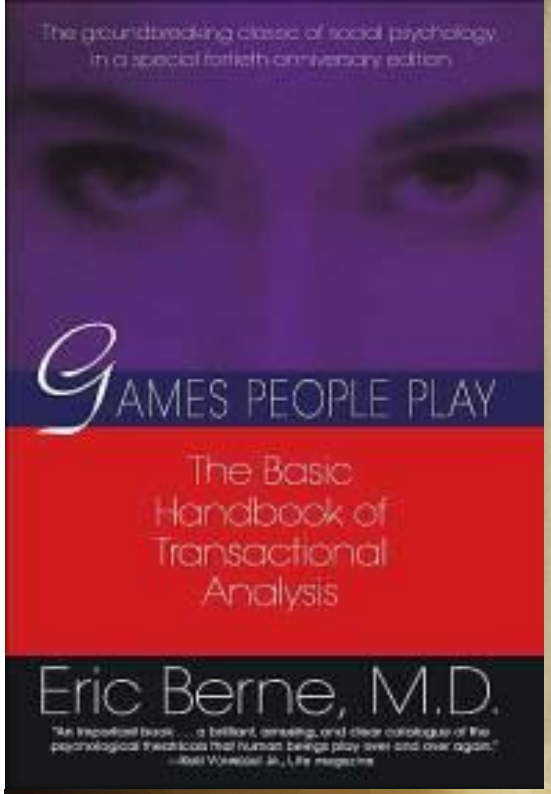
Using T.A. Creatively in Counselling

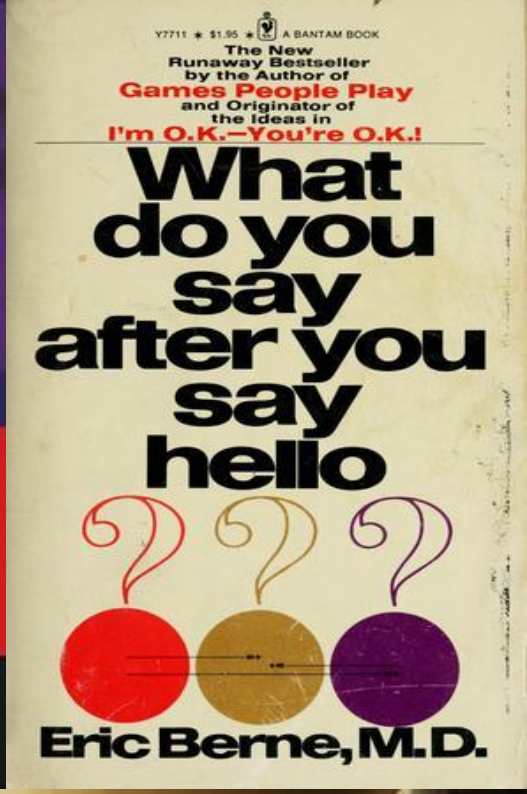
Pauline Andrew



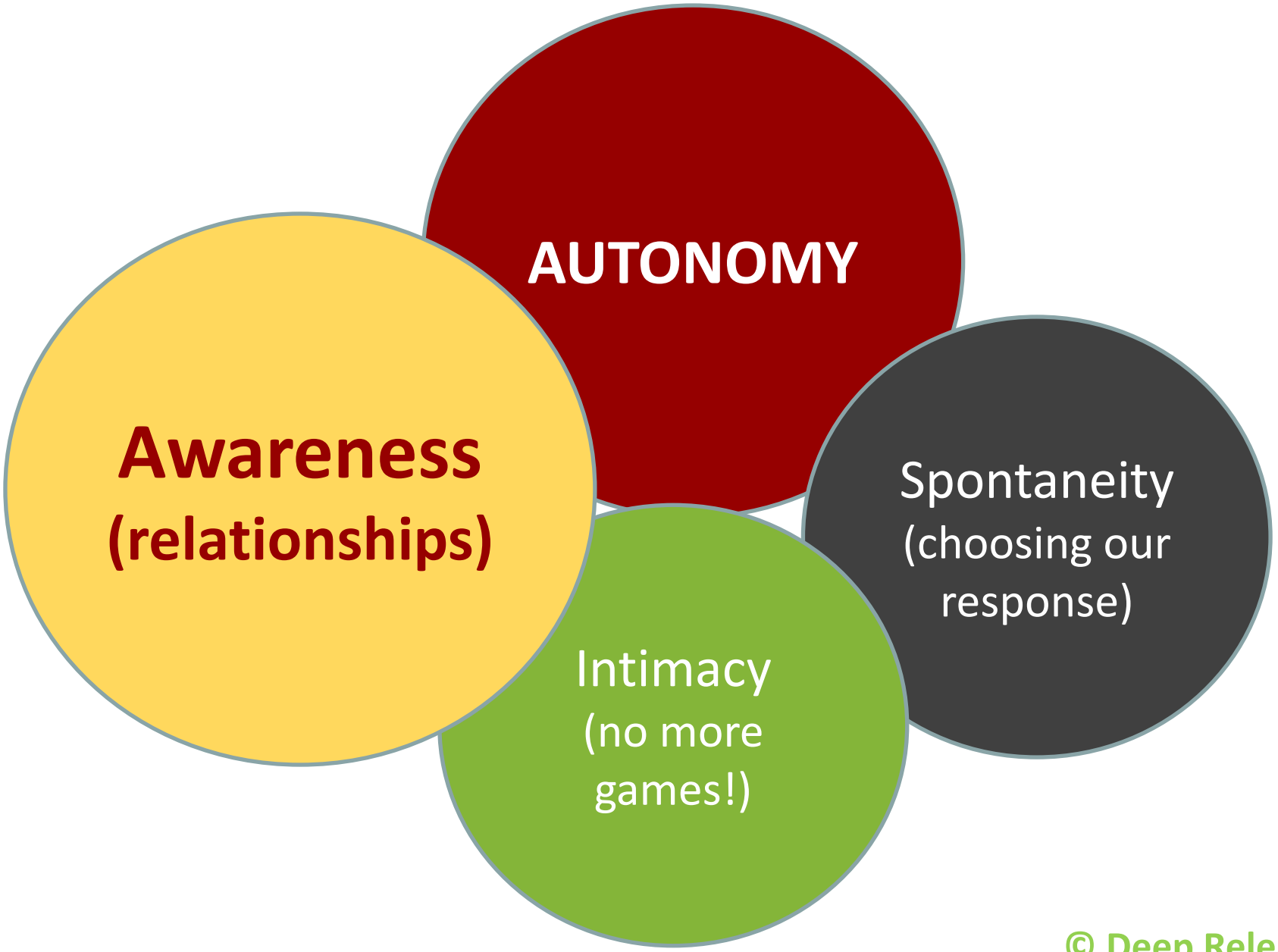
Slides for personal and private use by course participants

Eric Berne
1910 – 1970
Canadian Psychiatrist





WHAT'S TRANSACTIONAL ANALYSIS ABOUT?



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IT'S ALL ABOUT RELATIONSHIPS!

Image by Gerd Altmann from Pixabay

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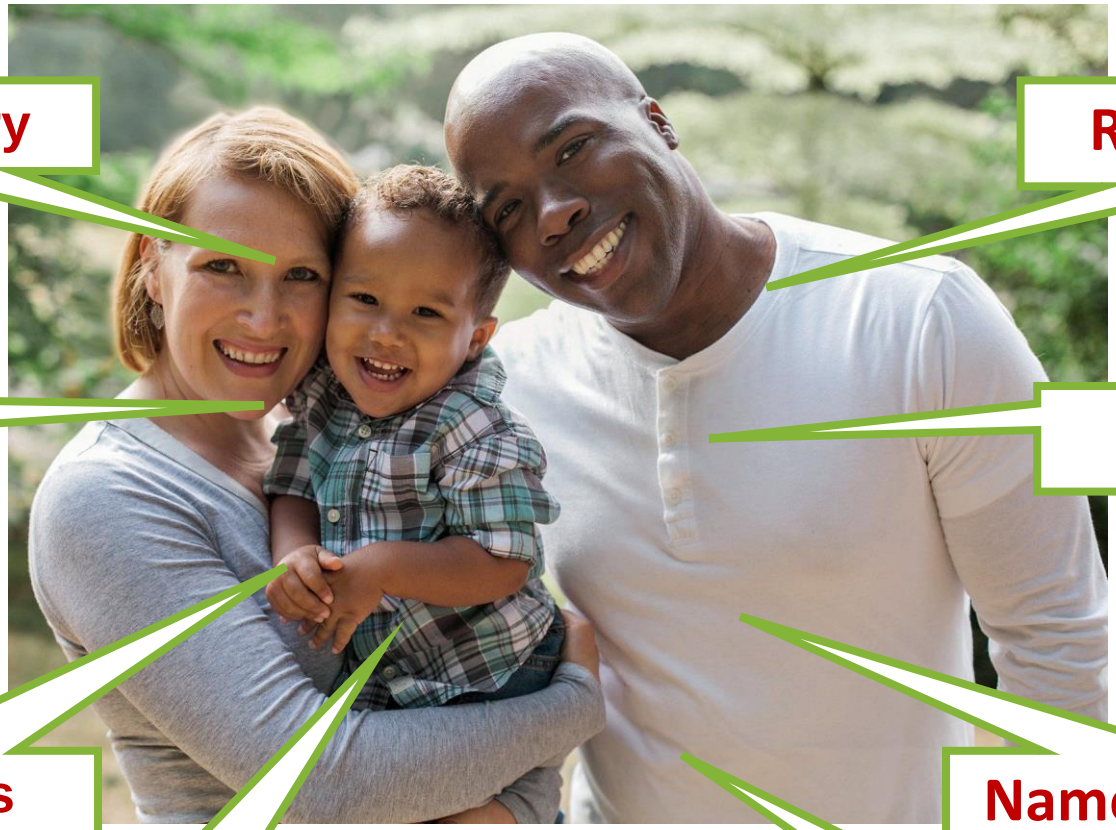
WHERE DO "SCRIPTS" COME FROM?



Family History

Racial History

Birth

Gender

Expectations

Name/Appearance

Trauma/Loss

Words Spoken

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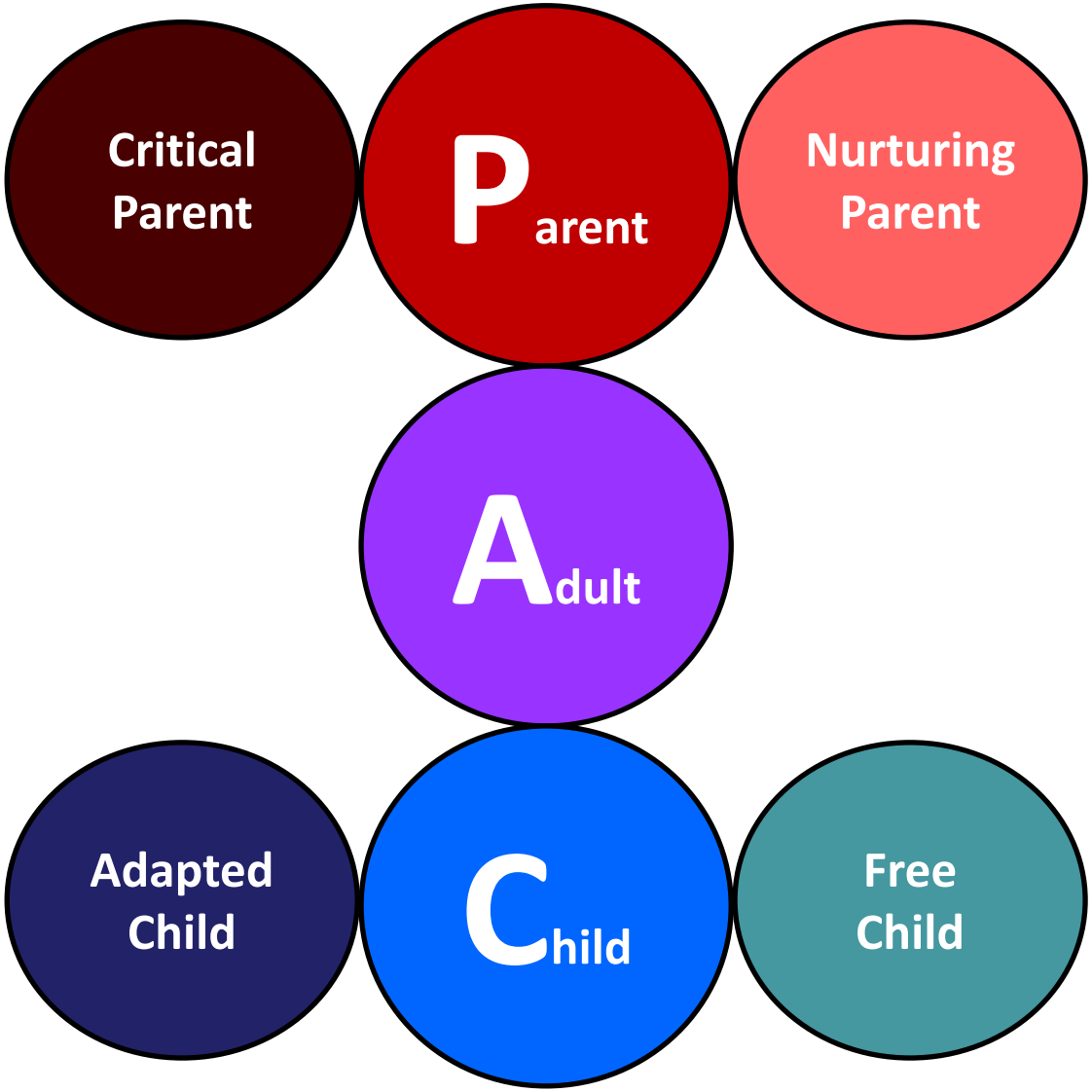
Image from Pixabay

TA EGO STATES



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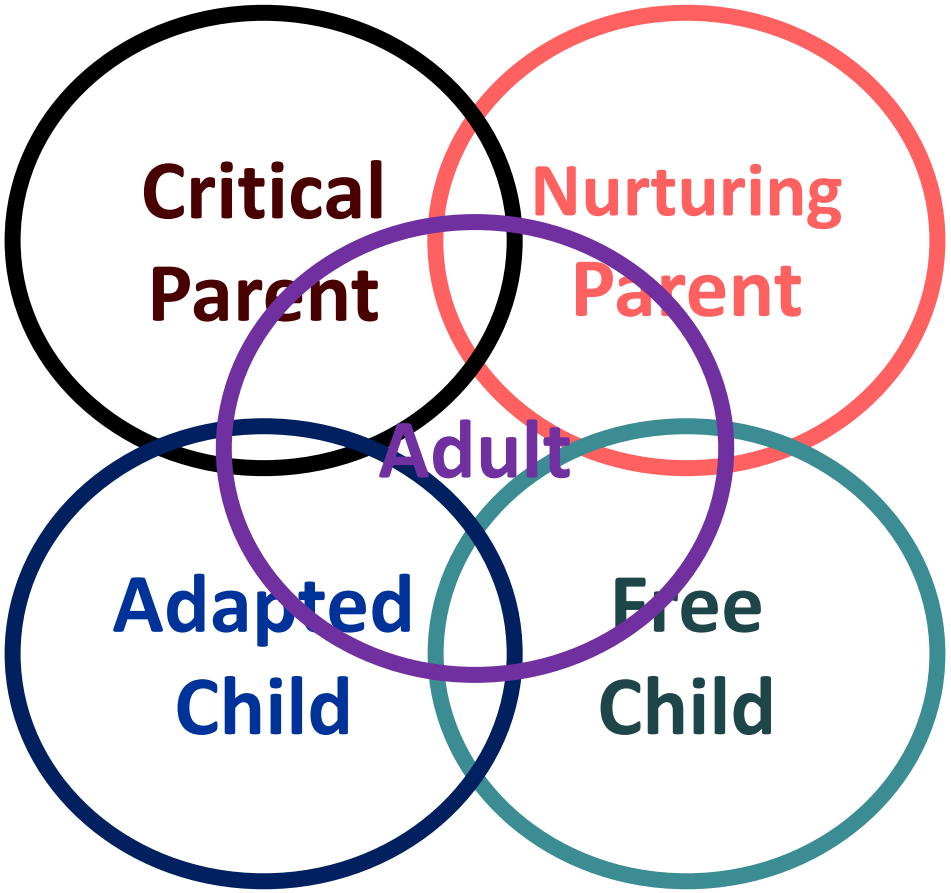
BALANCE



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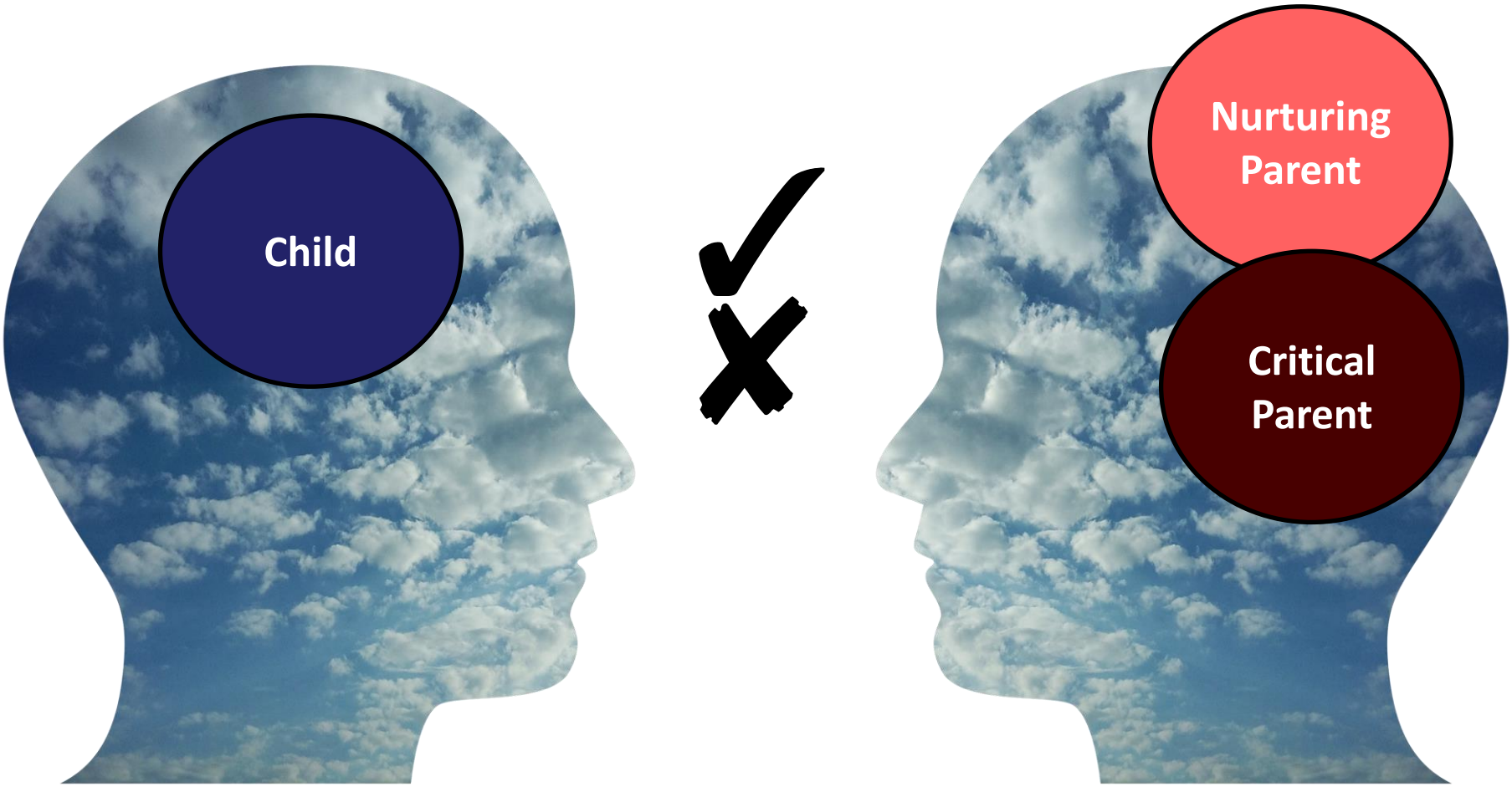
COMPLEMENTARY & CROSSED TRANSACTIONS



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TA AND THE DRAMA TRIANGLE

Critical Parent

Nurturing Parent

Child

Persecutor

Rescuer

Victim

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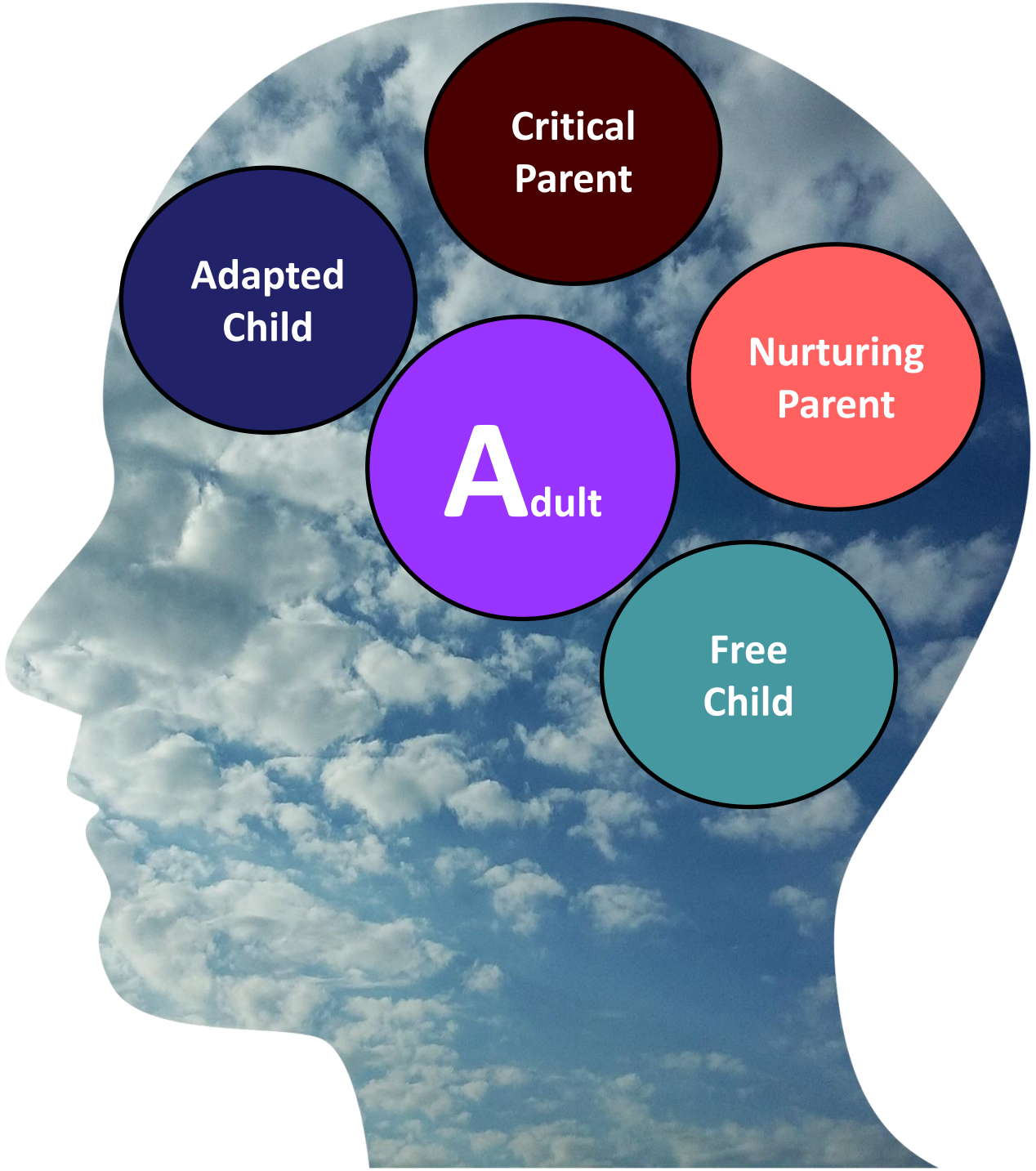

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Knocked off Balance!

I am ok!

I can do this!

It's ok to make mistakes

I am worthy of love

Who are you kidding?

Image by Gerd Altmann from Pixabay

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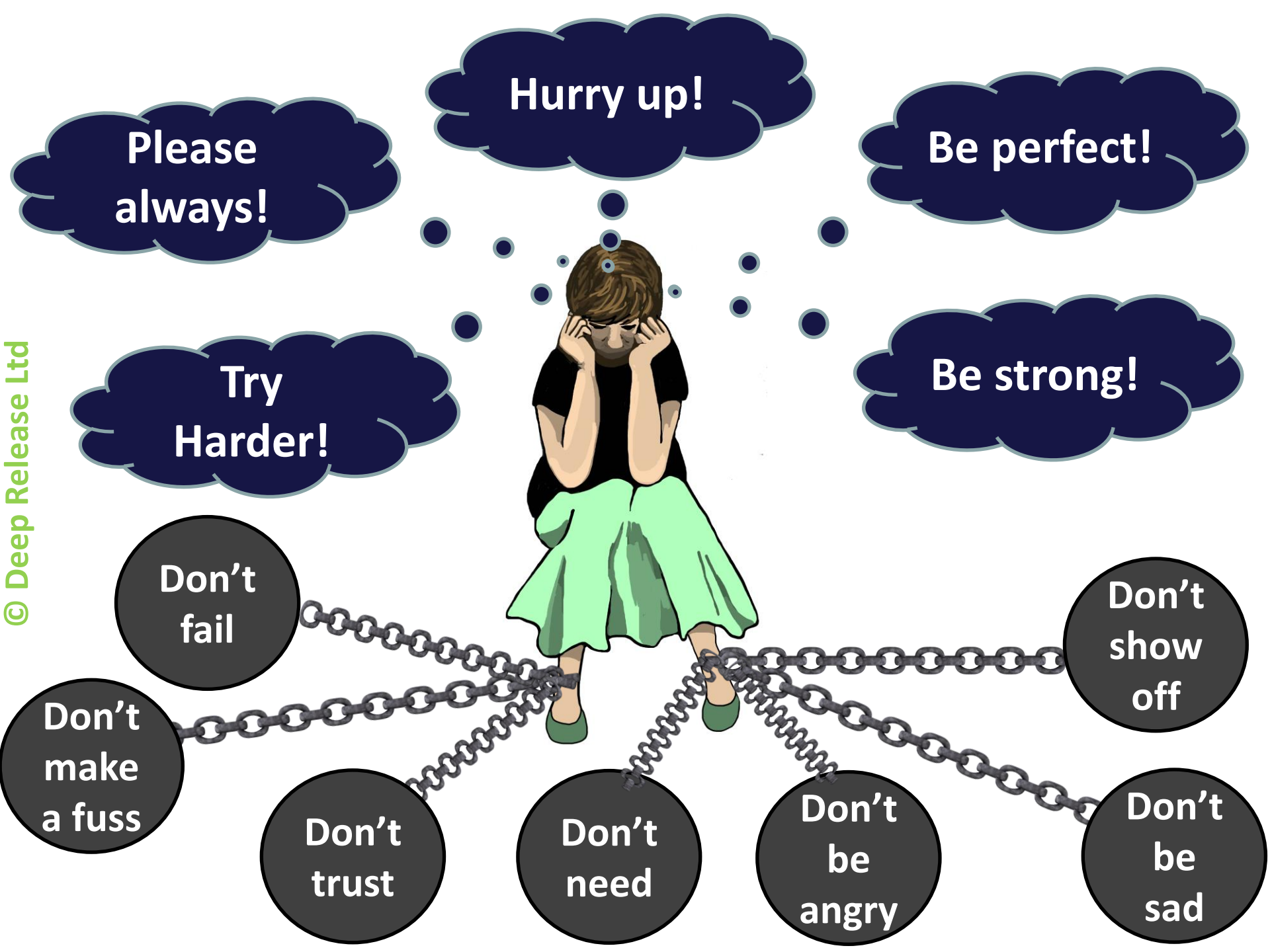
Hurry up!
Please always!
Be perfect!
Try Harder!
Be strong!
Don't fail
Don't make a fuss
Don't trust
Don't need
Don't be angry
Don't show off
Don't be sad
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SECURE ATTACHMENT: THE CIRCLE OF BELONGING

You can learn – and it's ok to make mistakes!

Structuring Parent

You are loved and you are ok!

Nurturing Parent

Socialised Child

I understand the rules, I am empathic

Free Child

I am worthy of love, just as I am!

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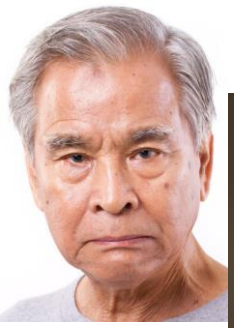
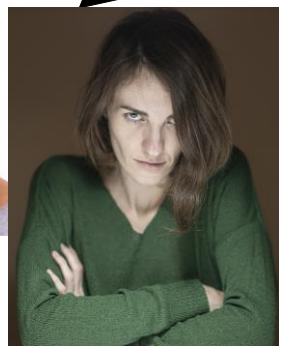
Inconsistent Parent





Critical, Controlling
Abusive Parent

Spoiling, Suffocating
Parent

Structuring Parent

Nurturing Parent

OUT

IN

OUT

Socialised Child

Free Child

© Deep Release Ltd

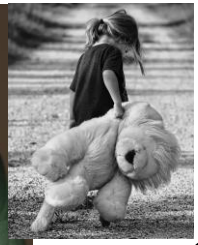
Adapted Child
Conditional Love

Hurt Child

Wild Rebel Child

Hurt – Shame - Anger - Rebellion

Inconsistent Parent



Critical, Controlling
Abusive Parent

Spoiling, Suffocating
Parent

Structuring Parent

Nurturing Parent

IN

Socialised Child

Free Child

OUT

OUT

© Deep Release Ltd

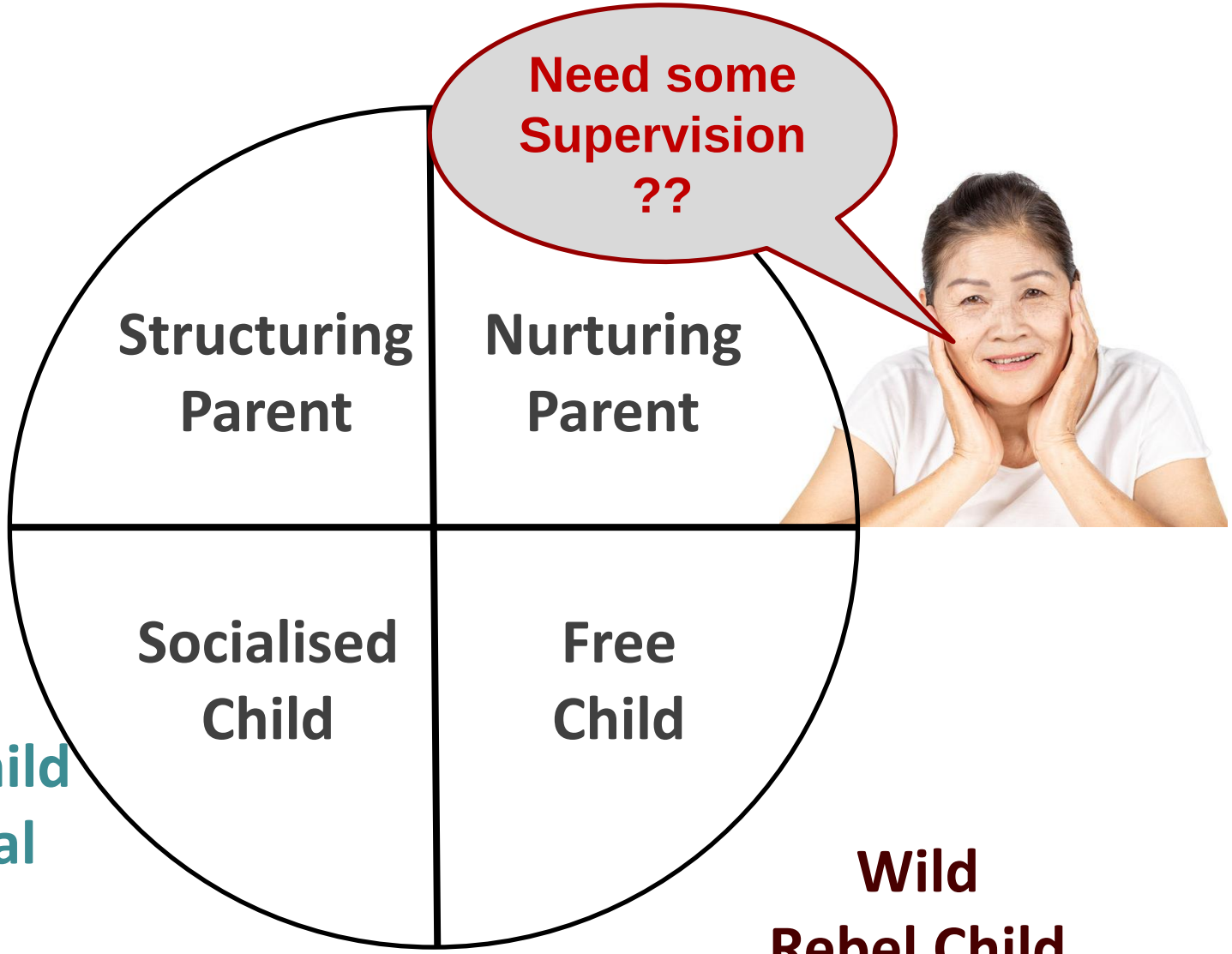
Adapted Child
Conditional Love

Hurt Child

Wild Rebel Child

Hurt – Shame - Anger - Rebellion

TA DYNAMICS IN THE COUNSELLING ROOM



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Adapted Child
Conditional Love

Wild Rebel Child

Hurt Child

Hurt – Shame - Anger - Rebellion