

Why study Transactional Analysis?

It provides a clear and simple outline of human personality and interaction, based on down-to-earth observation. The basic concepts can be shown in diagrams and described in plain language, understood even by children.

Therefore it can provide a 'common language' between counsellor and client, or members of a group or family or organisation, to discuss their patterns of behaviour. It is being used in many different cultures world-wide.

The core philosophy of I'm OK, you're OK, affirms the value of each human being, and provides a key ethical standard for relationships, in non-sectarian language.

TA has a holistic approach to relationships, applying to cognition (script beliefs), behaviour, emotion and spirituality (physis). It enables communication patterns to be analysed in detail in any system, both within and between individuals. It insists that everyone learn to think clearly.

As well as simple basics, TA theory provides depth in a comprehensive range of applications, from couple work to classrooms to corporate management.

For keen students, there are international exams to become a Certified Transactional Analyst (CTA) in Counselling, Psychotherapy, Education or Organisational Work. You may even go further and become internationally accredited as a Teacher and Supervisor (TSTA).

Added to all of this are regular training events and Conferences, where trainees soon make an international network of friends.

TA is a theory of personality and social interpersonal relations which may be used in situations of mutual consent for personal growth and change and social development.