



**The Invitation:
Engaging all our Parts
in the Dance**

The Healing Dance

Dancing together is not a theory

It's not even a technique

It's something that happens between two people

There's rhythm... moments when things flow, when contact feels alive and meaningful

There are missteps... when we lose connection, something interrupts, when we don't quite meet each other

Missteps are not failures, they're part of how the dance deepens... they invite repair, adjustment, creativity... and this is where healing becomes possible



Transactional Analysis gives us a language for understanding relationships ... the scripts, the decisions, the way we learnt to be when we were small...

Gestalt invites us into the immediacy of the experience... what is happening right here, right now, in me, in you, in what takes place between us



TA is the choreography

Gestalt helps us notice the dance as it unfolds

And so, with that, I invite each part of you
to step onto the floor, and see what kind
of dance emerges this weekend

A moment's reflection



1. THE THREE EGO STATES

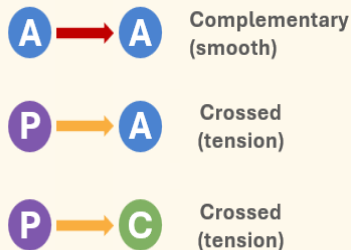
We all have three ego states that influence how we think, feel and behave.



- P PARENT**
Values, beliefs, nurturing or critical
- A ADULT**
Rational, logical, here and now
- C CHILD**
Feelings, creativity, adapted or free

2. TRANSACTIONS

Communication occurs when we exchange strokes across ego states.



3. STROKES

Strokes are units of recognition that affirm our worth.

- Positive / Negative
- Conditional / Unconditional
- Verbal / Non-verbal
- Quantity and quality



10. KEY PRINCIPLES



- People are OK
- People have the capacity to think
- People can change
- We all do the best we can
- Understanding leads to change

TRANSACTIONAL ANALYSIS

A powerful framework for understanding people, communication and relationships – and for personal growth and change

4. LIFE POSITIONS

Our early decisions about self and others shape our life position.

I'M OK –
YOU'RE OK
Healthy

I'M OK –
YOU'RE NOT OK
Superiority

I'M NOT OK –
YOU'RE OK
Inferiority

I'M NOT OK –
YOU'RE NOT OK
Hopelessness



9. APPLICATIONS OF TA

TA is practical and versatile.

- Relationships
- Parenting
- Education
- Coaching & Therapy
- Leadership
- Organisations & Teams

8. AUTONOMY

The ability to make informed, responsible choices.

Autonomy is about:

- I'm OK
- You're OK
- I'm OK – You're OK
- Awareness
- Spontaneity
- Intimacy



7. THE REDISCISION PROCESS

TA provides a pathway for change.



5. PSYCHOLOGICAL GAMES

Repetitive patterns with hidden agendas that keep us stuck.

Common games include:

- Why Don't You... Yes, But
- If It Weren't For You
- Look What You Made Me Do
- Now I've Got You, You Son of a...
- Poor Me



6. SCRIPT THEORY

We develop a life script in childhood, based on early messages and decisions.

- Script drives our patterns
- Can be limiting – but can be re-decided
- Redecision leads to freedom and choice



TA Ego States



Parent



Critical
Parent



P

Nurturing
Parent



Adult



A



Child

Adapted
Child

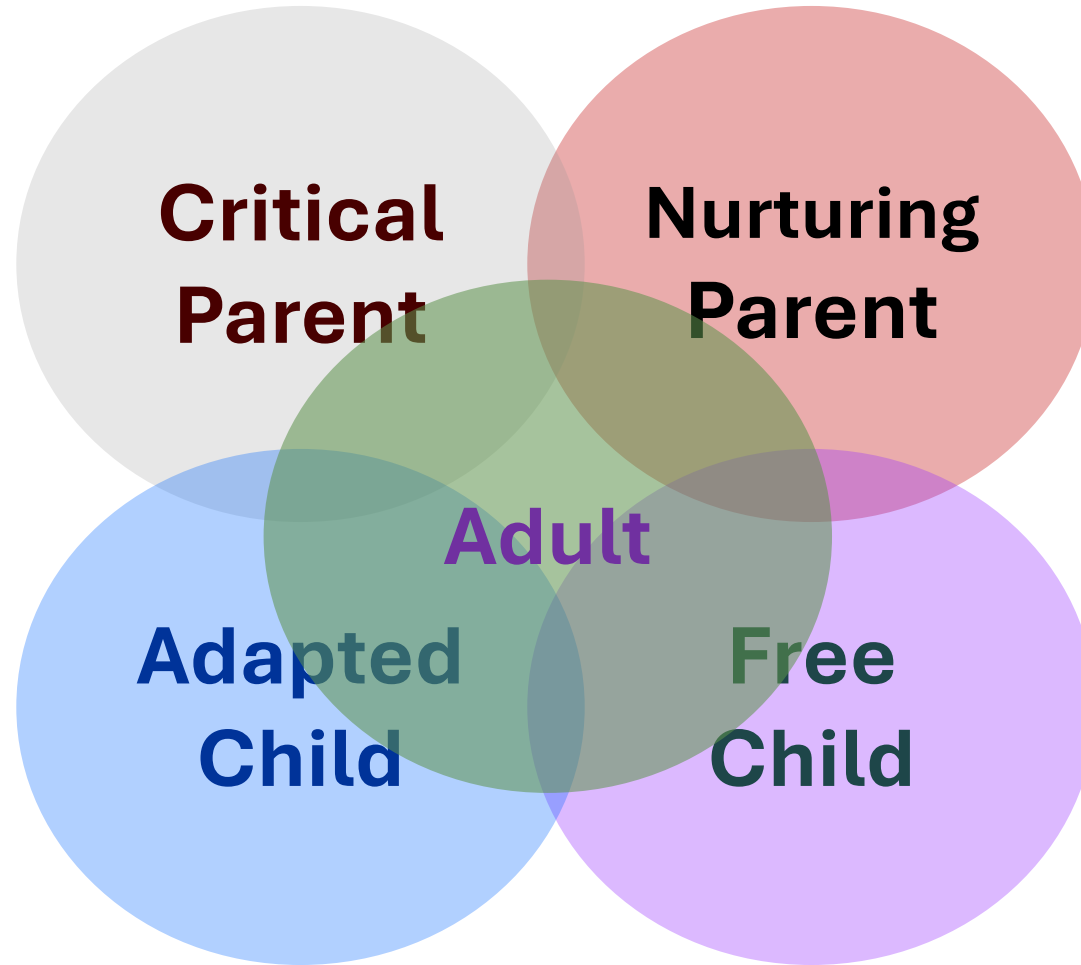


C

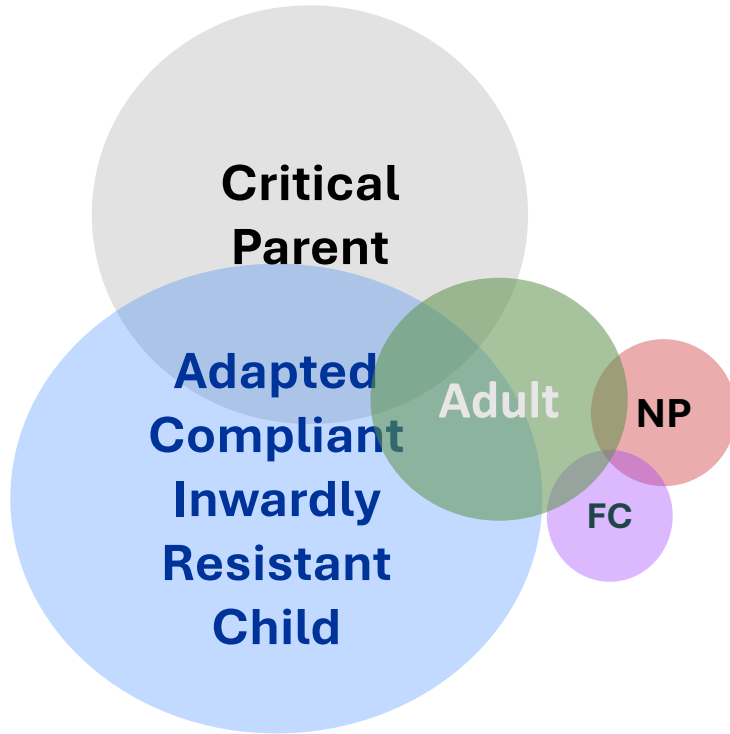
Free
Child



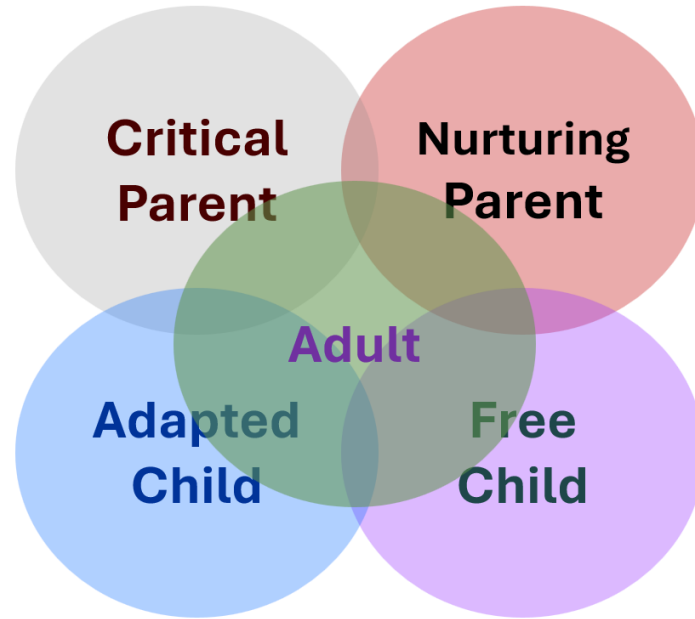
TA Ego States



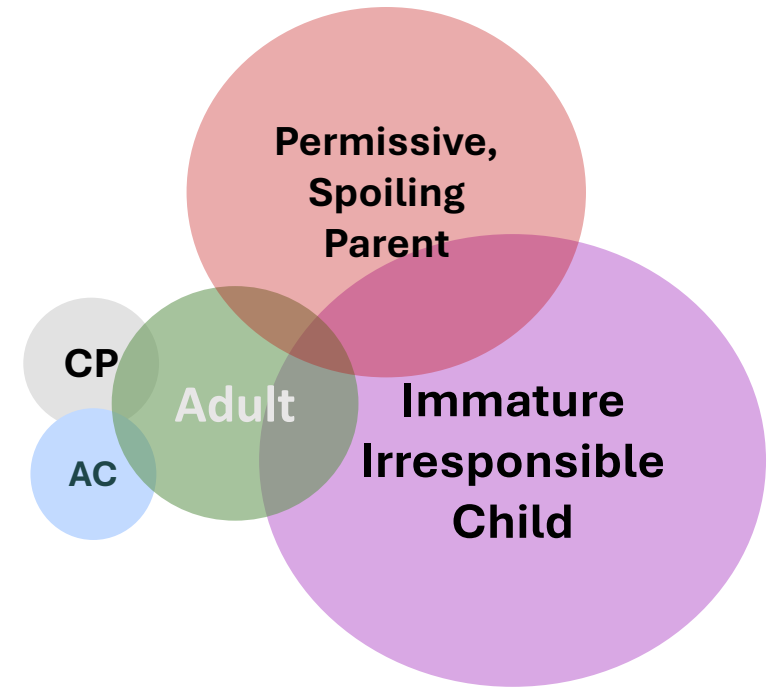
Egograms



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



**Balanced, integrated,
mature, healthy**



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

Some of your 'Selves'?



The Dance of *Autonomy*

THE TA GOALS



AUTONOMY

*The freedom to
move as oneself*
—aware, responsive,
and in choice



AWARENESS

Noticing the rhythm
—self, other, and
the space between



SPONTANEITY

*Allowing new steps
to emerge*
—not bound by
old choreography



CAPACITY FOR INTIMACY

Meeting in real contact
—open, present,
and responsive



Autonomy is not a solo performance...
it is the ability to stay fully oneself *within the dance*.

1. HERE AND NOW

Gestalt is about the here and now – the only place where life happens.

- Not yesterday
- Not tomorrow
- This moment



2. AWARENESS

Awareness is the heart of Gestalt. It is noticing what is happening:

- Inside me
- Around me
- Between me and the world



3. CONTACT

Contact is the boundary where I meet the world and the world meets me.

- I reach out
- I receive
- I respond



10. CREATIVITY AND GROWTH

When awareness expands and choices are owned, growth and creativity naturally emerge.



9. EXPERIMENTS

Growth happens through trying things out in the safe space of the therapeutic relationship.

- Trying new ways of being
- Exploring possibilities
- Learning from experience



8. THE THERAPEUTIC RELATIONSHIP

The relationship is the foundation of Gestalt work.

- Authentic
- Supportive
- Equal
- A meeting of two humans



7. THE GESTALT CYCLE

Our experience moves in natural cycles.



GESTALT THERAPY

THE DANCE OF CONTACT

An experiential approach to living in the present, awakening awareness, and taking responsibility for choices – in relationship with self, others and the world.

4. CONTACT & WITHDRAWAL

Healthy living involves moving in and out of contact.

- Contact: I connect, engage, receive
- Withdrawal: I step back, rest, reflect, regenerate
- It is a natural rhythm – like breathing or dancing



5. RESPONSIBILITY

In Gestalt, I take responsibility for my experience, feelings and choices.

- This is mine
- I own it
- I choose my response

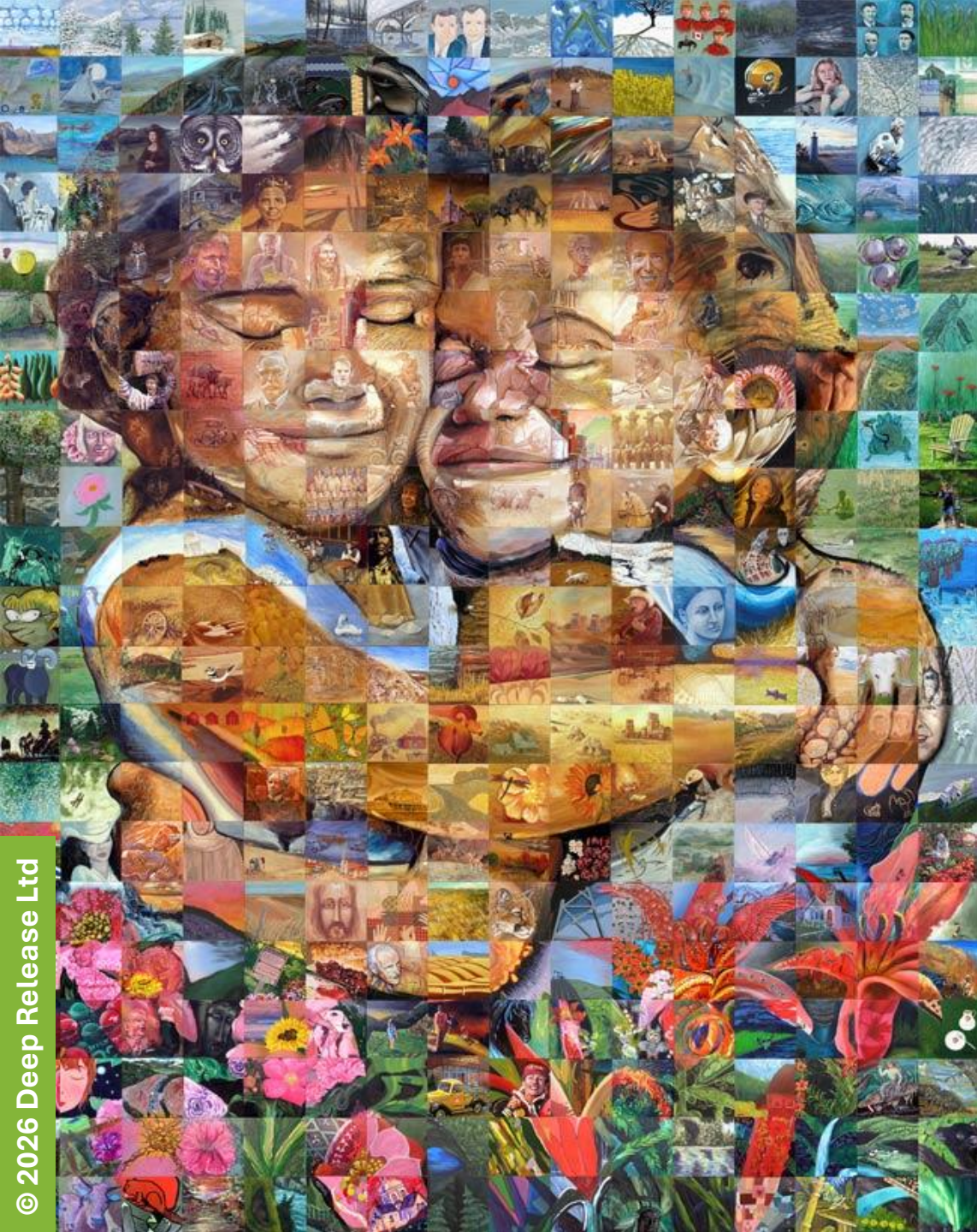


6. PHENOMENOLOGY

Gestalt is interested in how things appear and are experienced – not in theories or interpretations.

- What is it like for you?
- Your experience is the expert
- Stay curious, not certain





**The Whole is...
greater than...
different from...
the sum of the parts**

**When parts come together, new
qualities, meanings and
experiences can emerge that
don't exist in the parts
individually.**

My brain is constantly looking for patterns

- interpreting what I am seeing
- sorting information to make sense to me
- predicting the implications of what I see
- filling in the gaps with my own 'stories'



TRY TOO HARD



I have to be nice to everyone all the time or they won't like me

THE INNER CRITIC



Messages from the past make me doubt myself

OUT



I will never be part of the 'in' group – I don't fit in

THE CATASTROPHISER



I won't fit in...
I'll say the wrong thing...
They won't like me...
They'll gang up on me...
I'll be asked to leave...

My worst nightmares are going to happen!

RADIATORS



I warm you up when you stand next to me

LAUGHTER



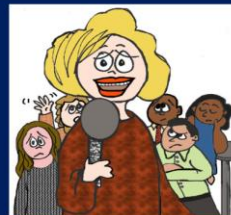
I share your sense of humour and we have great laughs together

GOOD LISTENERS



Let's have a cup of tea and sort the world out

Roles Played in Groups
explore the power and impact of group dynamics



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**My brain is constantly trying to answer:
*What does this mean for me?***

**We can assume we are the centre of the situation:
sometimes we are, sometimes we're not.**

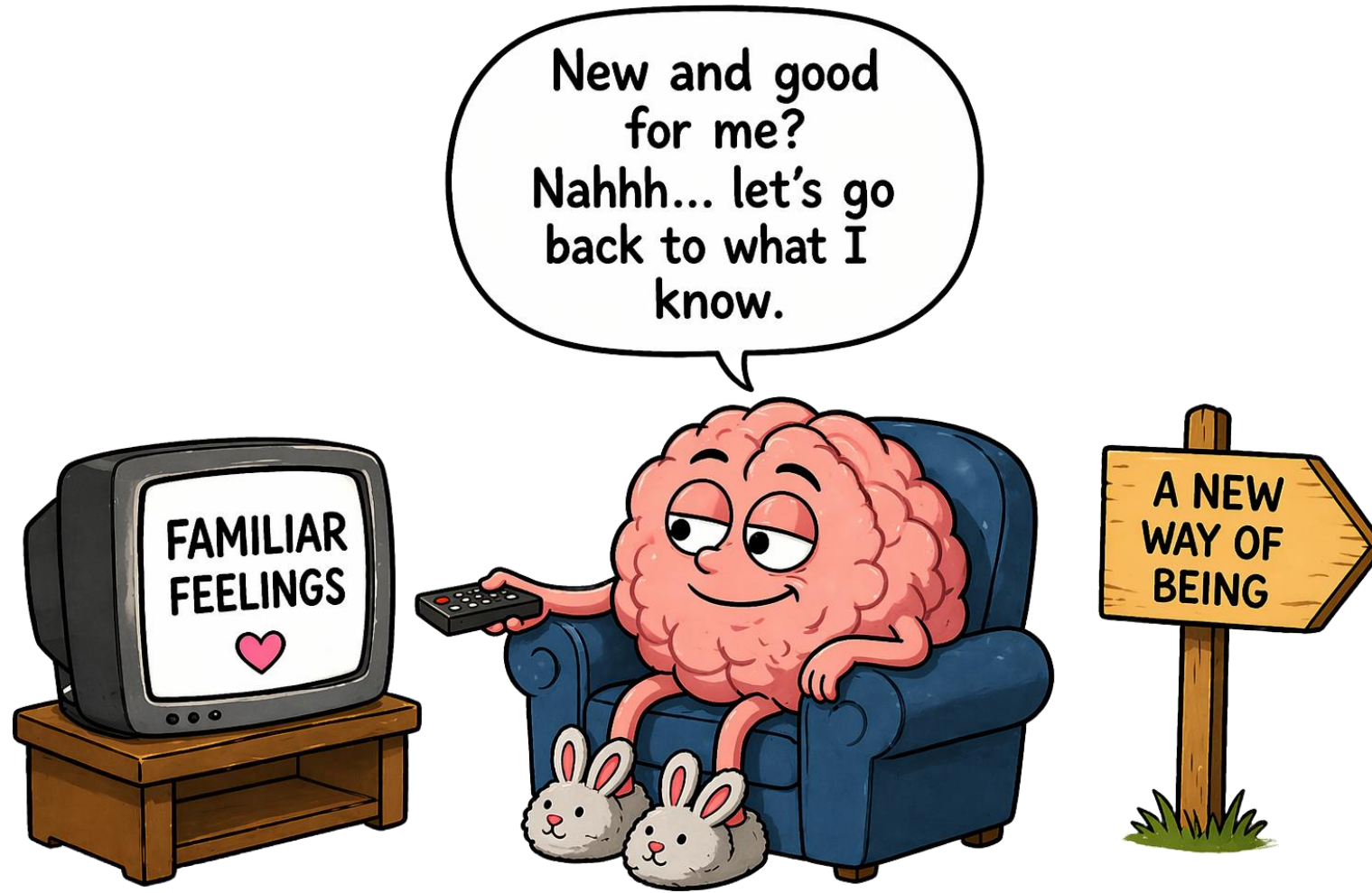
This can lead to:

- **Misunderstandings**
- **Anxiety**
- **Overreaction**
- **Unrealistic optimism**



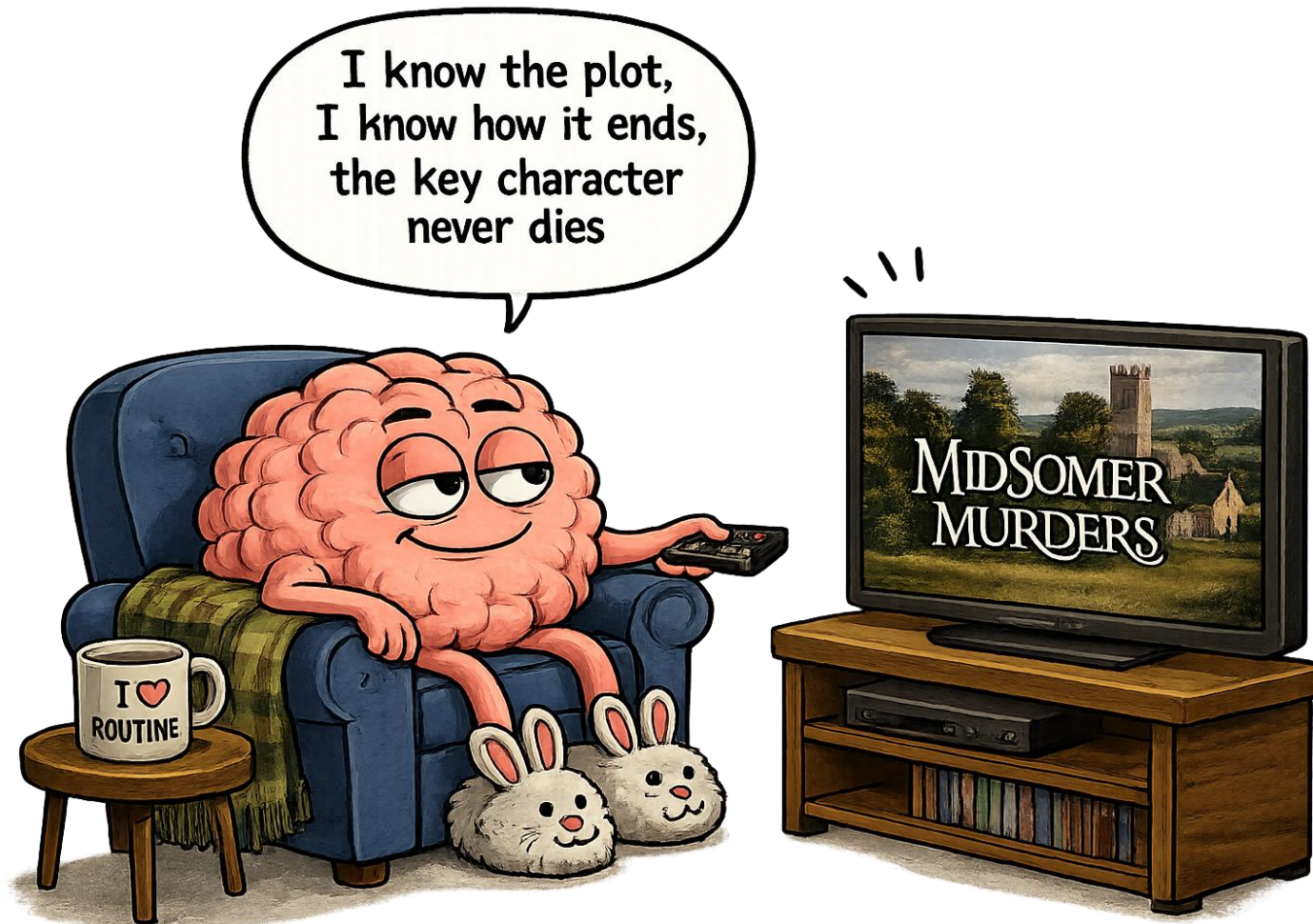
Why we keep going back to the same feelings

Our brains care more about what's *familiar* than what's actually good for us. Even if it's unpleasant, if it's familiar, our brain tends to return to it.



Why we keep going back to the same feelings

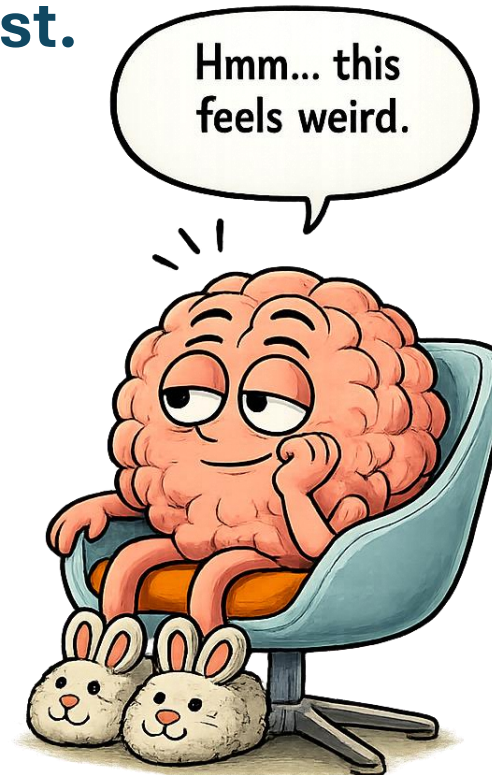
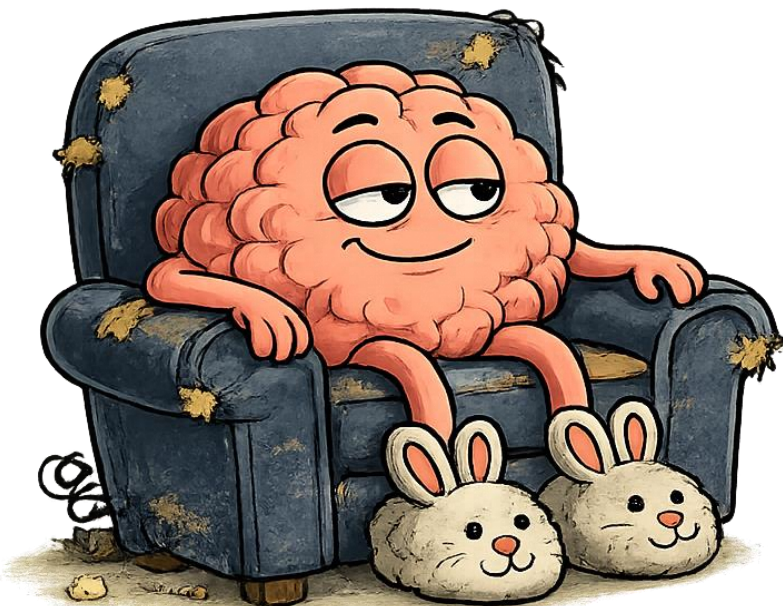
My brain likes what it knows...it's always predicting what's going to happen next, based on past experience. Familiar feelings are preferable, even negative ones, because they're predictable.



Why we keep going back to the same feelings

The more I feel the same emotion, the better my brain gets at producing it. Over time, this has become my *default setting*.

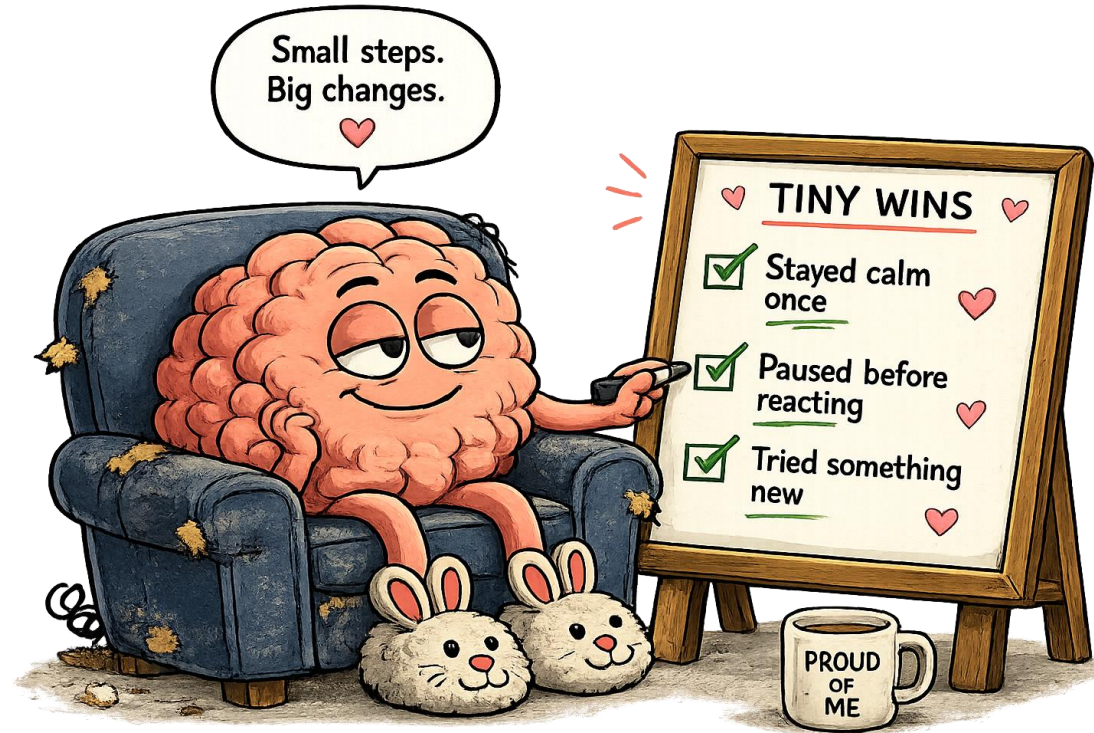
My mind and body gets used to certain emotional states. My brain expects them... my body gets used to the same chemical cocktail... and even positive new feelings can feel strange and uncomfortable at first.



Why we keep going back to the same feelings

The more intense and repeated a feeling is, the more deeply it gets wired in our brain.

Our brain can learn new patterns, but it needs repetition, just like the old ones. With awareness and practice we can teach our brains something new.



Roles Played in Families

Rescuer Roles THE CARETAKER



My role is to take care of everyone and to clean up everyone else's mess.

Rescuer Roles THE GOOD CHILD



My role is to be nice and compliant and keep everyone happy.

Rescuer Roles MUMMY'S LITTLE HELPER



My role is always to understand my mother, take her side and never disappoint her.

Rescuer Roles REVERSE ROLE PARENT



I have to take care of my parent(s), listening to their worries and meeting their needs.

Performer Roles HAPPY



I must be totally positive, looking on the bright side, and never letting you down by having any problems.

Performer Roles SUPERSTAR/ SUPER-SPORTS-STAR



I am a high achiever, I get top grades/prizes and bring honour to the family name.

Helpless Roles THE OUTSIDER



No matter what I do, I never really belong... I don't fit in... I'm different.

Helpless Roles THE SCAPEGOAT



I take the blame when other people won't take responsibility... It always turns out to be my fault.

Helpless Roles INVISIBLE



My role is not to be seen, not to speak, not to make myself noticeable.

Control Roles SULK



I will pull a long face, stay in a bad mood and generally create an atmosphere to get my own way.

Control Roles FRAGILE



If you challenge or confront me, I'll fall apart.

Rescuer Roles THE POLISHER



I make my mother look good and enhance her public appearance.

Performer Roles GOLDEN BOY/ GOLDEN GIRL



My role is to be the special child. I can do no wrong...

Helpless Roles THE BABY



My role is never to grow up, to stay cute and helpless - everyone looks after me.

THE INNER SYSTEM

A Community Within

IFS PARTS IN HARMONY

EXILES

The parts that carry our pain.

They hold wounds, fear, shame, sadness, or unmet needs from the past.

Their longing is to be seen, heard, and loved.



*We all have parts.
Each one has a positive intention.
Together, they shape our inner world.*



THE SELF

Calm. Curious. Compassionate.
Confident. Connected. Creative.
Courageous. Clear.

*The Self leads with compassion
and helps every part find
its place.*

PROTECTORS

*Parts that try to keep us safe
by managing or reacting to
life around us.*

They step in to protect exiles from pain.
They have good intentions, but
can take over.



MANAGER PROTECTORS

*They work hard to
prevent pain and keep
everything under control.*

They organise, plan, achieve, please, and strive to avoid mistakes or disapproval.

*Their belief: If I stay in control,
we'll be safe.*



FIREFIGHTER PROTECTORS

*They act quickly to
put out overwhelming
feelings when they erupt.*

They may use distraction, escape, numbness, or impulsive behaviour to regain calm.

*Their belief: If I act fast,
we'll survive.*



*No part is bad. Every part has a role.
When the Self leads, our inner system can heal and thrive.*

From survival to connection, wholeness and integration

DISSOCIATION: *When Parts Separate*



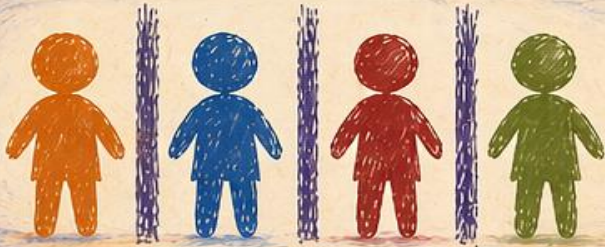
We are all born with some elements of our personality, but at birth our personality is not fully formed or unified.



Our experiences, both good and bad, also shape who we become.



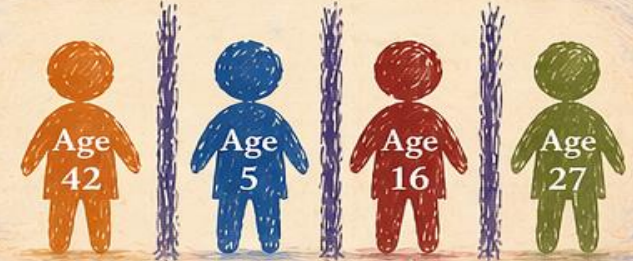
In normal development, these parts join to become one.



But severe trauma can stop this process & cause walls to form between parts. This keeps traumatic memories separate from daily life.



This loss of memory is called amnesia. Parts may not even know about each other or about the walls, so it can be confusing!



This separation also means parts can have different memories, feelings, ages and names.

*When we bring kindness, curiosity and compassion,
the walls can soften and the parts can connect.*

From survival to connection, wholeness and integration.

TA AND GESTALT

in the Dance

TRANSACTIONAL ANALYSIS

The Dance of Autonomy



AUTONOMY

The freedom to move as oneself – aware, responsive, and in choice.



AWARENESS

Noticing the rhythm – self, other, and the space between.



SPONTANEITY

Allowing new steps to emerge – not bound by old choreography.



CAPACITY FOR INTIMACY

Meeting in real contact – open, present, and responsive.

GESTALT THERAPY

The Dance of Contact



AWARENESS

Sensing what is here, now – body, feeling, thought, environment.



PRESENCE

Staying with experience as it unfolds – not moving away too quickly.



CONTACT & WITHDRAWAL

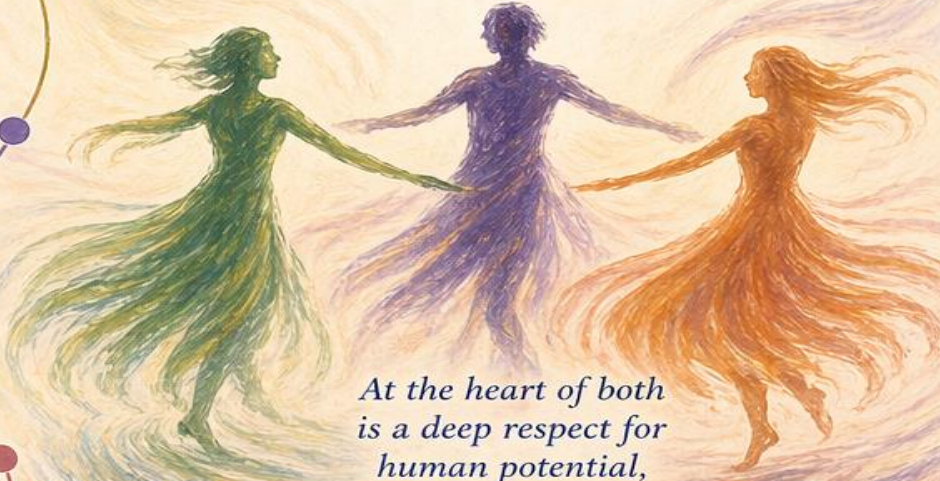
Moving in and out of connection – like steps in a dance.



RESPONSIBILITY

Owning one's experience and choice – "this is mine."

*Two approaches. One shared purpose.
Helping people live more fully, more freely,
and more connectedly.*



*At the heart of both
is a deep respect for
human potential,
choice and connection.*

TOGETHER IN THE DANCE



Autonomy
meets
Responsibility
Freedom is strengthened by ownership.



Awareness
meets
Awareness
Noticing within and around expands choice.



Spontaneity
meets
Presence
New steps emerge when we stay in the moment.



Intimacy
meets
Contact
Real connection grows through genuine contact.



Both paths
lead to
Integration
Living fully, creatively and connectedly.

If TA helps us understand the choreography we learned...

Gestalt helps us feel the dance as it is happening.

Different lenses. Complementary wisdom. One dance of a full and meaningful life.