



## 7 things you need to know about TA before you listen to our podcast

### 1. Who founded TA?

- Eric Berne
- A Canadian, born in 1910
- Qualified as a doctor in 1935 and moved to US
- Later starts psychiatric residency
- Spent time training with Psychoanalyst Paul Federn and working in the US Army Medical Corps
- His application to American Psycho-Analytic Institute rejected and in response to this TA was born

### 2. What is TA

- “Transactional Analysis is a theory of personality and a systematic psychotherapy for personal growth and personal change” – ITAA
- It’s also a theory of
  - Communication
  - Relationships
  - Child development
  - Psychopathology
  - Organisational analysis & development
  - Education, teaching and organisational training
  - Good parenthood

### 3. Where can TA be used?

- TA can be used in any field where there is a need for understanding individuals, relationships, communication and systems.
- The main fields of application are psychotherapy, counselling, education and organisational development.
- It is also commonly used in coaching and mediation.

#### 4. What are the philosophical assumptions that underpin TA?

- I'm Ok, You're Ok – See separate infographic
- Everyone has the capacity to think
- People can decide their own destiny and these decisions can be changed

#### 5. What are the core theoretical principles of TA?

- Contractual Method – see separate infographic
- Open, equal and transparent communication
- Taking responsibility for yourself

#### 6. What is the Goal of TA?

- The ultimate goal of TA is to assist people, families, students, communities, groups and organisations in regaining autonomy. The founder of TA, Eric Berne defines this autonomy as the recovery of three vital human capacities - spontaneity, awareness and intimacy."

#### 7. TA History

- From its conception TA has grown in a very dynamic way. Many other professionals from diverse backgrounds and fields joined Berne in the development of the theory.
- After Berne's passing this continued and new research and theory is constantly being born. This is mostly published through the TAJ (Transactional Analysis Journal) and the IJTARP (International Journal of Transactional Analysis Research and Practice)
- TA has and continues to make a valuable and potent contribution to the world and it has helped, supported and assisted millions of people in becoming more autonomous so they can lead healthier and happier lives.