

Counselling

Transactional analysis 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.

The fundamental link between Eric Berne and Carl Rogers the founder of Person Centred Counselling, is the belief that individuals can regain access to their true selves through the provision of a respectful and facilitating counselling relationship.

The field of counselling is often chosen by professionals working in the social/psychological and cultural areas of practice, as in social welfare, pastoral work, health care etc.

Although it overlaps with the field of psychotherapy, TA counselling is an equally specialised activity, with a distinct focus of skills, knowledge and experience. Qualified TA counsellors may be eligible for BAC accreditation, provided BAC requirements are met.