

# Integrating TA Creatively into your Counselling Practice



## Meet your Buddies

- **Introduce yourselves and make sure there are no boundary issues.**

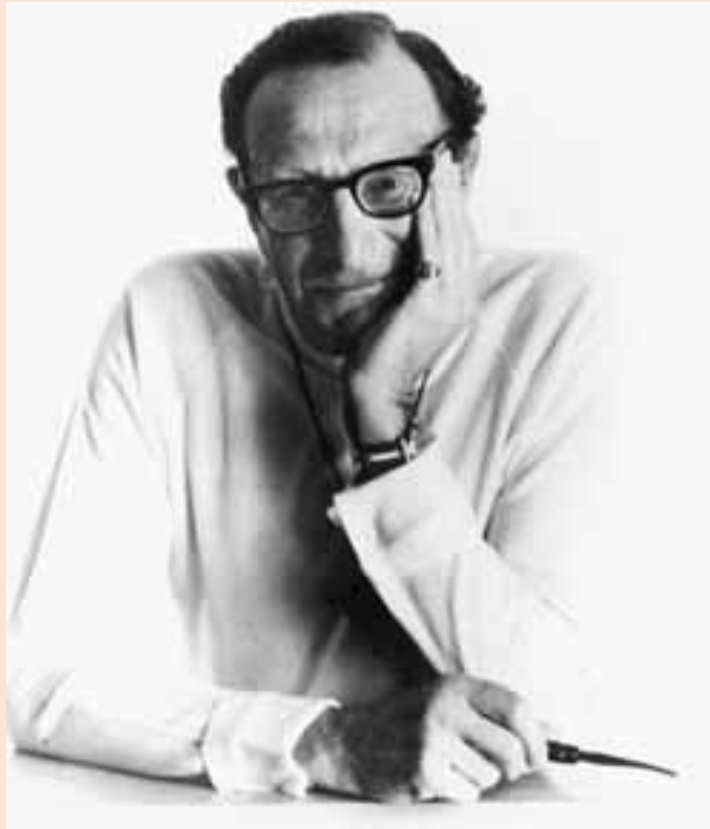
**5 mins**



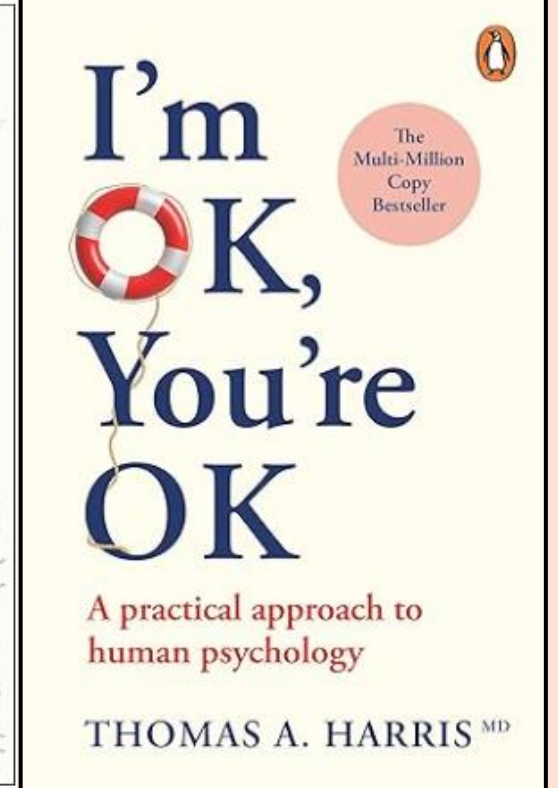
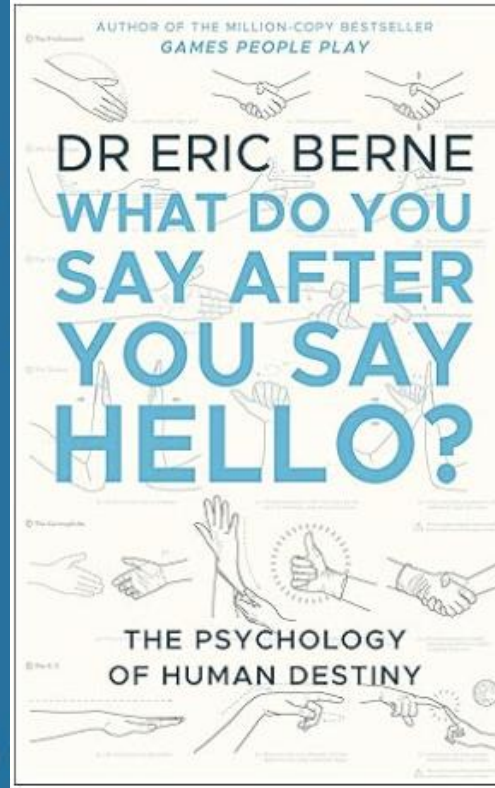
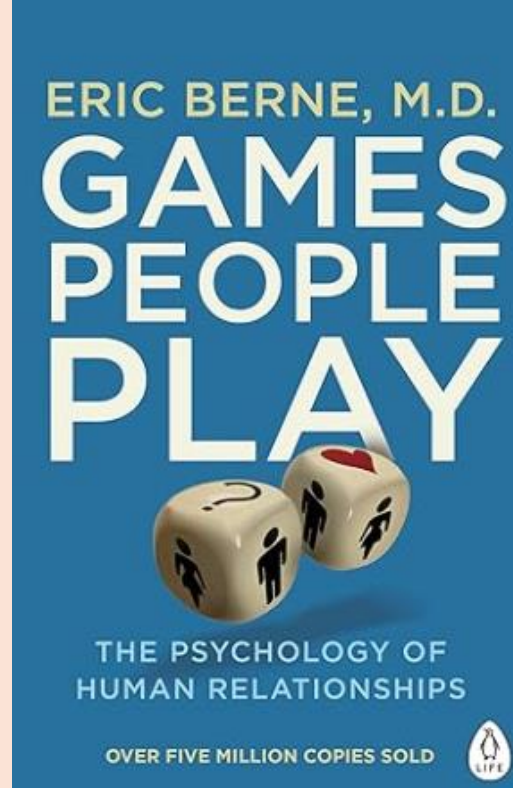
# Transactional Analysis - the basic principles







**Eric Berne**  
**1910 – 1970**  
Canadian  
Psychiatrist



**The ability to accurately assess a situation in the here and now so that we can respond as adults, not coloured by past experiences as a child.**

# **AUTONOMY**

**The ability to do the things that you want to without being held back by an inner critic or fearful voice.**

## **Awareness**

## **Capacity for Intimacy**

## **Spontaneity**

**Deep connection with another human being in a safe way.  
“A candid, game-free relationship, with mutual free giving and receiving without exploitation...” (Eric Berne)**



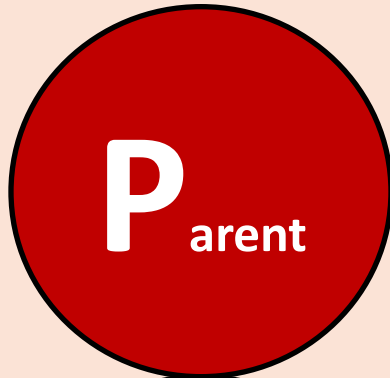




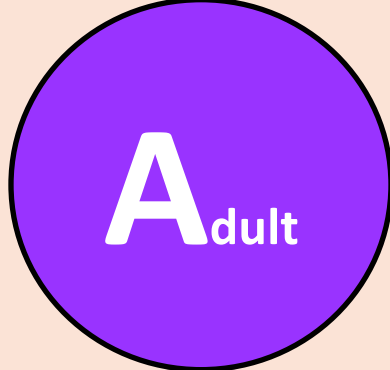
# Ego States



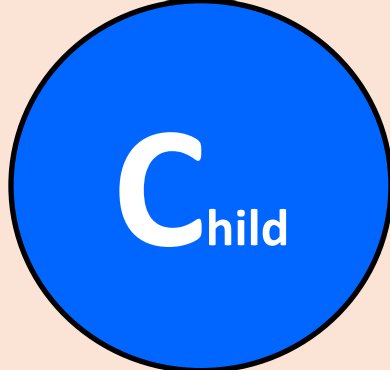
# TA Ego States



- What we learnt from parents and parent figures
- Rules, beliefs and values



- Rational, objective, problem-solving
- Balanced - not influenced by past experiences or conditioning



- Our emotions, impulses and early experiences
- Dos and Don'ts (injunctions)



# TA Ego States (original Eric Berne)

**Parent**



**Critical  
Parent**



**Nurturing  
Parent**



**P**

**Adult**



**Adult**

(Only one that  
doesn't split)

**Child**



**Adapted  
Child**

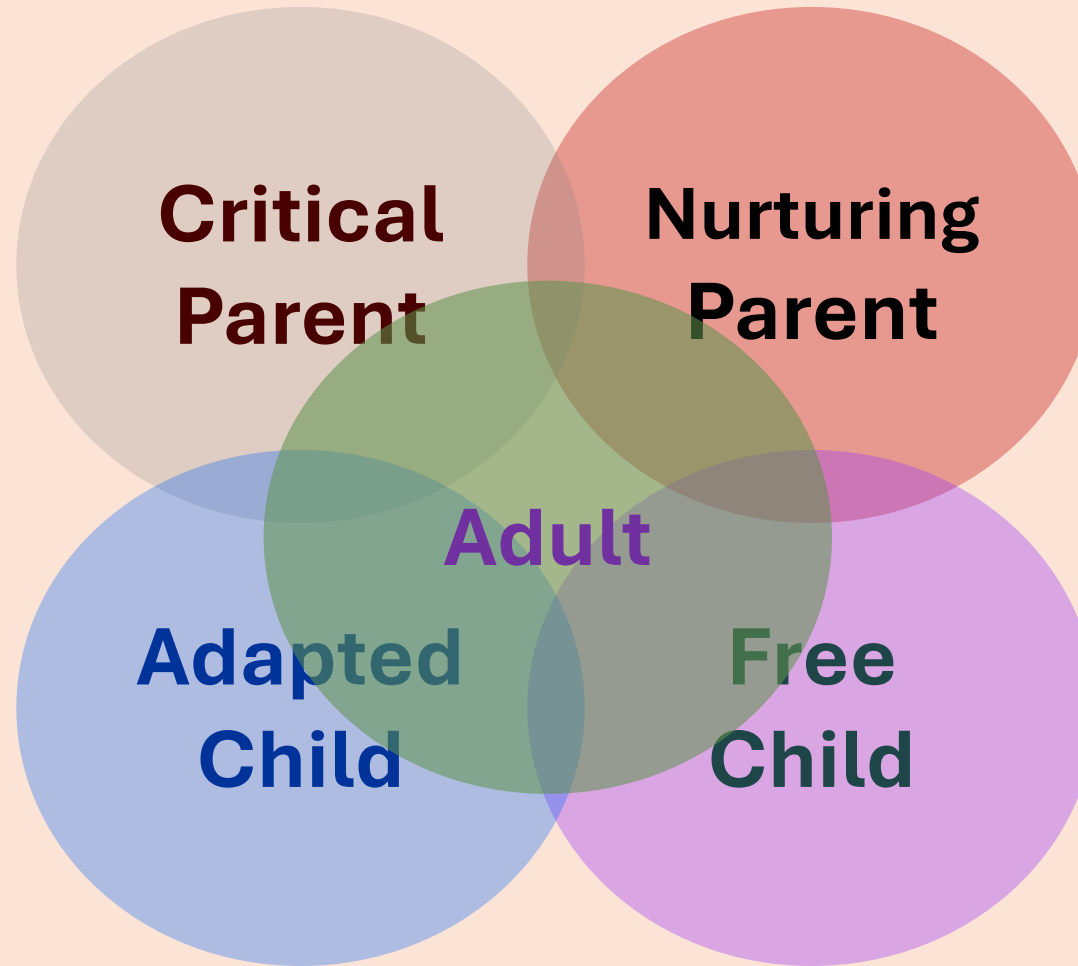


**C**

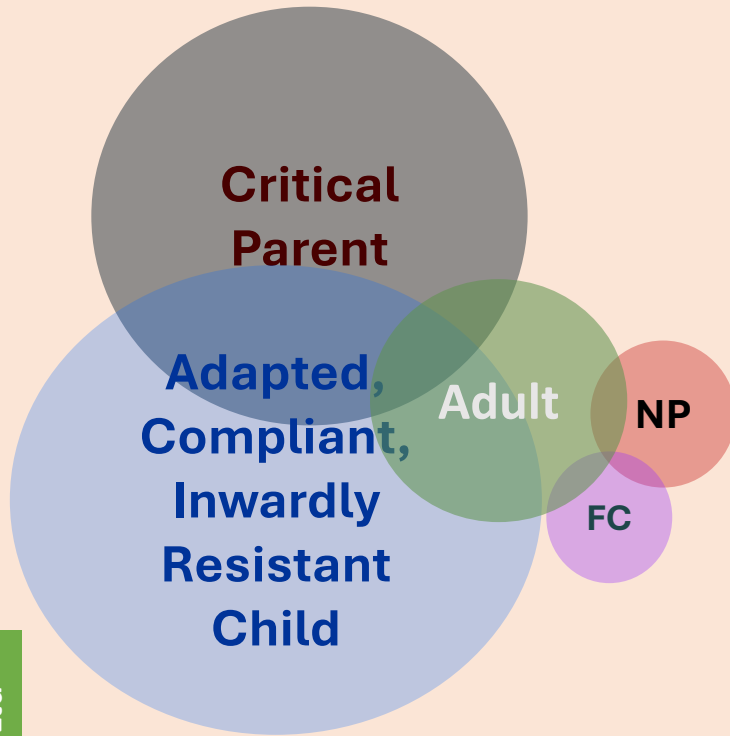
**Free  
Child**



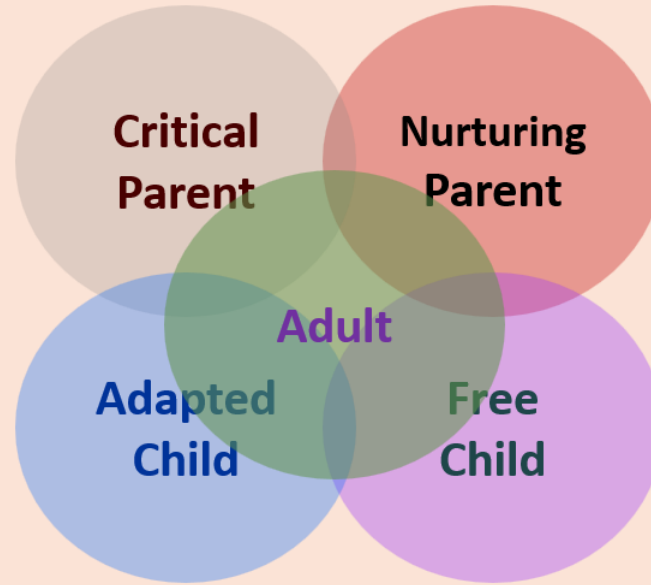
# Balance



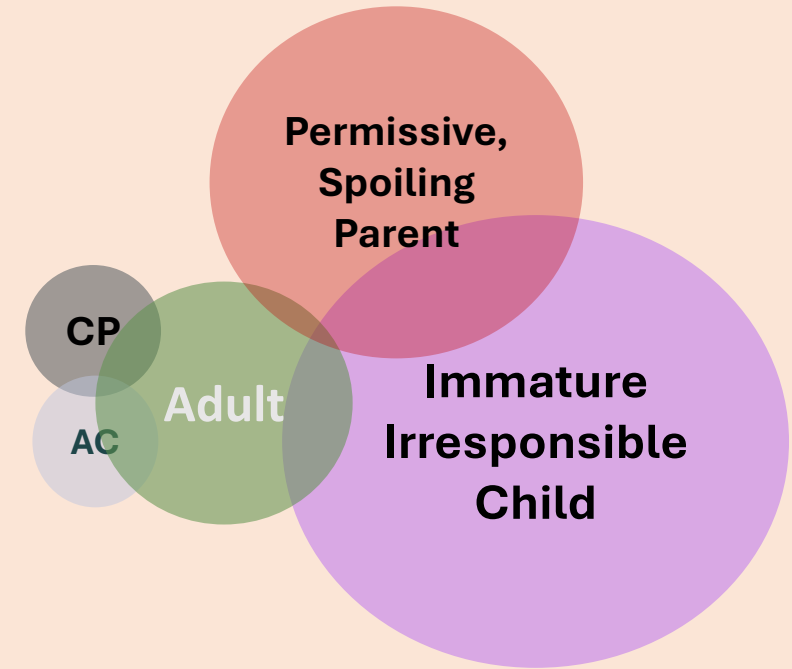
# Egograms



**Rigid, uptight,  
conformist  
critical, perfectionist**



**Balanced, integrated,  
mature, healthy**



**Self-indulgent, wild,  
carefree, disinhibited  
- a liability!**

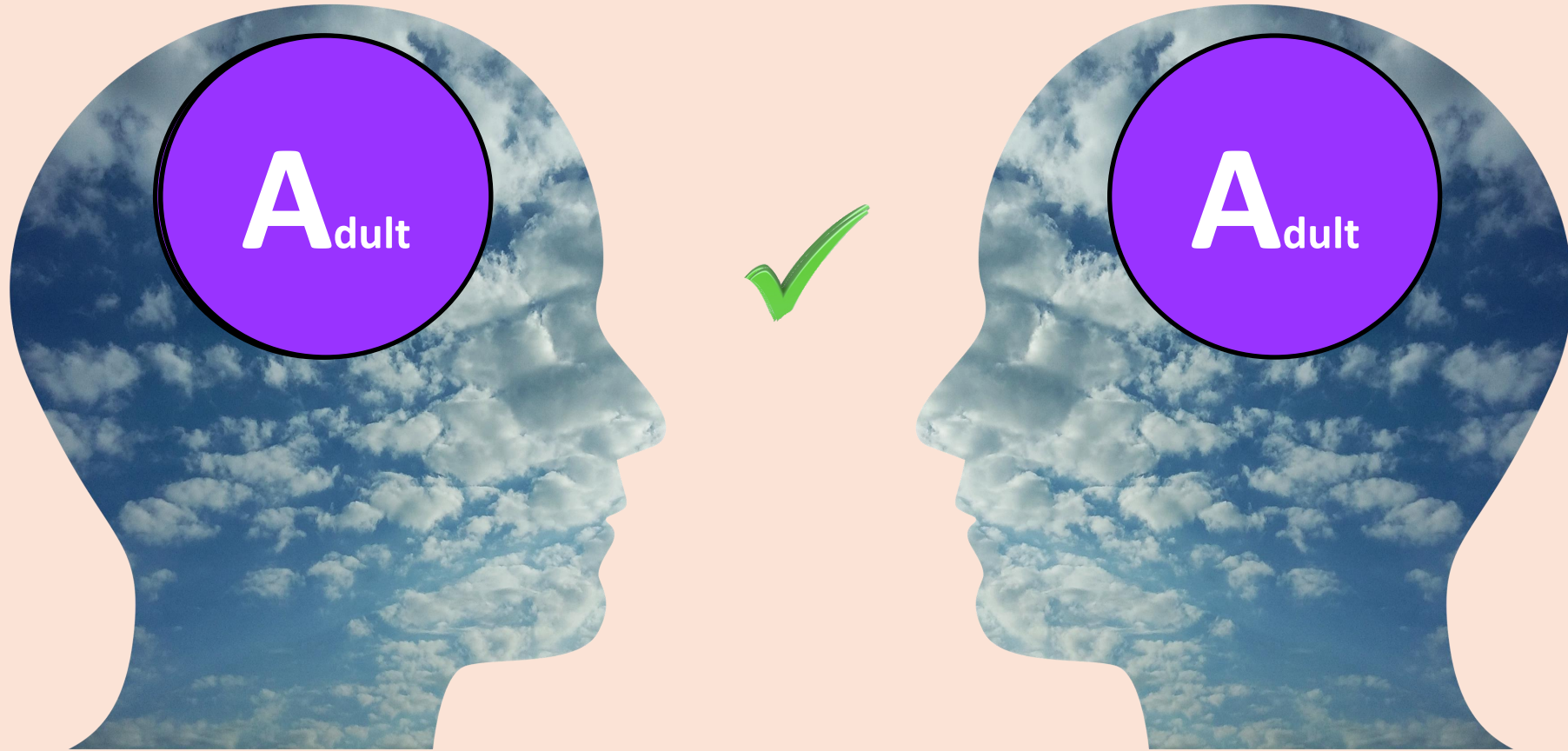




# Complementary and Crossed Transactions



# Complementary and Crossed Transactions



**Critical  
Parent**

**Nurturing  
Parent**

**A<sub>dult</sub>**

**Free  
Child**

**Adapted  
Child**

**Critical  
Parent**  
*You're so stupid,  
You're always  
getting it wrong!*

**Nurturing  
Parent**  
*I am doing my  
best  
I am worthy  
of love*

**A<sub>dult</sub>**

**Adapted  
Child**  
*I'm useless,  
I'm a fraud,  
I'm in big  
trouble*

**Free  
Child**  
*I am free to be  
me, I can make  
mistakes and  
still be ok!*





# Knocked off Balance!



I am  
ok!



I can  
do this!



It's ok  
to  
make  
mistakes



I am  
worthy  
of love



***There you go  
again – you'll  
never change!***



UNDO REDO





# A Person-Centred response to TA with Katy Bodman







## Buddy Group Discussion

- Explore your own Parent, Adult and Child parts and reactions
- .

15 mins



5:00



# Injunctions Counter-Injunctions Drivers



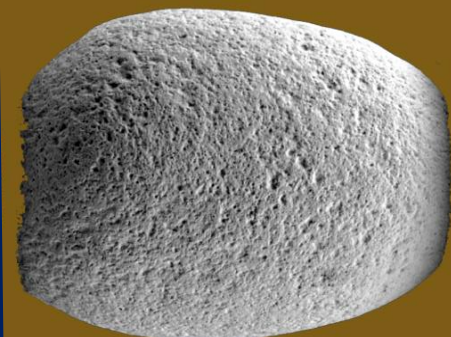
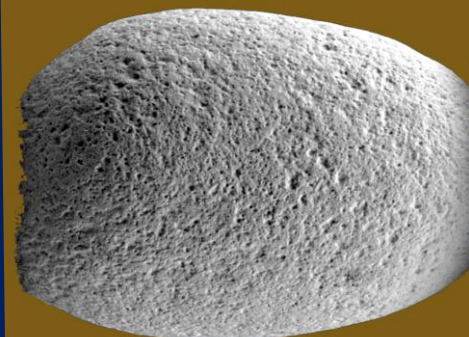
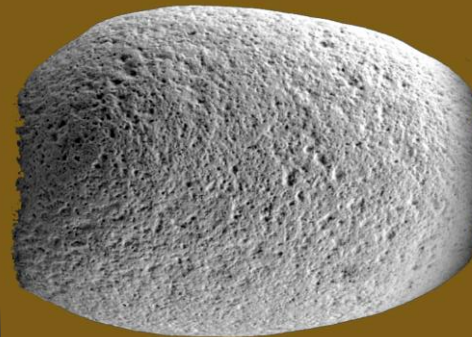






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Angie Petrie

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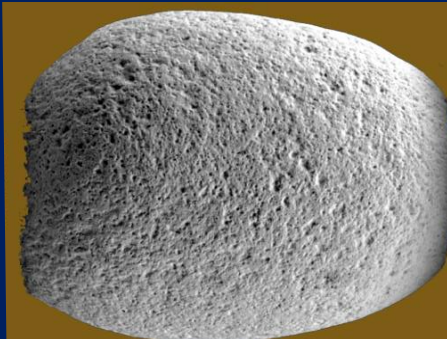
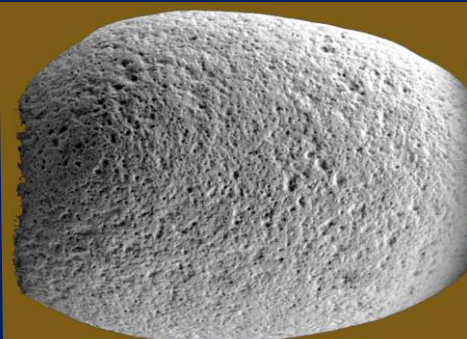
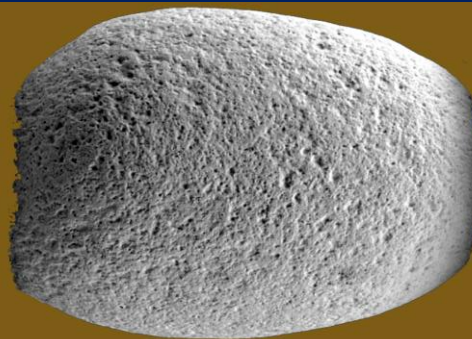






All pebbles  
available from  
Angie Petrie

[www.angel-army.info](http://www.angel-army.info)





# Scripts





Family History

Scripts

Racial History

Birth

Name

Trauma

Great  
Expectations



Gender

Appearance

Loss

Words  
Spoken

# Life Plan

Formed from  
early messages  
and experiences

Scripts developed  
unconsciously  
early in childhood

Reinforced  
over time

Don't try    Don't risk  
Stay Small

Stay where you are

Don't show off  
Don't fail



# 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?

***“If you keep on doing what you’ve  
always done, you’ll keep on  
getting what you’ve always got.”***





## AGREE WITH THE SCRIPT



## CHALLENGE THE SCRIPT



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

## Buddy Group Discussion

- How aware are you of your own Drivers and Scripts?
- Share as much as feels safe, including if / how you use TA in your counselling practice.

**15 mins**





10:00



# **Questions Comments Discussion**





# Development of the In-Out Model



# TA Ego States (original Eric Berne)



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**Adult**



**Child**



**Critical  
Parent**

**P**

**Nurturing  
Parent**



**Adult**



**Adapted  
Child**

**C**

**Free  
Child**





**Left**  
brain

I am the left brain.  
I am a scientist. A mathematician.  
I love the familiar. I categorize. I am accurate. Linear.  
Analytical. Strategic. I am practical.  
Always in control. A master of words and language.  
Realistic. I calculate equations and play with numbers.  
I am order. I am logic.  
I know exactly who I am.

**Right**  
brain

I am the right brain.  
I am creativity. A free spirit. I am passion.  
Yearning. Sensuality. I am the sound of roaring laughter.  
I am taste. The feeling of sand beneath bare feet.  
I am movement. Vivid colors.  
I am the urge to paint on an empty canvas.  
I am boundless imagination. Art. Poetry. I sense. I feel.  
I am everything I wanted to be.

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Mercedes-Benz  
The best or nothing.

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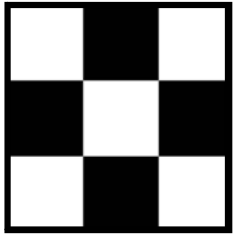
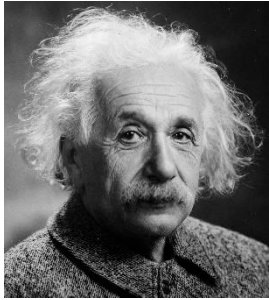
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The best or nothing.



# The Two Halves of the Brain



> “NO!”

## The Left Hemisphere

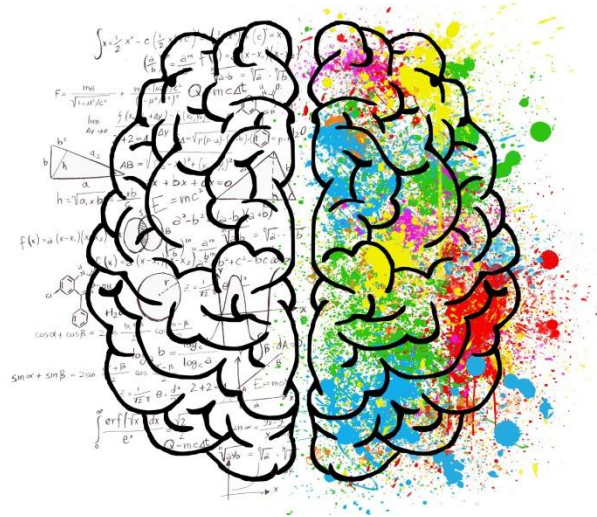
LOGICAL

LEGAL

LINEAR

LINGUISTIC

LITERAL



## The Right Hemisphere

RELATIONAL

ARTISTIC

RHYTHM

RHYME

RESPONSIVE

REACH FOR THE  
STARS

RISK-TAKING

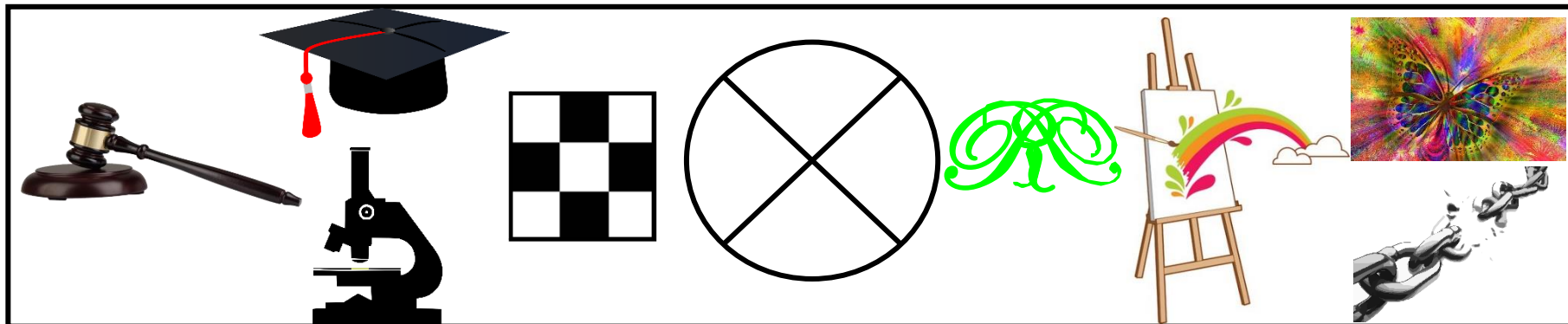
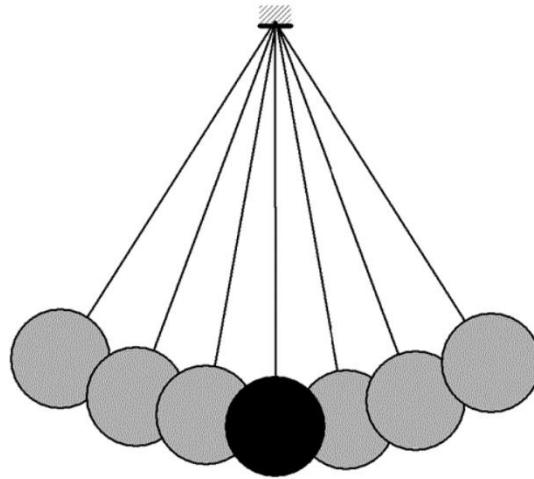


“Why  
Not?” <

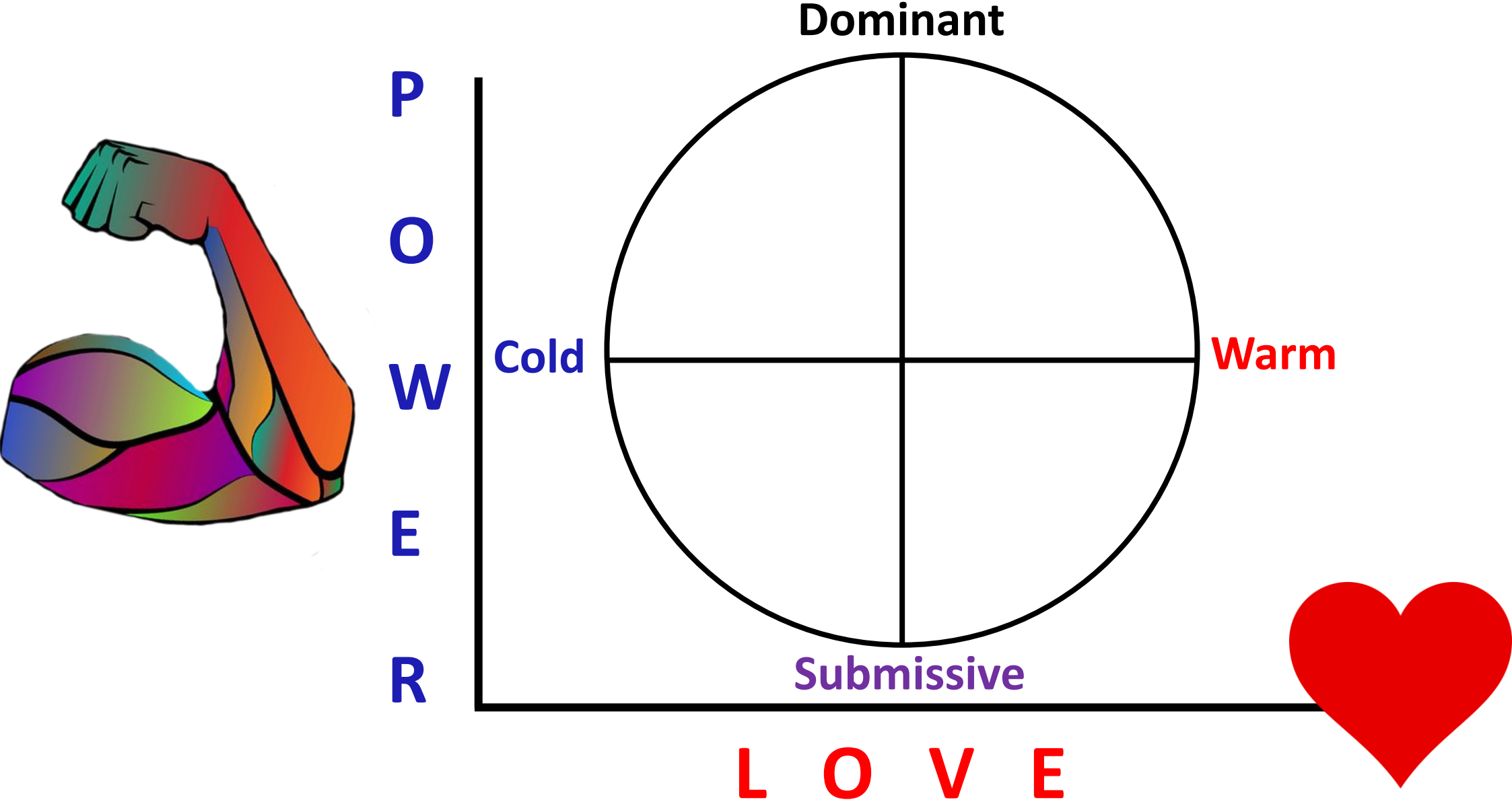


# The Left-Right Axis

<b>Legalism</b>	<b>Law</b>	<b>Liberty</b>	<b>Licence</b>
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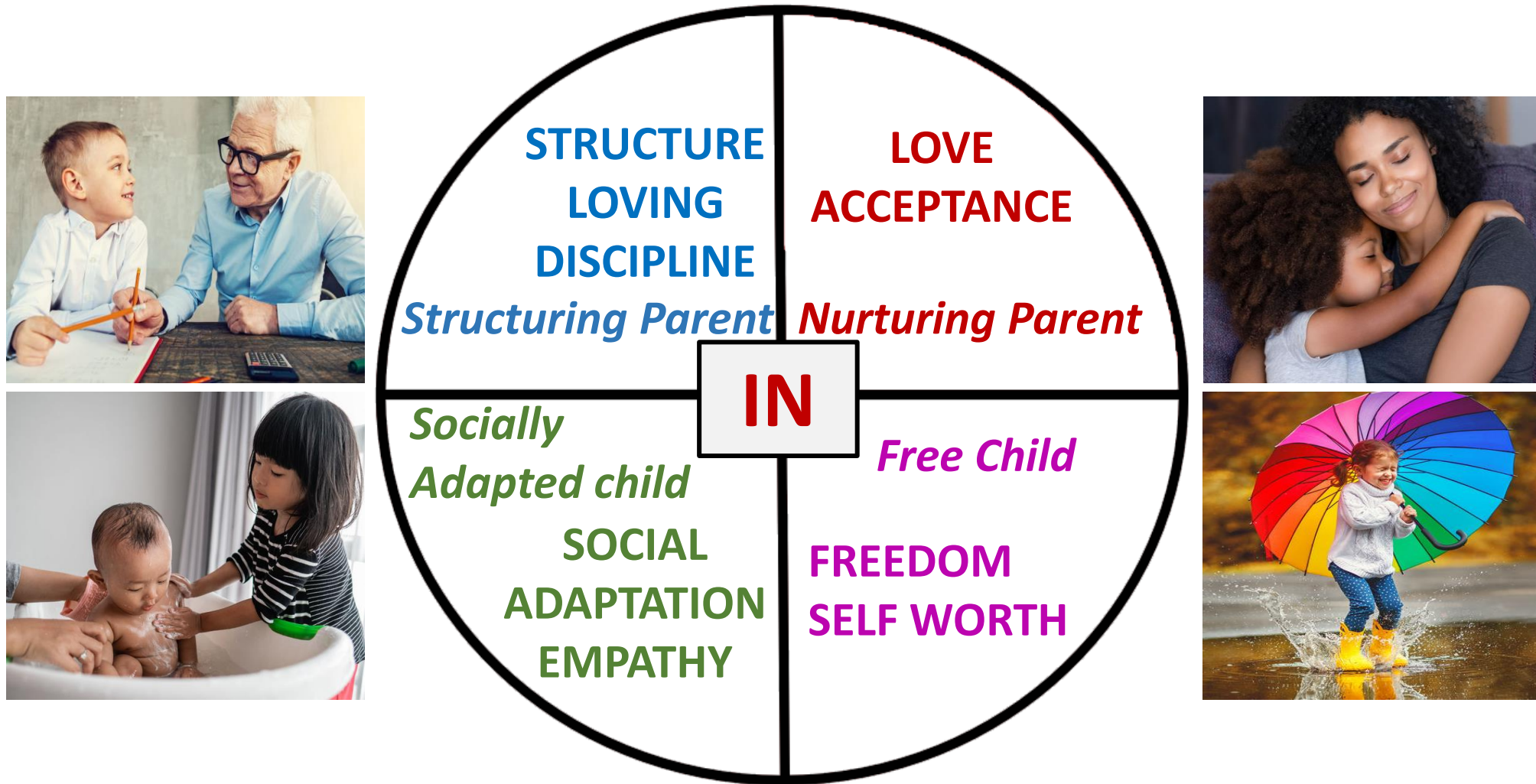


# The Power-Love Compass (Timothy Leary)



# Developing the In-Out Model

What is needed for healthy development,  
to feel safe and secure, and that we belong?





# The Circle of Belonging

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



Structuring Parent



Nurturing Parent

Socialised Child



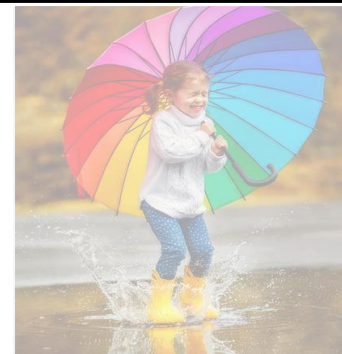
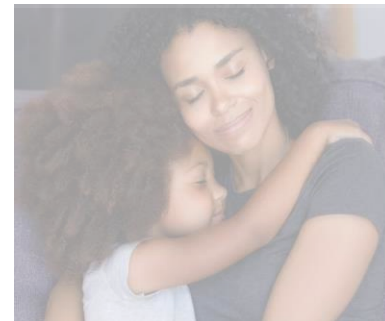
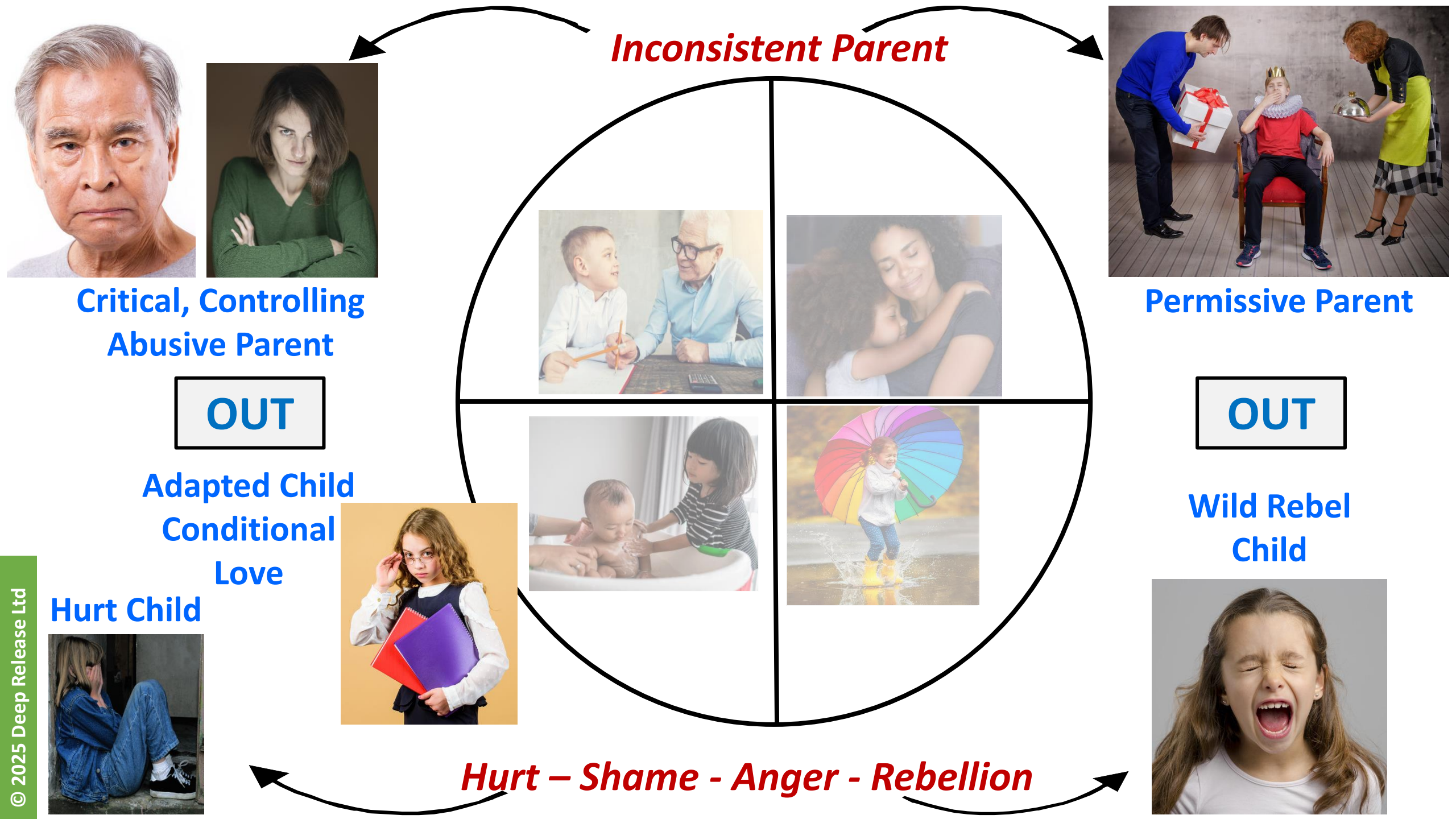
Free Child



You are  
loved and  
you are ok!

I understand  
the rules,  
I am  
empathic

I am worthy  
of love, just  
as I am!





# Messages we Hear in our Head when we are OUT



*"Behave – be good"*



**OUT**

*"I must  
get it right"*



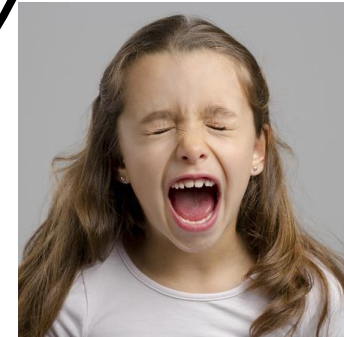
*"I am afraid of  
being punished"*



*"Do what you want  
Have what you like"*

**OUT**

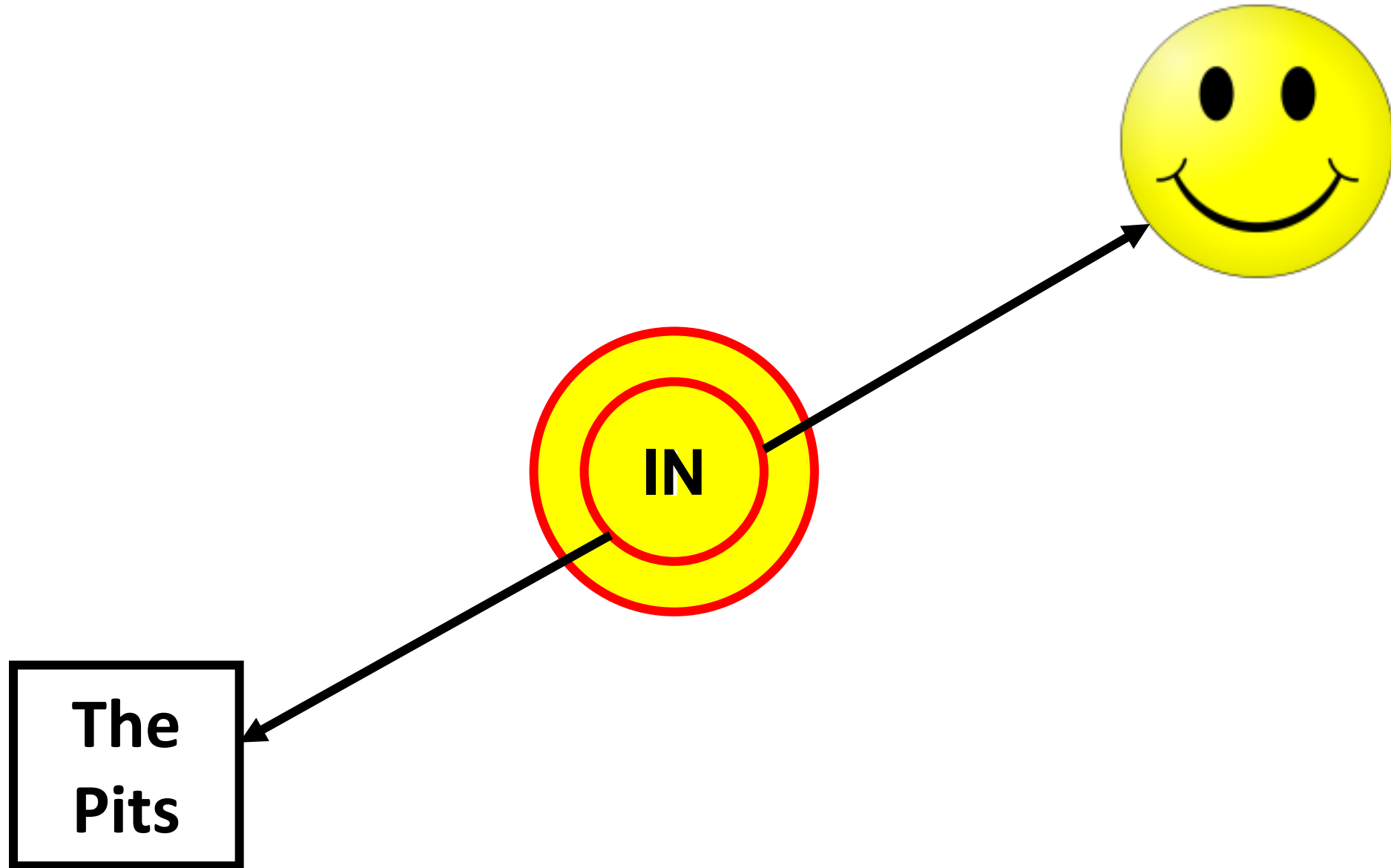
*"Don't tell  
me what  
to do!  
I'll do it  
MY way!"*







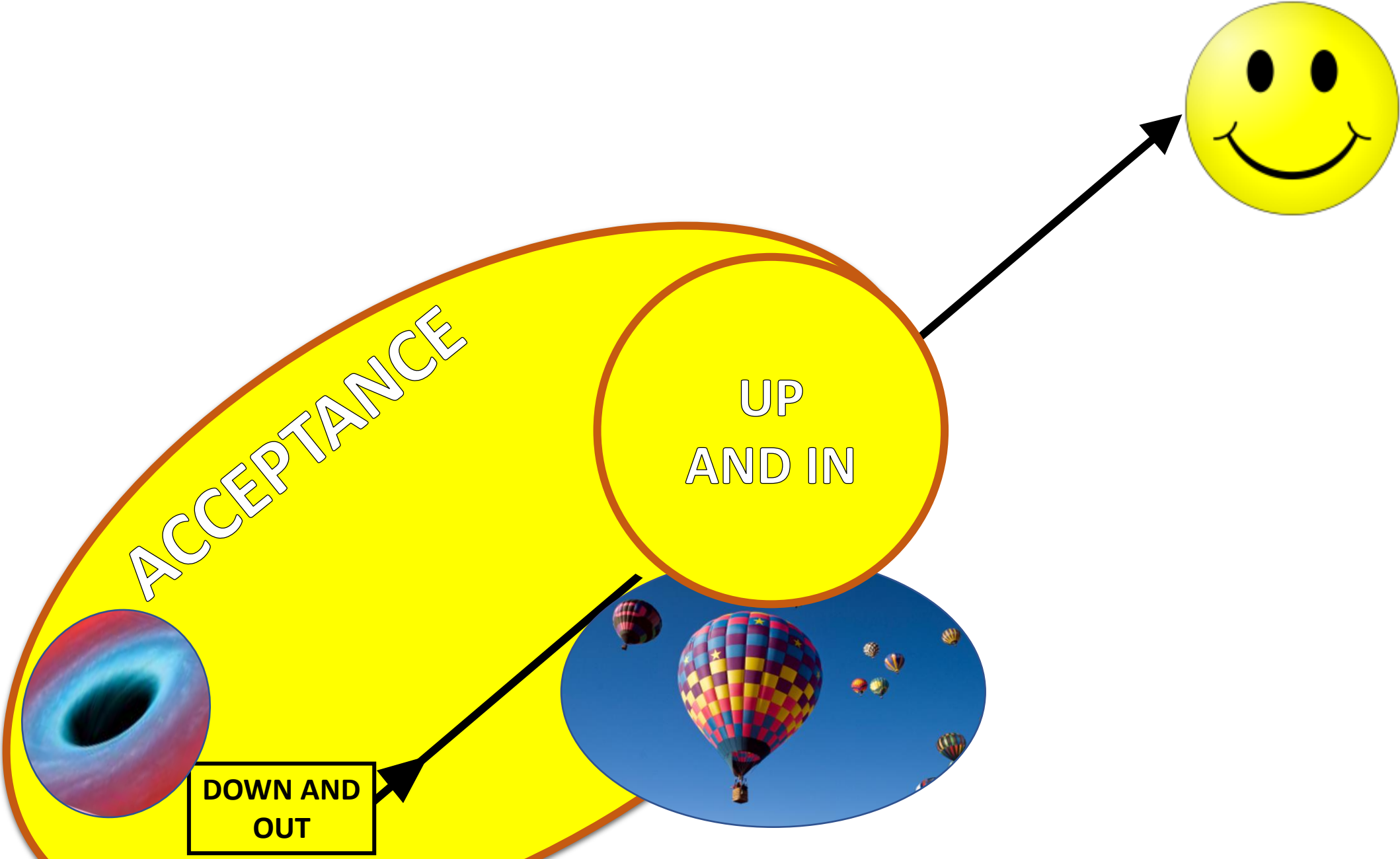
# The Power Line







# The Energy Lifeline





Please send your questions for  
Dr Chris to **KATY BODMAN**

5:00



# Using the Hard Feelings Cards





## Buddy Group Discussion

- How do you respond to the In-Out Model?
- How much do you identify with the Hard Feelings cards?

15 mins





**Questions  
Comments  
Discussion**



# Buddy Groups

- Time to say Goodbye
- Exchange details if required

**5 mins**







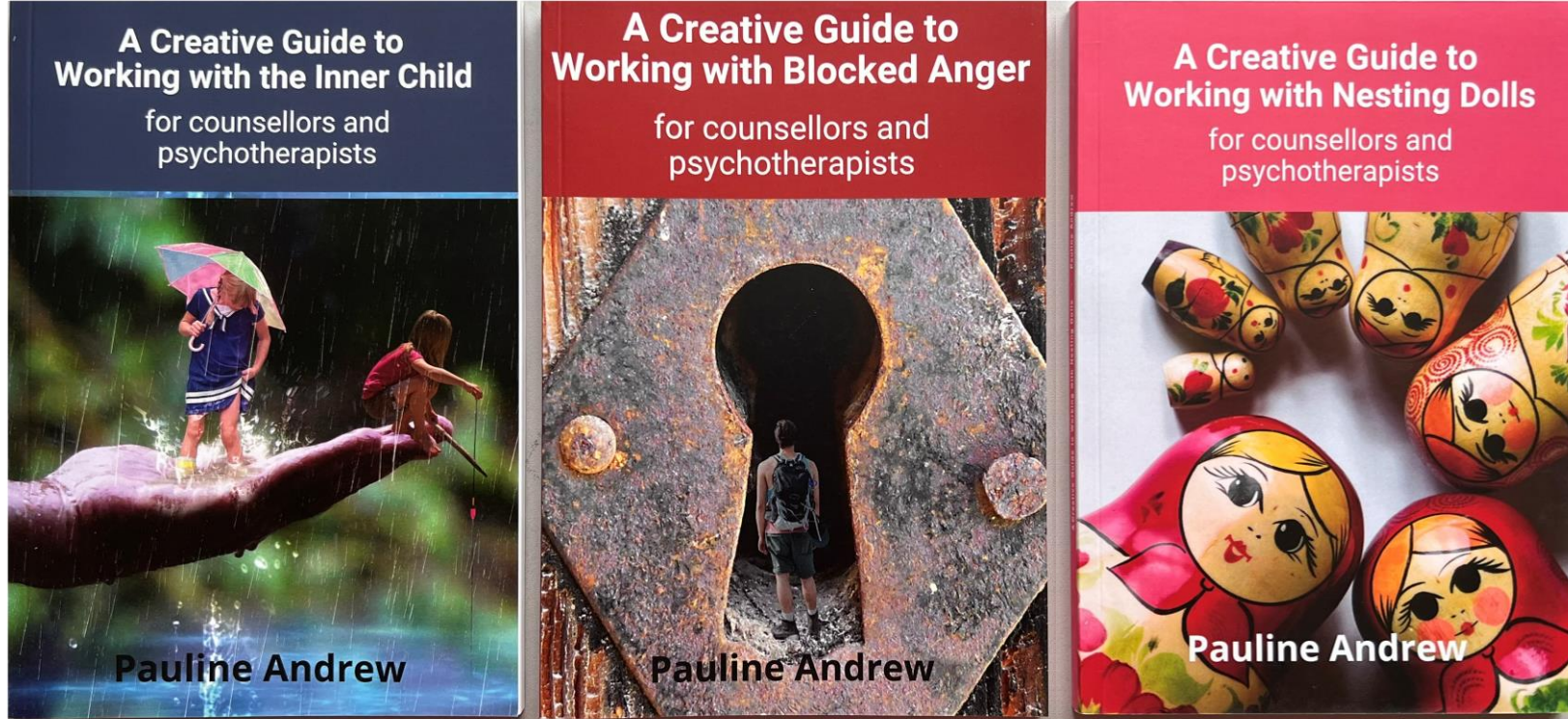
# Resources

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ORIGINAL & CREATIVE  
COUNSELLING RESOURCES

# Books by Pauline Andrew

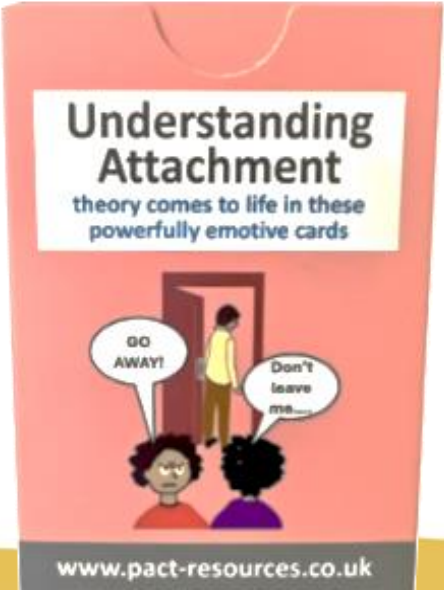
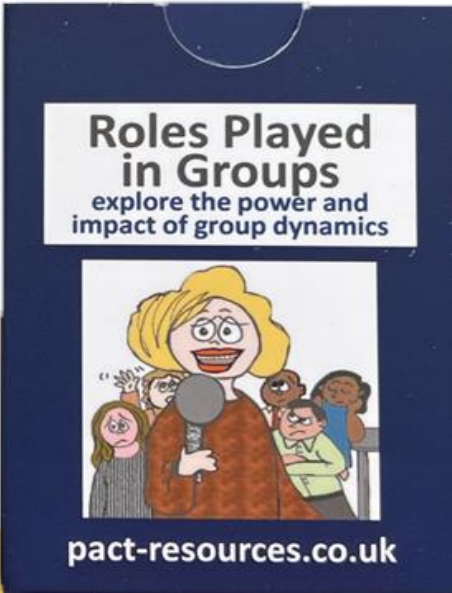
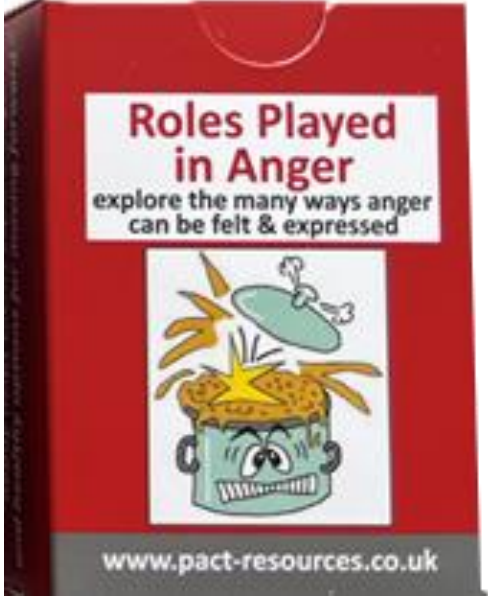
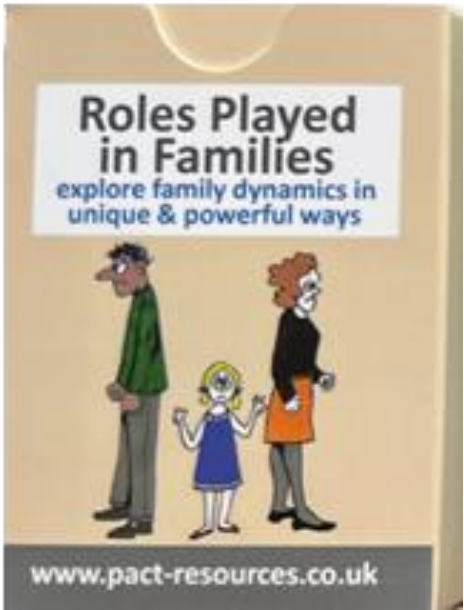


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Extra Set A







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Web App**



**The Wheel of  
Life**



**Erikson's Life  
Stages**



**Erikson's for  
Adolescents**



**Roles Played in  
Families**



**Core Needs in  
Families**



**Roles Played in  
Anger**



**Roles Played in  
Groups**

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**The In-Out  
Model**



**Nesting  
Dolls**



**Understanding  
Attachment**

# e-Resources



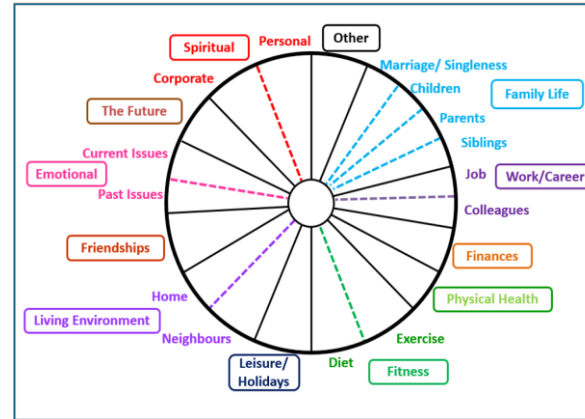
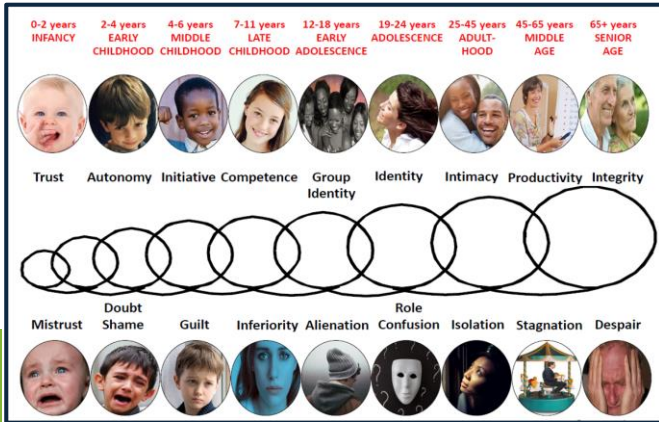
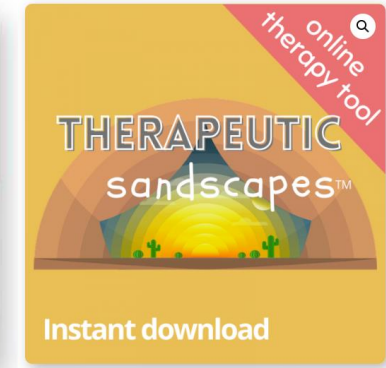
Erikson's Life Stages  
£3.50



Wheel of Life  
£3.50 – £5.00



Working with Animal  
Figures Online Pack



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# HARD FEELINGS

# HARD FEELINGS

empathy cards for counsellors

CARDS TO SHARE DIFFICULT EMOTIONS TOGETHER

[hardfeelingscards.co.uk](http://hardfeelingscards.co.uk)

When the feelings  
are too hard...

And I can't  
tell you...



## HARD FEELINGS






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