

# Transactional Analysis

Transactional Analysis is a philosophy that begins with the belief that people are 'OK and that everyone can change.'

It provides us with a theory of communication, of child development and offers explanations as to how we continue to repeat patterns of behaviour that may be self-defeating.

'TA counselling is a professional activity within a clearly defined contractual relationship. The process enables clients to develop awareness, options and skills in daily life, through the enhancement of the individual's strengths and resources. The aim is to increase the client's autonomy in relation to the social and cultural environment.' [www.ita.org.uk](http://www.ita.org.uk)

Throughout therapy, the TA therapist will work directly on problem-solving behaviours, whilst helping clients to develop day-to-day tools for finding constructive, creative solutions. The ultimate goal is to ensure clients regain absolute autonomy over their lives. Eric

Berne defines this autonomy as the recovery of three vital human capacities - spontaneity, awareness and intimacy.

Sessions are designed to explore an individual's personality and how this has been shaped by experience - particularly those stemming from childhood. This is achieved through skilful questioning and the utilisation of various models, techniques and tools. It is commonly recognised as a brief and solution-focused approach, transactional analysis can also be applied as an effective long-term, in-depth therapy.

Designed to promote personal growth and change, transactional analysis offers the opportunity to develop all kinds of skills that can be applied to all areas of life. This makes the therapy valuable for helping to solve many types of problems.

See Key concepts of TA.