



Transactional Analysis Psychotherapy

Eric Berne, the founder of Transactional Analysis (TA) described it as '*a theory of personality and a systematic psychotherapy for personal growth and change*'.

In Transactional Analysis Psychotherapy, we adopt the philosophical principles that:

- People are fundamentally OK, even if they sometimes behave in not-OK ways;
- Everyone (with rare exceptions) has the capacity to think, and can decide what they want from life;
- We make decisions early in life as a result of our experiences, and these decisions can be changed.

In TA, both client and therapist take *joint responsibility* for achieving the changes that you want to make in therapy.

Central to TA are *equality, transparency and open communication*, and these underpin our therapeutic work throughout.

The ultimate therapeutic aim of TA Psychotherapy is to achieve autonomy. The definition of autonomy being: *awareness, spontaneity and the capacity for intimacy*.

In addition to the above, some of the main advantages of TA as a therapeutic method are:

- It helps us easily understand the psychological dynamics within people and between people.
- It embraces cultural diversity and is known world-wide
- It can be used both in short- and long-term psychotherapy
- It's flexible and applicable with individuals, couples, groups, families and organisations.



- Finally, TA brings together both the depth of psychoanalysis and the warmth of a relational approach.