



# Transactional Analysis

## What is Transactional Analysis?

Transactional Analysis is a psychotherapy method for personal growth and personal change with a wide variety in its application with individuals, couples and groups. It is used to facilitate a better understanding of individuals, relationships and communication. As a theory of personality, communication and child development, Transactional Analysis is applied as a tool in working with psychological issues ranging from everyday living problems to severe mental health difficulties.

In recent years, many new trends in transactional analysis have emerged, producing exciting and effective approaches. Our Transactional Analysis psychotherapists have trained at the Metanoia Institute, where many of the recent developments in this field originated. One of the most significant developments has been termed **Relational Transactional Analysis**.

## Benefits of Relational Transactional Analysis

- The **importance that is placed on relationship**, in all its forms – with the self, with the other, and with what happens in the room with the therapist.
- The belief that the most profound **change happens through experience**, as opposed to insight alone.
- The central focus of bringing to light the **relational and interpersonal patterns** that shape all of our experiences of ourselves and of ourselves with others.
- The belief that **the practitioner is an active participant in the work**, and not simply a neutral observer.
- **The work is collaborative**, meaning the client is not a passive recipient, nor the therapist an expert or provider of solutions; both parties are actively involved in the process of finding new and more authentic ways of relating to each other.
- Central importance is placed on the way that the practitioner uses their unique experience of the client to inform which intervention will best **enhance the client's knowledge of self and of the other** and when this should occur.



- An appreciation for the fact that **certainty is neither possible nor necessarily desirable**, in the therapy room or in life. Part of the therapeutic work consists of increasing the individual's threshold for tolerating uncertainty and discomfort, instead of avoiding it.
- Client and therapist engage in an **adult-to-adult reciprocal relationship**.

Both Sam Jahara and Gerry Gilmartin are trained in relational transactional analysis and are members of Metanoia Institute, the International Association of Relational Transactional Analysis and the European Association of Transactional Analysis. If you are interested in finding out more, please contact us.