



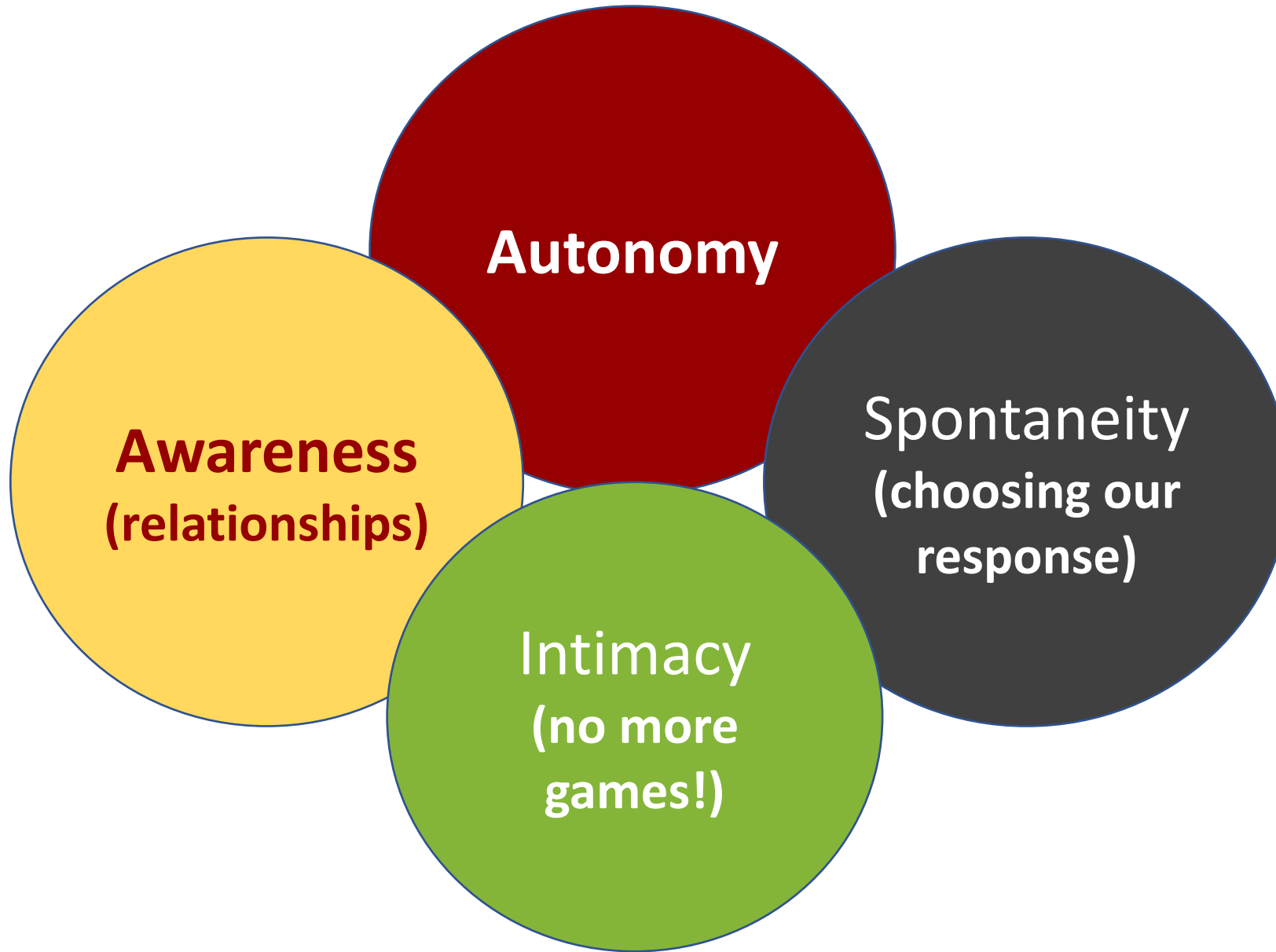
Deep Release Online
Professional Training for Counsellors

3 Ways to Work with Transactional Analysis

Tues May 24



WHAT'S TRANSACTIONAL ANALYSIS ABOUT?



Working with Scripts

SCRIPTS

How are they formed and maintained?

Copying Modelling

- Social Referencing
- People like Us
- The need to belong
- Prejudice & discrimination
- Beliefs about who we are

Rewards & Punishments

- The Pay Off
- Positive
- Negative

Injunctions ("stoppers")

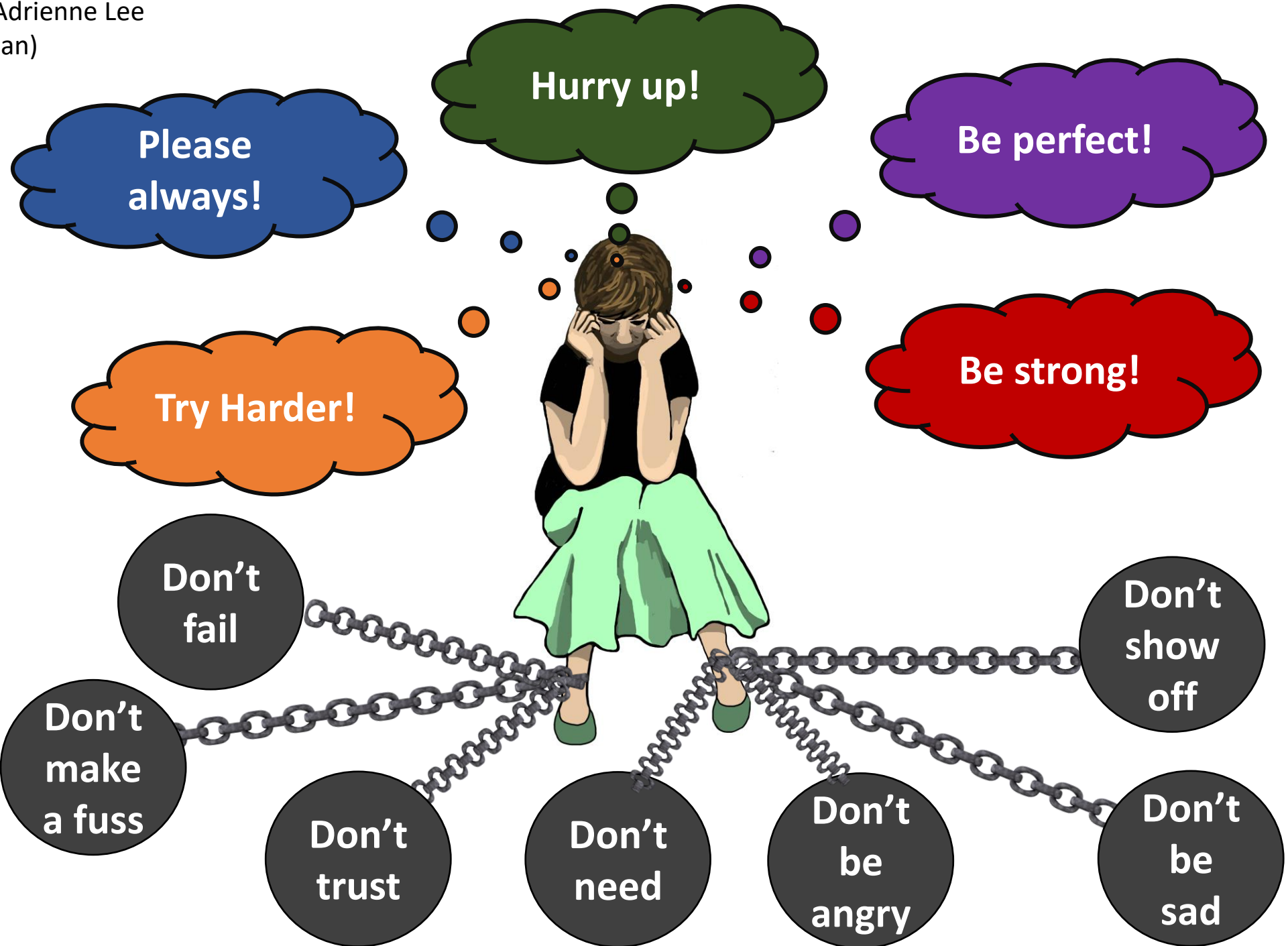
- "The Most important part of the Script"
- Don't!

Counter-Injunctions

- Drivers
- Be Perfect
- Please Always
- Try Harder
- Hurry Up
- Be Strong

Whose Voice?

From an idea by Adrienne Lee
(The Drowning Man)



**BE
PERFECT**



**TRY
HARDER**



**BE
STRONG**



**HURRY
UP**



**PLEASE
ALWAYS**



CRITICAL PARENT VOICE

SCRIPTS

We create feelings of fear by holding on to our script beliefs

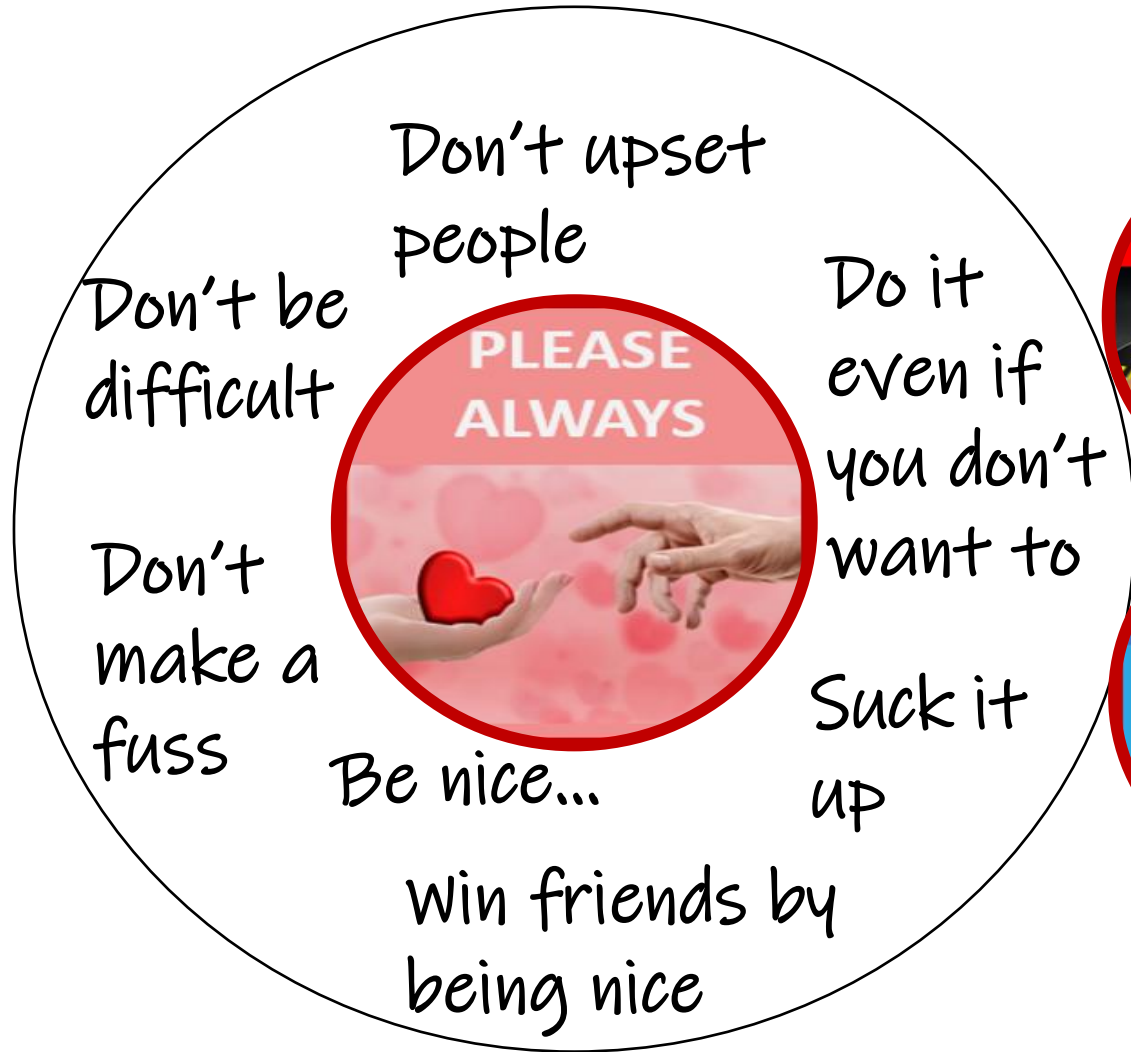
Anne de Graaf

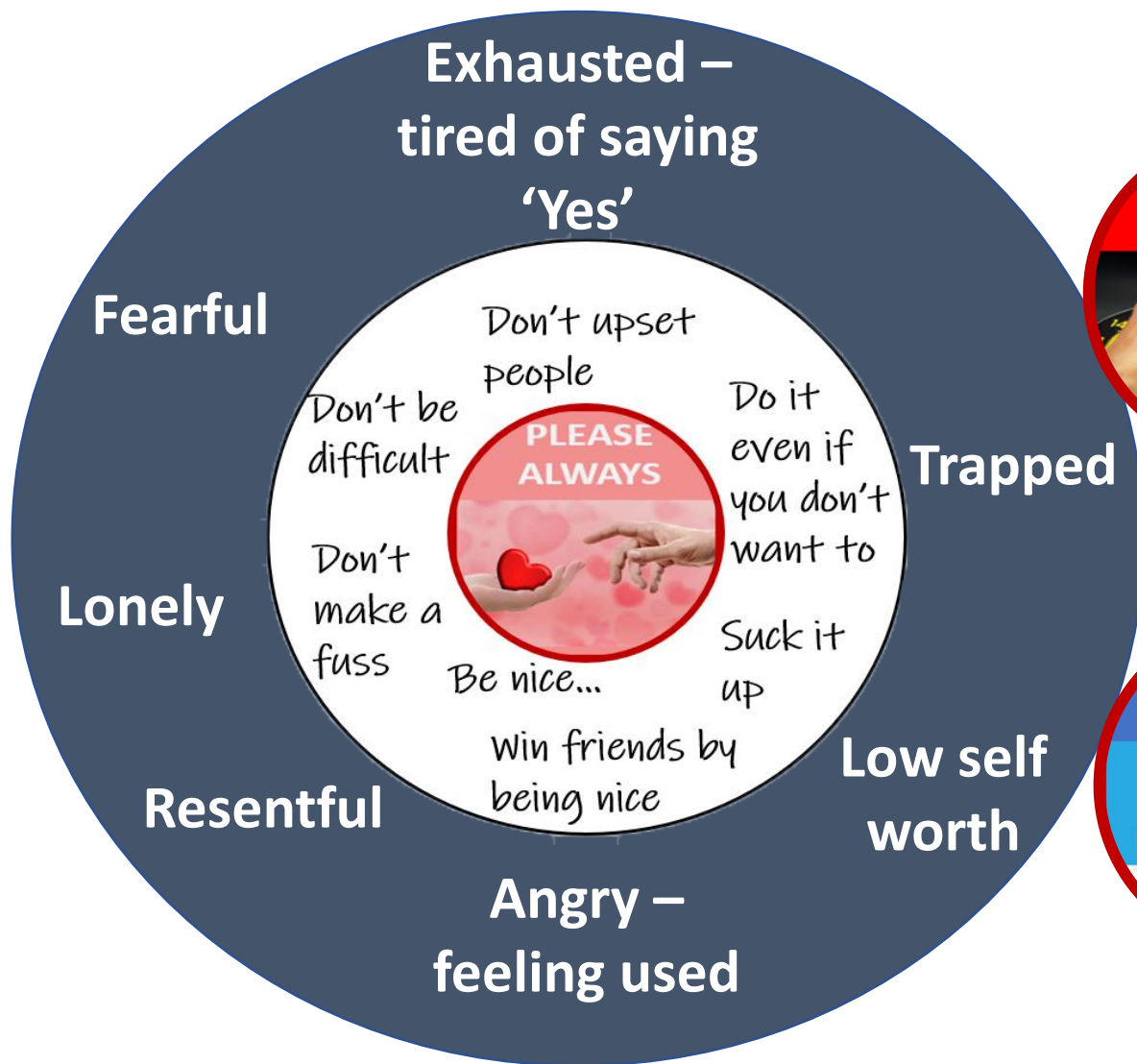
Notice when your client reacts, physically and/or emotionally to something you say. Have you triggered some scripts?

Omigosh, he thinks I should leave home, my mother will kill me, I'll be deserting them, I can't cope on my own, I'll run out of money, I'm not up to it, I'm not like my sister.....

I think so... maybe...

So am I hearing you are feeling ready to leave home and find your own place?





Scripts
Conditions of Worth
Internal Working Model
Injunctions & Counterinjunctions
Negative Cognitions

IDENTIFYING UNMET NEEDS

Being more assertive –
“my needs matter too!”

Allowing
myself to
be honest

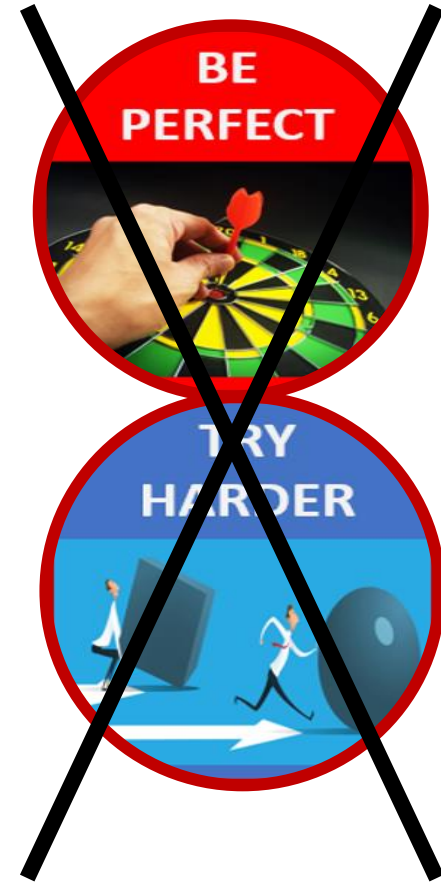


Loving
myself...

...Loving
others

It's ok to
let people
deal with
my No...

Saying what I
mean without
being mean



FINDING OUR NURTURING PARENT

THE TRUE SELF AND THE FALSE SELF

AGREE WITH THE SCRIPT



CHALLENGE THE SCRIPT



**What would you do if you weren't held back
by fear or limiting self-beliefs?**



Games
People Play

GAMES

Games are learned and developed during childhood stress situations, as a means of getting our needs met, or just surviving. They are **maladaptive** as an adult means of problem-solving.
(If you keep on doing what you've always done....)

A **Racket** is a set of behaviours which originate from childhood thinking, which seek to **manipulate** the environment to **match the script**. They don't solve the problem.
(I will make things happen that prove my scripts are true....)

The **Goal** of a game is not so much to solve the problem as to experience these racket feelings and **feel internally justified** in experiencing them.
(Told you so)

Adapted from www.winship.info/ta

GAMES

Games are essentially devious, toxic and sometimes deadly methods of obtaining "strokes."

Claude Steiner, 'Scripts People Live'



- Desire for intimacy
- Manipulation that results in pseudo-intimacy
- Get what we want by ulterior means

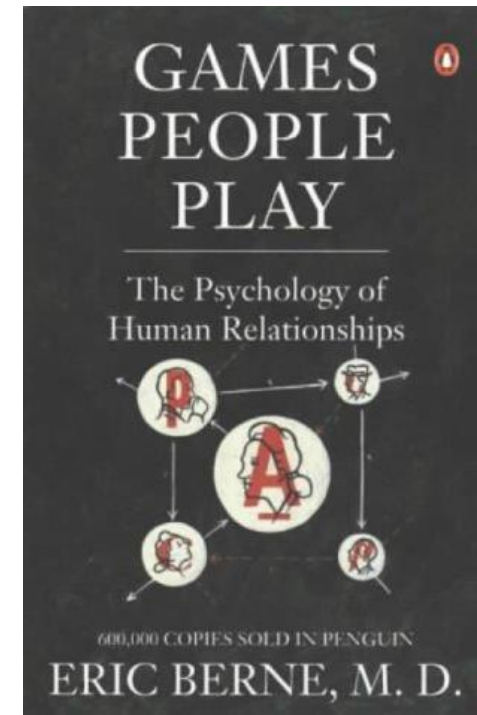
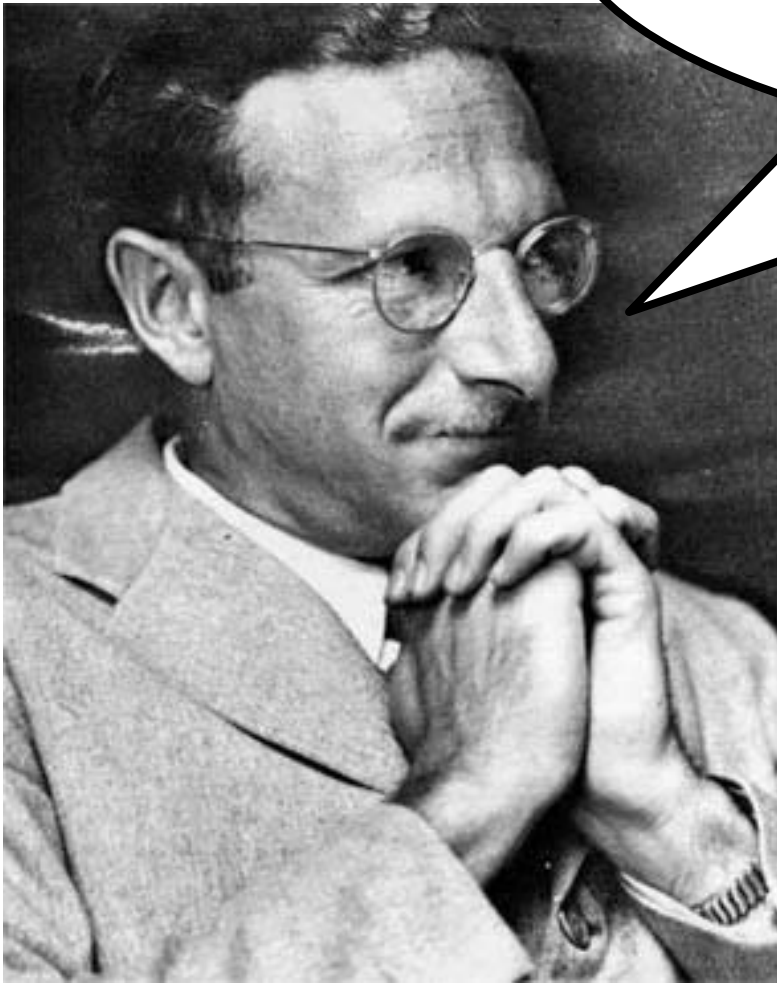
GAMES

- Tend to be passed on from generation to generation
- Child ego state
- Strategies to get attention and avoid fearful situations
- Typical British culture frowns on too much plain speaking (although changing with younger generations)
- People tend to pick friends and associates with people who play the same kind of games

The players remain attached to each other in pseudo-intimacy.



**“Games are a compromise
between intimacy
and keeping intimacy away.”**



TRADING STAMPS



**In the 60s & 70s
rewards for buying
groceries or petrol**



**Regentone 19" television
Longines 9ct Gold watch
Kodak Brownie 8 Movie Camera
Kenwood Chef
Silver Cloud motor boat
(outboard motor not included!)**

**- 88 books
- 39½ books
- 13¼ books
- 33¼ books
- 170 books**

TRADING STAMPS



Feelings of anger, depression, jealousy, envy, hurt, happiness, self-righteousness are saved up and redeemed eventually for a psychological prize.

BUT...

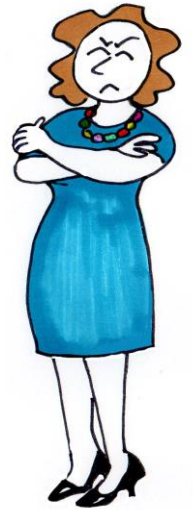
We can save up positive stamps for others, or for ourselves!

BLEMISH : However good a job you've done, I'll find something wrong with it...
I feel bad about myself, so finding something wrong with what you've done helps me feel better...

LOOK WHAT YOU MADE ME DO! (I'm feeling hurt & angry)
"If you had done the washing up instead of leaving it all to me, I wouldn't have dropped my best china plate and broken it!"

IF IT WEREN'T FOR YOU (IWFY)
If my partner didn't insist I stay home and look after him, I'd go out and get myself a job...
Secretly I'm afraid I'd be useless, so it works for me!

I'M ONLY TRYING TO HELP!
I'm a good, kind person and it's you who have the problem – you're ungrateful!
I need you to feed my ego and affirm my script that if you work hard enough, people will love you.



AVOIDING ACTION : PLOM AND YES, BUT...

POOR LITTLE OLD ME (PLOM)

What can you expect of someone like me? I had a terrible mother, I was bullied at school, I'm in pain, I'm no good at anything...

Used to excuse behaviour and avoid change

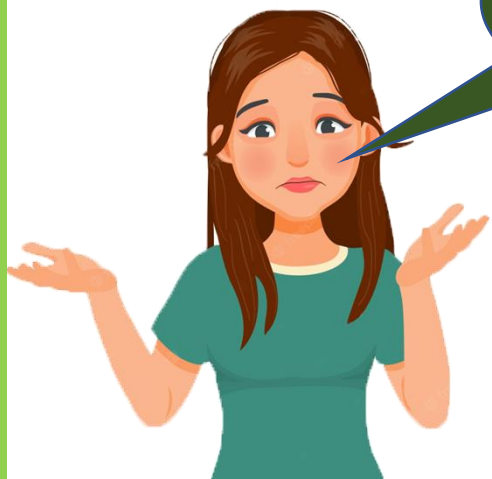


YES, BUT...

Whatever you suggest as a solution to my problems, there is always a reason why I can't do it.

It ultimately proves that you, the person trying to give me advice, are inadequate, not me!

Not my problem!



SHOOT MY BULLETS

I will tell you it's your job/responsibility to sort out my problems

This absolves me from any guilt or backlash

BACK SEAT DRIVER



OTHER GAMES

HIT AND RUN

I will cause uproar and then walk out on you...
Slam the door... Put the phone down on you...



SWEETHEART

I will put you down (often in public)
but do it so nicely you can't come back at me.



*You're just hopeless with money,
aren't you my darling?*

*I chose a partner who would
expose my deficiencies and
save me the embarrassment
of having to expose them
myself. My parents used to
do this for me when I was
little...*



HARRIED

- I try to be proficient in a dozen different occupations or roles, eg mother, director, running the home, community work...
- All are conflicting and exhausting roles, and I take on more and even ask for more
- I accept all demands from other people and eventually am likely to collapse and let people down
- It then confirms my core belief that I'm useless and nobody likes me

The player acts out of inadequacy, a need to be valued by others and fear of being seen as a fraud.

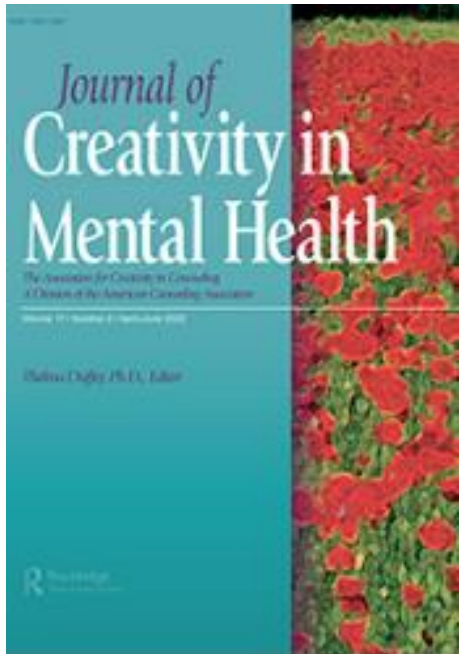


Share in Buddy Groups

1. Think about the scripts that limit your own life
2. How do these work themselves out in the games that get played?
3. How easy do you find it to work on TA dynamics with your clients?

20 minutes





Jennifer R Adams (2009)

“Using Winnie the Pooh Characters to Illustrate the Transactional Analysis Ego States”

Journal of Creativity in Mental Health, 4:3, 237-248, DOI:10.1080/
<http://dx.doi.org/10.1080/15401380903192721>





Owl
ADULT/
PARENT



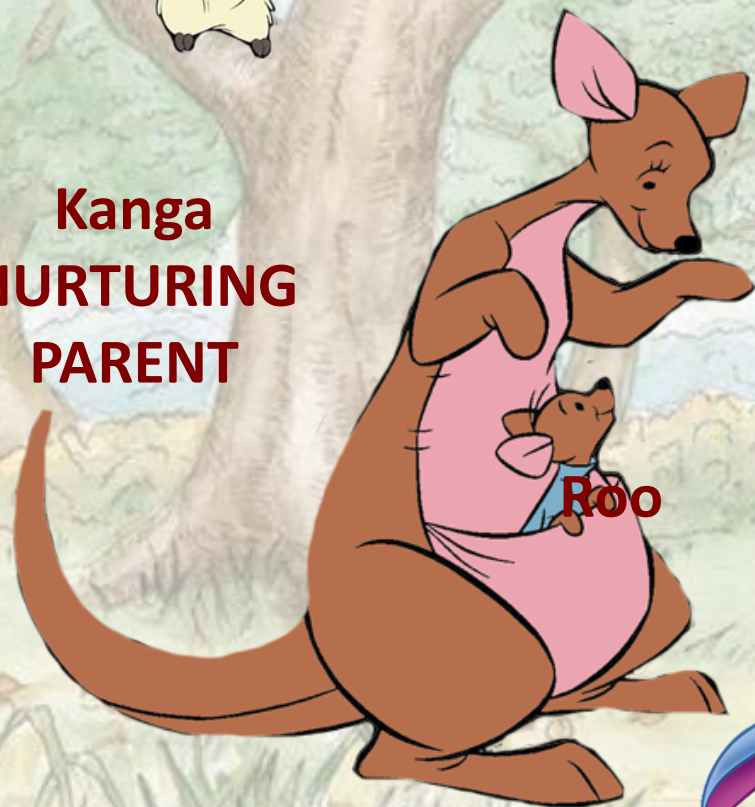
Tigger
FREE,
NATURAL CHILD



Pooh
ADULT



Kanga
NURTURING
PARENT



Roo

Eeyore
ADAPTED
CHILD



Piglet
ANXIOUS
CHILD



Rabbit
CRITICAL
PARENT



INTERNALISED EGO STATES - MAKING RELATIONSHIPS



They won't
like me,
they'll send
me away

Sabotage



I'm too
scared to go
up to them

Fear/Avoidance

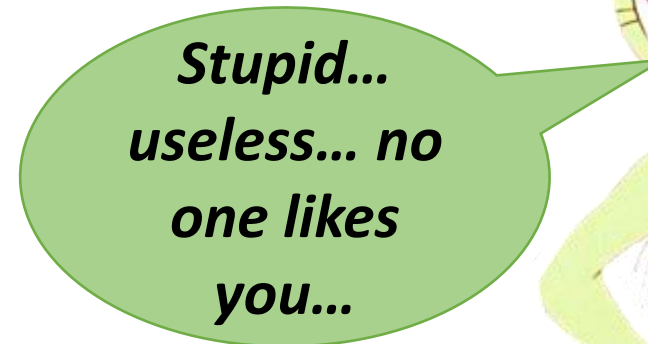


*You can do
it! How
clever you
are!*



Hi,
everybody!
Great to
meet you!

Confidence



*Stupid...
useless... no
one likes
you...*

Kanga : A Nurturing Parent



- Big heart for other people – also cares about you as the counsellor
- Can be overburdened by other people's problems / distress
- *I'm ok – You're ok (Are you ok?)*

Rabbit : A Critical Parent



- Quick to point out errors or inconsistencies in others
- Blaming, disapproving, harsh
- Send out the do, don't, should, shouldn't, must, ought messages
- *I'm ok – You're not ok*

Eeyore : An Adapted Child



- Low expectations – *good things don't happen to me...*
- Fears that they'll do something wrong and we will reject them – can sabotage relationships
- Depressive, but hasn't totally given up
- *You're ok - I'm not ok*



Tigger : A Free Child

- Talkative, positive, extrovert, enthusiastic
- Grabs everything you say as 'gold', and thinks you're wonderful
- Can be exhausting
- *I'm ok, you're ok!*



Piglet : An Anxious Child

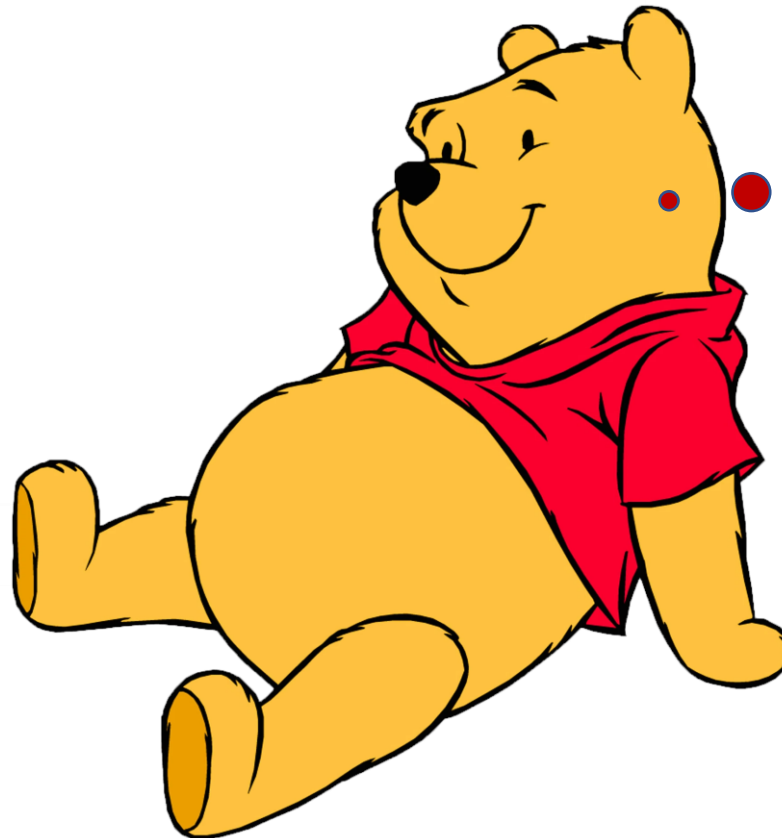
- The world is dangerous
- Wants to help others but anxiety restricts him
- *Is anybody really ok?*

Owl : An Adult/Parent



- Wise advice
- Logic

Winnie the Pooh : An Adult



- Hidden wisdom
- Processes
- Reasons things through

FINAL THOUGHTS

- As counsellors we can be vulnerable – prone to people pleasing
- Sympathy says, *“Poor you, I’m on your side!”*
- Empathy says, *“I want to come into your world and see this situation as you see it...”*
- Being curious rather than having the answers – *“Where that takes me is...”*
- Congruence can be hard
- Identifying the ‘game’ is coming from a wounded child place
- Beware of getting drawn into the game
- Transference : Be aware when we have stepped into a role:
Nurturing Parent, Critical Parent, Adapted Child, Free Child



The Open Door

**Counsellor and client
work together in a
secure and
productive alliance**



The Target Door

**The kind of work
that is most likely to
benefit the client**



The Trap Door

**Where the client
will try to distract
us into going**



Resources



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Figures Online Pack



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Thank you