

Psychotherapy

The underlying philosophy of transactional analysis is respect for the intrinsic worth and dignity of humans and their capacity to change. These beliefs are fundamental to the quality and maintenance of the psychotherapeutic relationship.

Equality is affirmed in the making of a therapy contract, in which the therapist and client can gain insight into conscious and unconscious forms of communication. This process enables the transactional analyst to work with the issues of transference and countertransference that become evident particularly through the analysis of ulterior and crossed transactions.

Transactions form part of the games people play. These psychological games and their outcomes in turn are often acts or scenes in a person's life script.

Decisions about self, others and the world are made in childhood and have a significant influence on how we live our lives in the present. By analysing the transactions, games and unique life scripts, both therapist and client gain a picture of the client's unconscious life plan which, once in awareness, can be changed and resolved.

TA therapy is usually offered weekly in frequency and is practised in groups and individually. Trainees and qualified Transactional Analysts are bound by explicit codes of ethical behaviour and professional practice.