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has made the difficult link between theory and practice clear without being patronizing this is valuable for everyone interested in ta since many concepts can only be fully assimilated when linked to actual examples even if you are not in clinical practice this book would be a useful addition to your library and for anyone in training or beginning practice this is required reading group relations transactional analysis counselling in action third edition meets a demand for a clearly written step by step account of the process and practice of using transactional analysis to promote personal change this book retains the successful overall structure and organisation of the popular earlier editions but has been fully revised key features of this new edition include concise hands on descriptions of current techniques and concepts in transactional analysis presented in an accessible style that is immediately useful to the practitioner the sequence of chapters ordered to reflect successive stages in the typical process of therapeutic change using transactional analysis this assists in building understanding and application of transactional analysis step by step in the order that is likely to arise during actual psychotherapy or counselling expanded discussion of the protective procedure known as closing the escape hatches no suicide no homicide no go crazy decision including possible contra indications a single extended case history that runs through the book to illustrate practice and theory key ideas panels which provide summaries of the main ideas that are described in each section or chapter self supervision sequences offering suggested checklists of questions that readers can use in appraising their own work with clients in this revised third edition of his bestselling guide ian stewart offers trainee and practising psychotherapists and counsellors an introduction to the core concepts and basic techniques of transactional analysis ian stewart is co director of the berne institute nottingham he is accredited by the itaa and the eata as a teaching and supervising transactional analyst

of all the approaches to therapy transactional analysis or ta is arguably one of those most suited to time limited work at a time when short term therapy is increasingly dominant as a form of practice transactional analysis approaches to brief therapy provides an insightful guide which both informs and challenges rather than a single theory ta has developed as a group of four schools which share a common philosophy but place different emphasis on what occurs during the therapeutic process written by therapists at the leading edge of developments in ta the book presents and differentiates each of these four approaches through transcripts and commentaries it shows how theory applies to practice for example

through different voices and styles of contributions including papers edited talks and panel discussion this collection explores and applies the

principles of relational transactional analysis it sets them in social cultural and political contexts and considers a number of important implications of this particular relational turn in psychotherapy the book advances relational transactional analyses and in doing so reflects the creativity and vibrancy of contemporary ta the editors have skilfully brought together different generations of ta practitioners in an accessible and stimulating volume i commend the editors and highly recommend the book dr keith tudor author of a number of books and co author of the article co creative transactional analysis in the transactional analysis journal he is associate professor auckland university of technology auckland aotearoa new zealand

organizational transactional analysis is a discipline whose focus is on enabling effective communication at all levels of the organization it looks at development and change from the individual team department and organizational levels this book and organizational ta as a whole operates from an assumption of health this is a very different approach from other communication methodologies which tend to focus on the problems ta focuses on building on what is already working rather than what isn't from their many years of experience anita mountain and chris davidson are convinced that ta offers everyone within the workforce different options on how to relate working together offers up to date theory developed by the authors through their extensive knowledge of ta and of the business world the clear explanations and diagrams in the book outline how you can develop and maintain effective communication and be aware of the processes involved in carrying out decisions and strategies with chapters on how to apply ta in the workplace working together is a down to earth yet intelligent read and an important resource for those who wish to improve the quality of relationships and improve productivity it will be of value to individuals leaders and managers at all levels whether the issue is emotional intelligence stress poor communication or different departmental regional perspectives this book offers a toolkit of resources to support the people processes aspects of the business

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