

Transactional Analysis

100 Key Points and Techniques

The second edition of Transactional Analysis: 100 Key Points and Techniques synthesizes developments in Transactional Analysis (TA) and psychotherapy research, making complex ideas accessible and offering therapists practical guidance on refining TA psychotherapy skills. Divided into seven parts, the 100 key points cover: - The philosophy, theory, methods and critique of the main approaches to TA - New developments and approaches in TA - TA perspectives on the therapeutic relationship - Client assessment, diagnosis and case formulation - Contracting and treatment planning using TA - A troubleshooting guide to avoiding common pitfalls - Refining therapeutic skills Specific updates incorporate emergent approaches in TA, recent developments in the understanding of neurodiversity and current best practice thinking. This book is essential reading for trainee and beginner TA therapists, as well as experienced practitioners looking to update their field knowledge for a skilful and mindful application of this cohesive system of psychotherapy.

Auf Anfrage

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