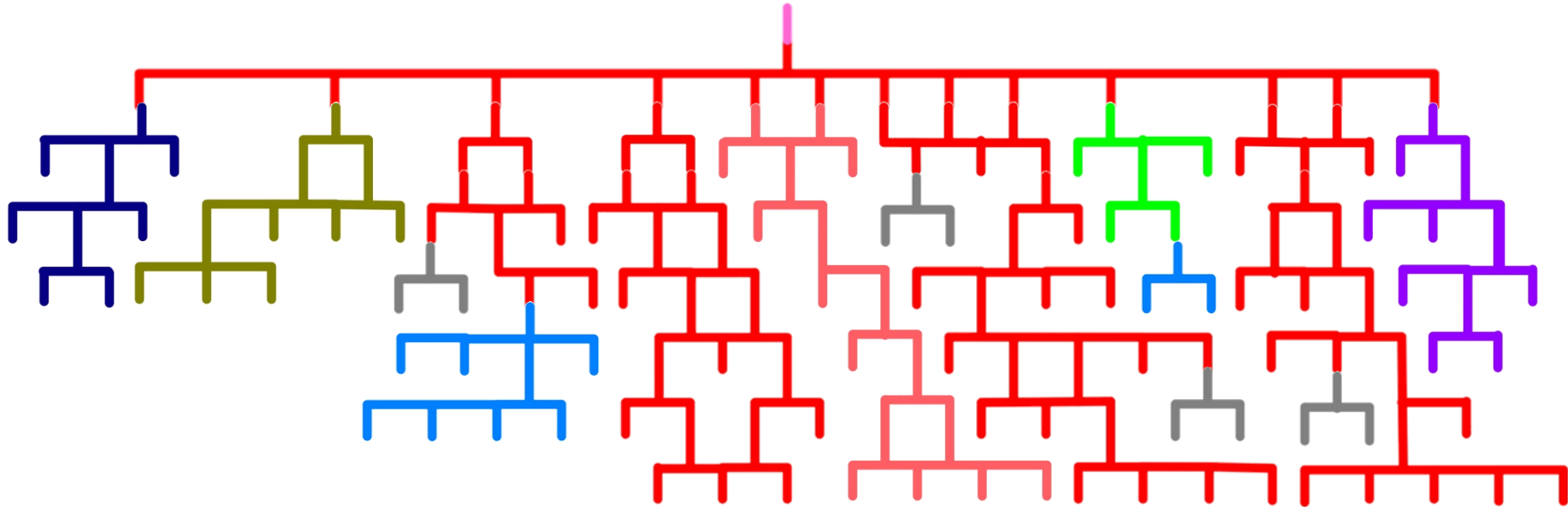


**A HISTORICAL  
ANALYSIS  
OF  
TATHEORY**

Keynote Address by  
Rosemary Napper and  
Dr<sup>a</sup> Gloria Noriega  
at the ITAA Conference,  
Lima, Peru,  
6 August 2009

# TA GENERATIONS

ERIC BERNE



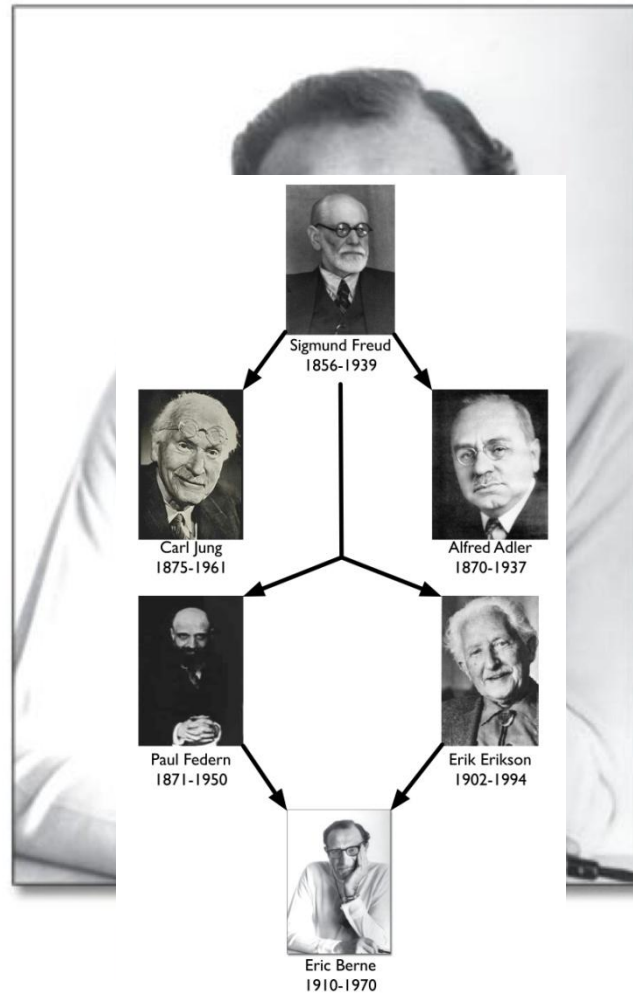
WHAT KIND OF  
TRANSACTIONAL  
ANALYST  
AM I?

# ROOTS



Sigmund Freud  
1856-1939

# ROOTS



1910-1970

# HOW DO WE THINK ABOUT TA?

Theories?

Schools?

Styles?

Traditions?

Lenses?

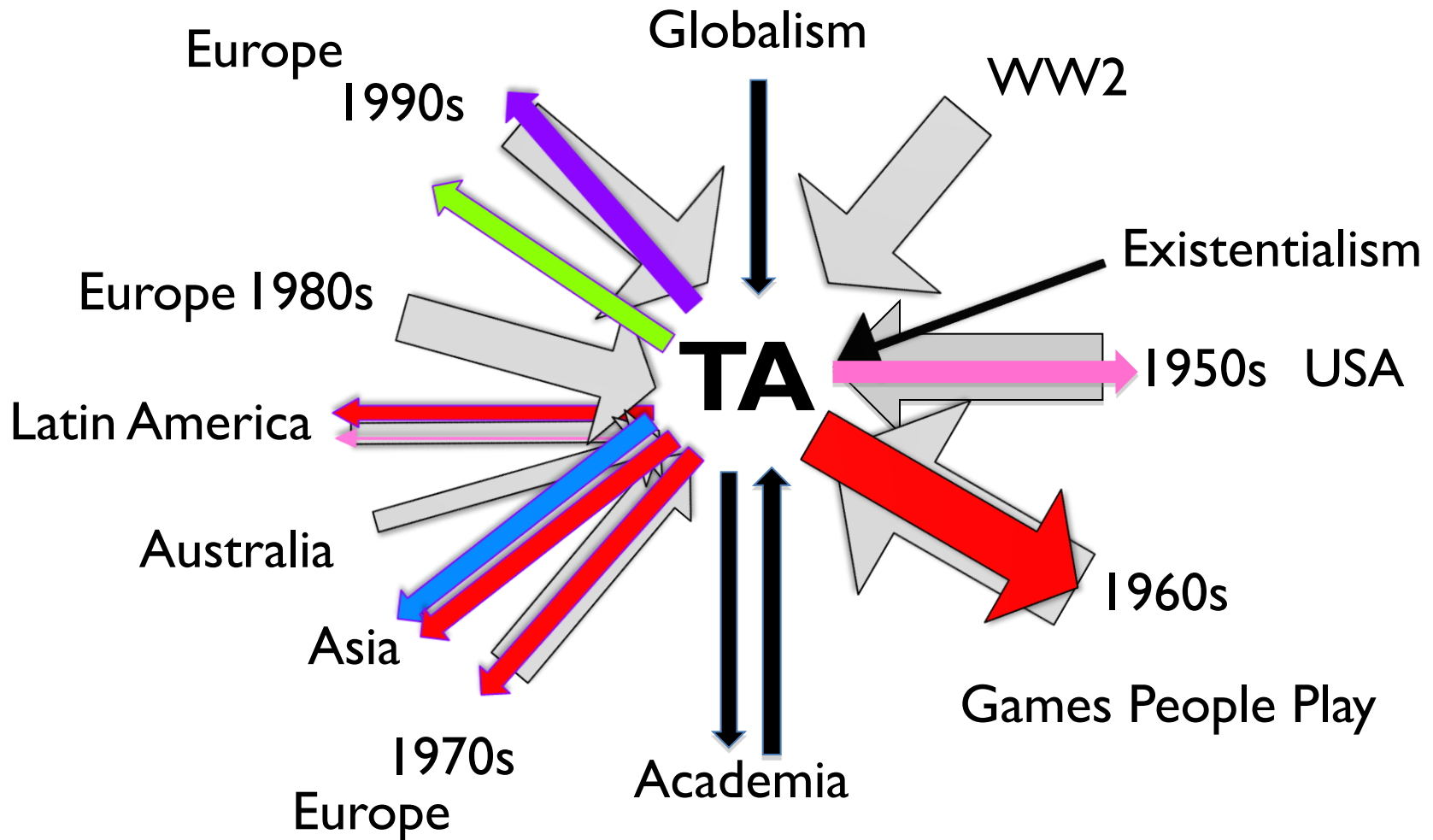
Approaches?

Guru figures?

Perspectives?

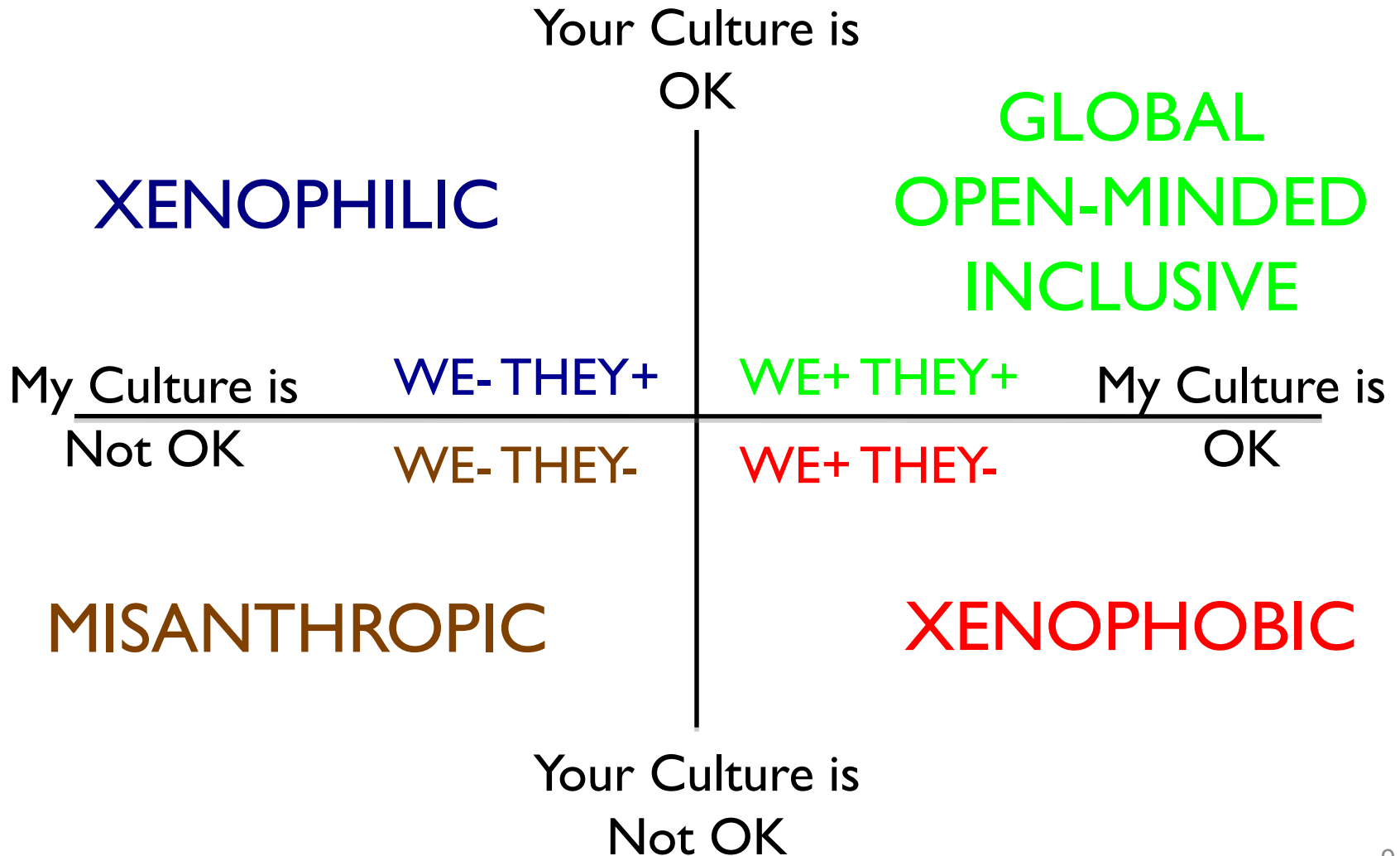
Cultures?

# CULTURAL INFLUENCES ON & FROM TA





# A CULTURAL HEALTH WARNING



**“I’m a cognitive transactional analyst.”**

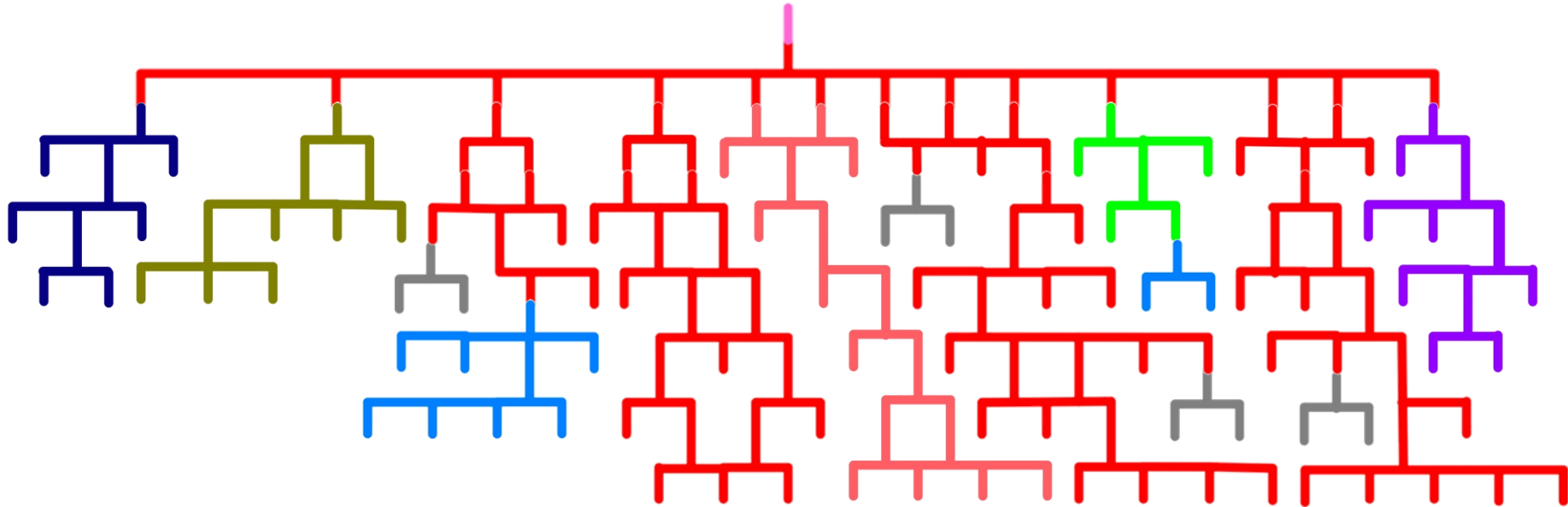
**The Script, 2007**



**Fanita English**

# NEW LIFE FROM OLD ROOTS

## ERIC BERNE



**CLASSICAL Cognitive & Behavioural**

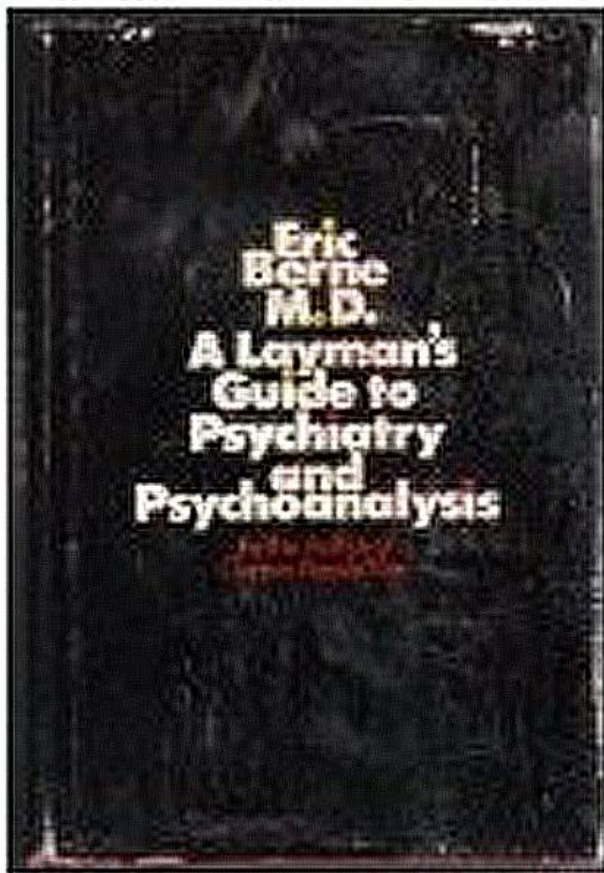
**CLASSICAL Psychoanalytic**

# ERIC BERNE

## 1910 - 1970



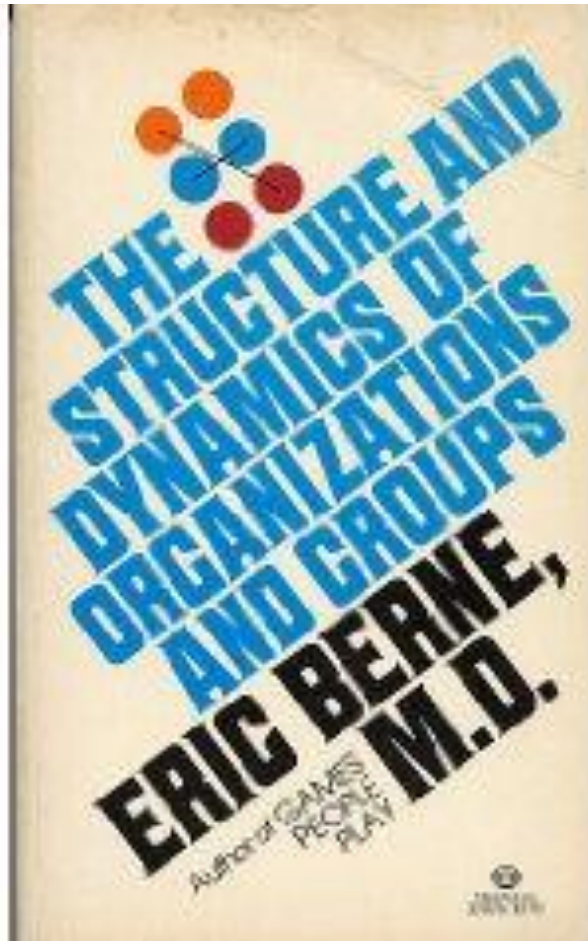
# CLASSICAL Psychoanalytic TA



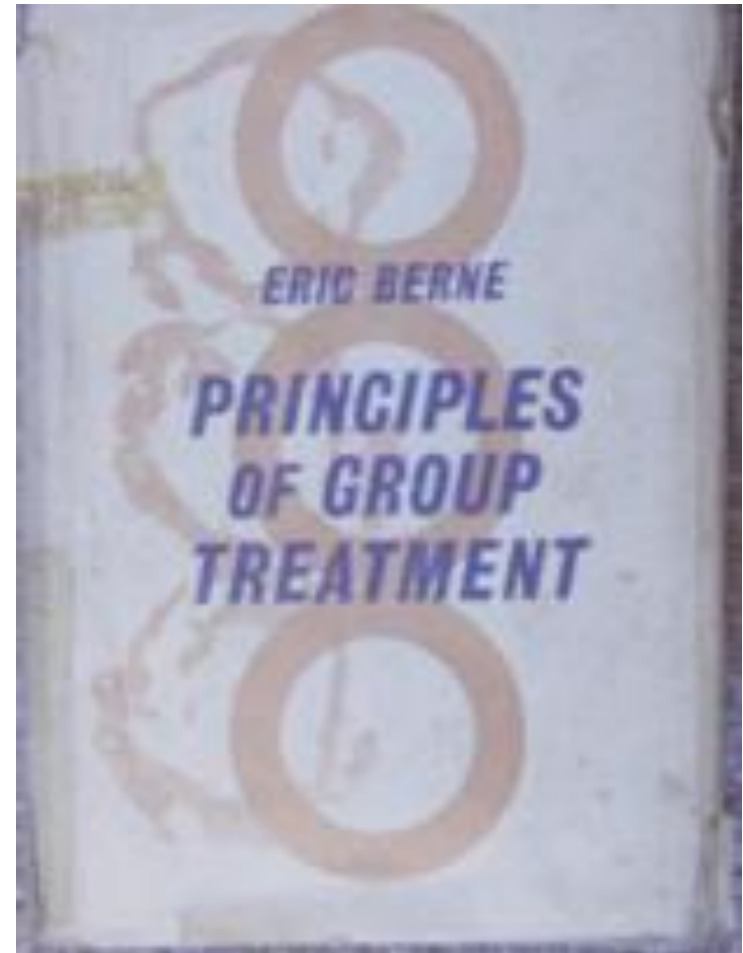
- 1<sup>st</sup> edition, 1947  
— published as *The Mind in Action*
- 2<sup>nd</sup> edition, 1957
- 3<sup>rd</sup> edition, 1968  
— names TA



# GROUP & SYSTEMICTA

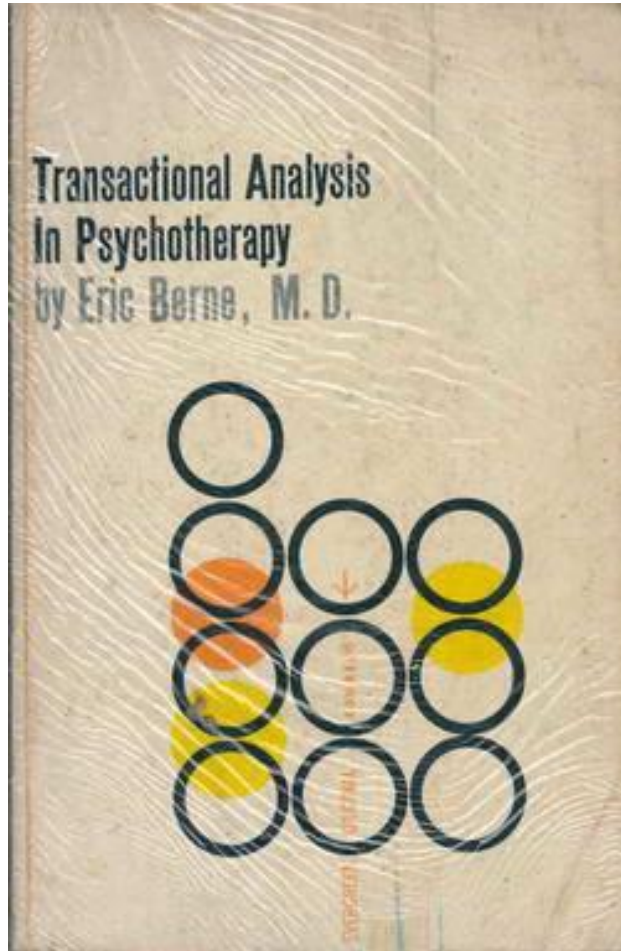


1963



1966

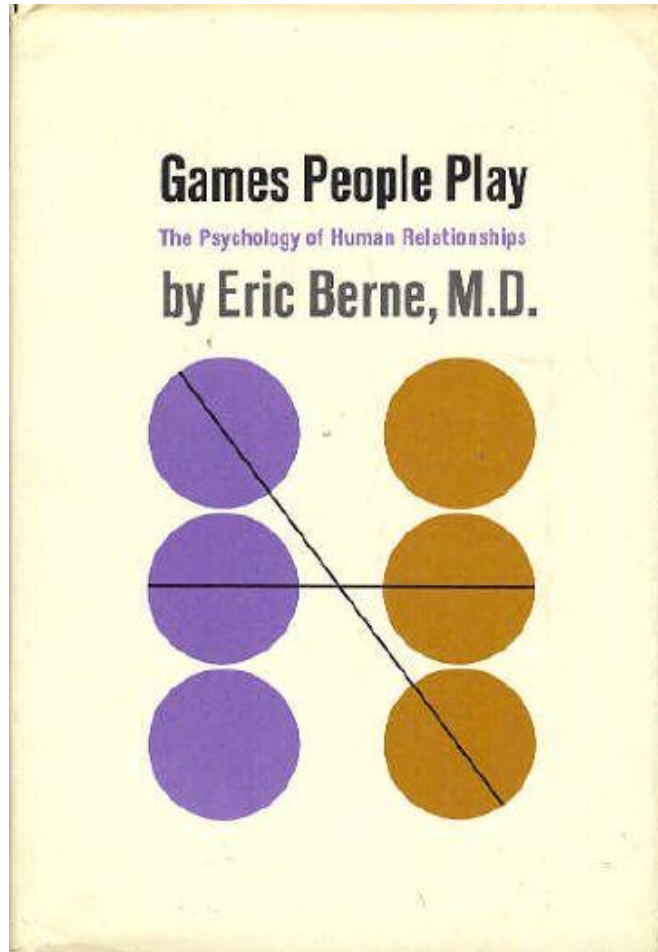
# TA Psychotherapy develops



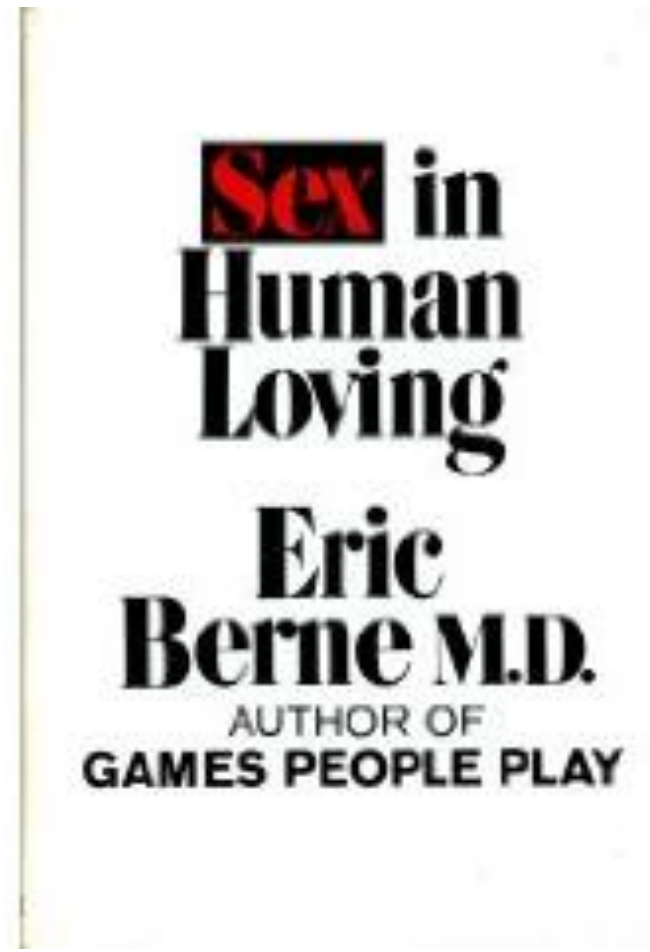
**1961**

- Tuesday night seminars, 1958
- TA Bulletin, 1962
- ITAA founded, 1964

# CLASSICAL Cognitive & Behavioural TA



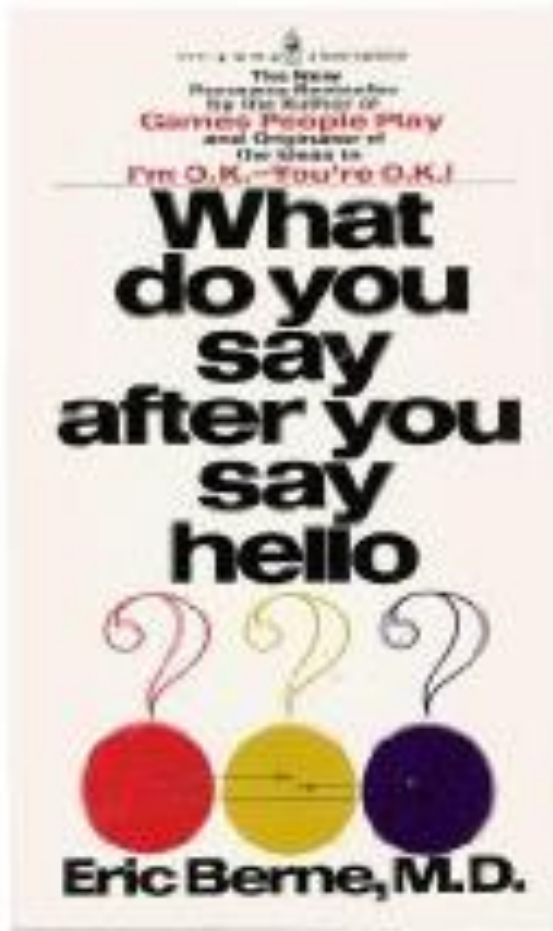
1964



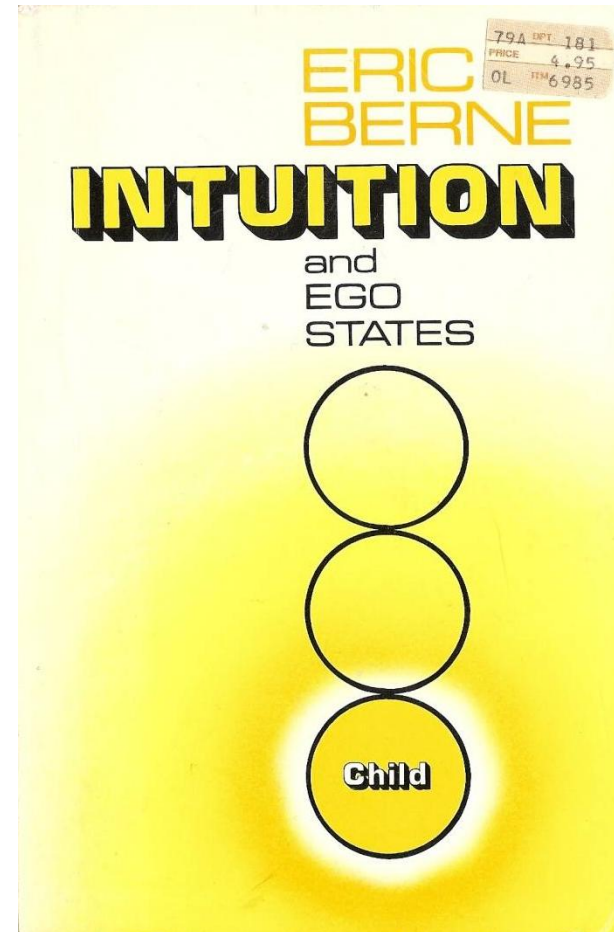
1970



# And POSTHUMOUS PUBLICATIONS

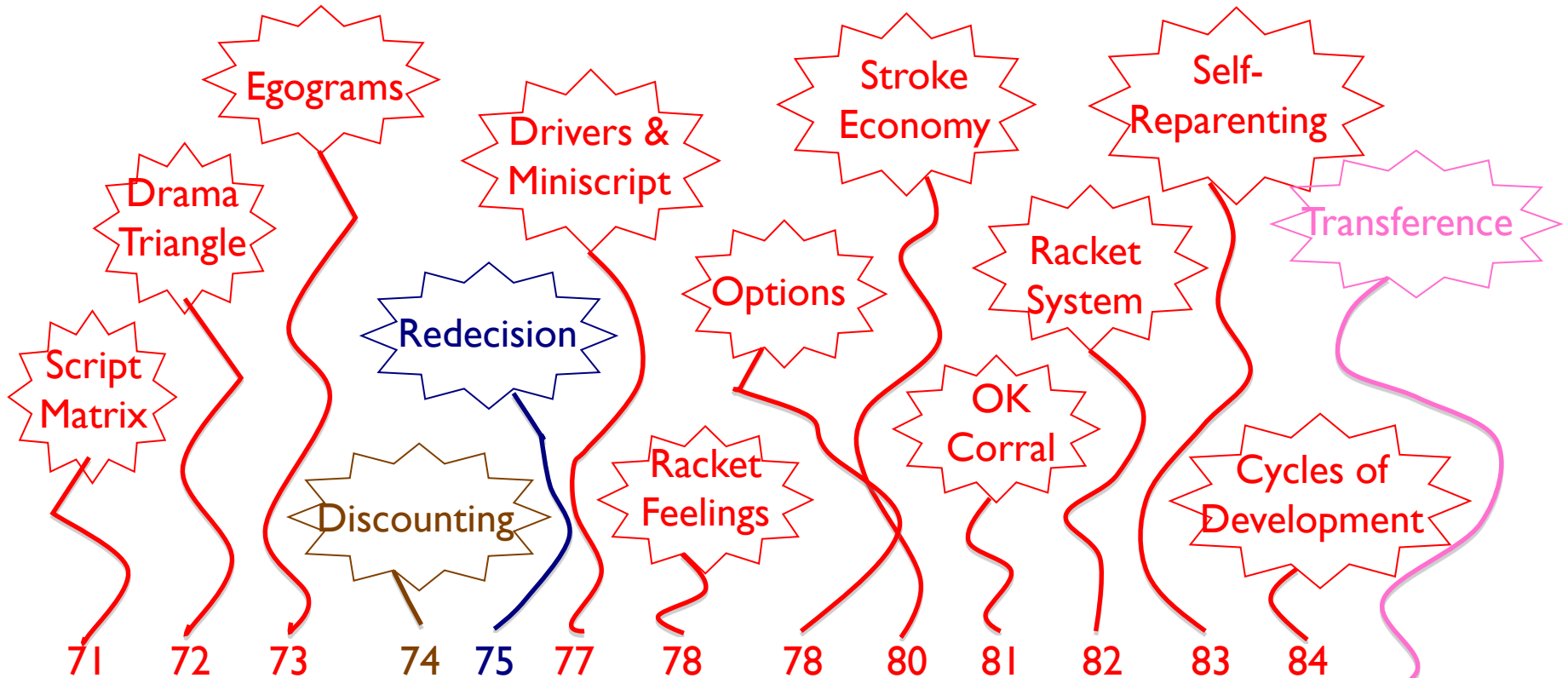


1972



1974

# FERTILE GROUND



**CLASSICAL Cognitive & Behavioural TA**

**CLASSICAL Psychoanalytic TA**

# **CLASSICAL TA continues in the 1970s**

- **SCRIPT MATRIX Steiner**
- **DRAMA TRIANGLE Karpman**
- **EGOGRAMS Dusay**
- **PERMISSION & PROTECTION Crossman**
- **DRIVERS & MINIScript Kahler**
- **RACKET FEELINGS English**
- **OPTIONS Karpman**
- **STROKE ECONOMY Steiner**
- **OK CORRAL Ernst**
- **RACKET SYSTEM Erskine & Zalcman**
- **SELF RE-PARENTING James**
- **CYCLES OF DEVELOPMENT Levin**

**...with a cognitive and behavioural approach**

# **CLASSICAL TA continues to develop — 1980s onwards**

- **DOORS Ware**
- **PROCESS COMMUNICATION MODEL Kahler**
- **Publication of TA TODAY Stewart & Joines**
- **PARENT EDUCATION Illsley Clark**
- **PERSONALITY ADAPTATIONS Ware, Kahler (and later Joines & Stewart)**
- **FUNCTIONAL FLUENCY Temple**

# ...and spin-offs develop...

Process  
Communication  
1970s



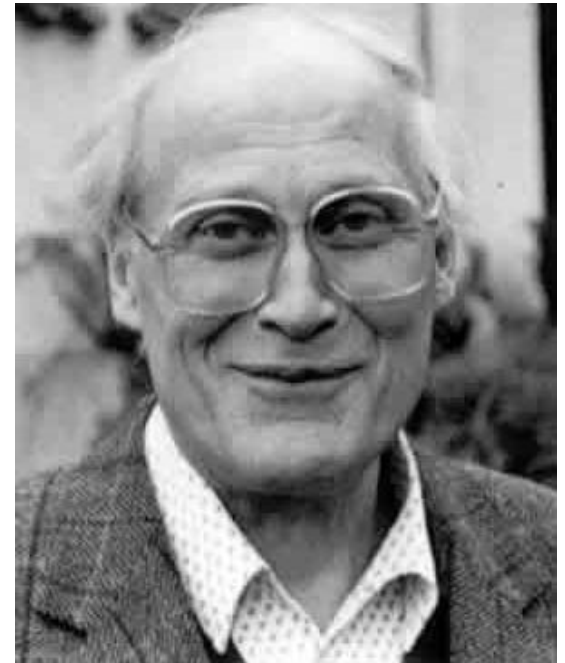
**Taibi  
Kahler**

Imago  
1980s



**Harville  
Hendrix**

Constellations  
1990s



**Bert  
Hellinger**

...with own qualifications  
beyond and separate to TA

# Developing TA in Latin America



**Roberto Kertesz**

THE 10 TA INSTRUMENTS

# CATHEXIS 1970s



**Jacqui Schiff**

**Aaron Schiff**

**Eric Schiff**

**Ken Mellor**

- FRAME OF REFERENCE
- PASSIVE BEHAVIOURS
- DISCOUNT LEVELS
- DISCOUNT MATRIX
- REDEFINING & BLOCKING TRANSACTIONS
- GRANDIOSITY
- SYMBIOSIS
- RE-PARENTING

# REDECISION 1970s

**Bob  
Goulding**



**Mary  
Goulding**



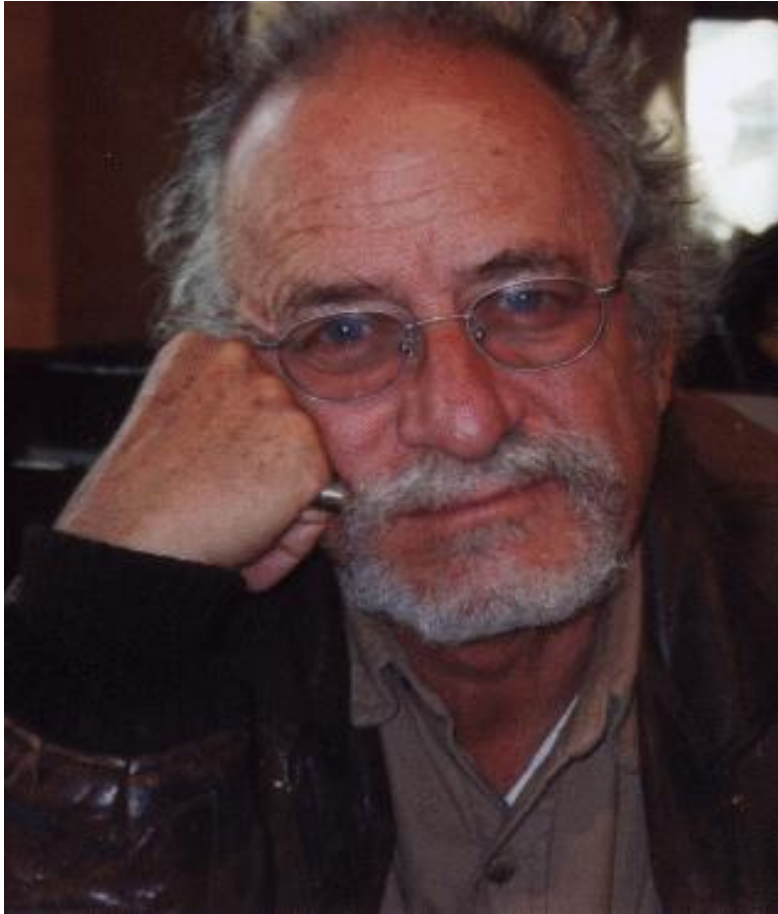
**John McNeel  
Vann Joines  
Ken Mellor**

- REDECIDE SCRIPT SCENES
- IMPASSE
- INJUNCTIONS

**& GESTALT INFLUENCES**



# RADICAL PSYCHIATRY



**Claude Steiner**

**Hogie Wykoff**  
**Alan Jacobs**  
**Valerie Batts**

- STROKE ECONOMY
- PIG PARENT
- POWER PLAYS
- AUTOCRACY
- TARGET/ NON TARGET

# And the significance of some key contributions to TA theory are only recognised over time

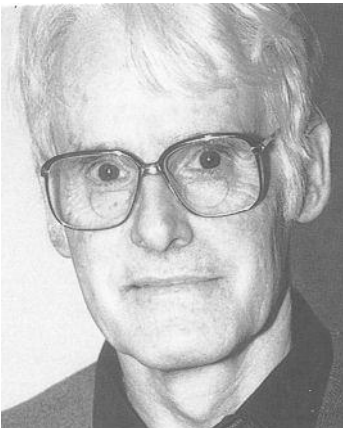
**Bill  
Cornell**



**Petruska  
Clarkson**



- Bill Cornell's paper on scripts
- Petruska Clarkson's wide-ranging work
- Pio Scilligo's writing on ego-states
- Leonhard Schlegel's writing on theory and his contribution to spreading TA in Europe

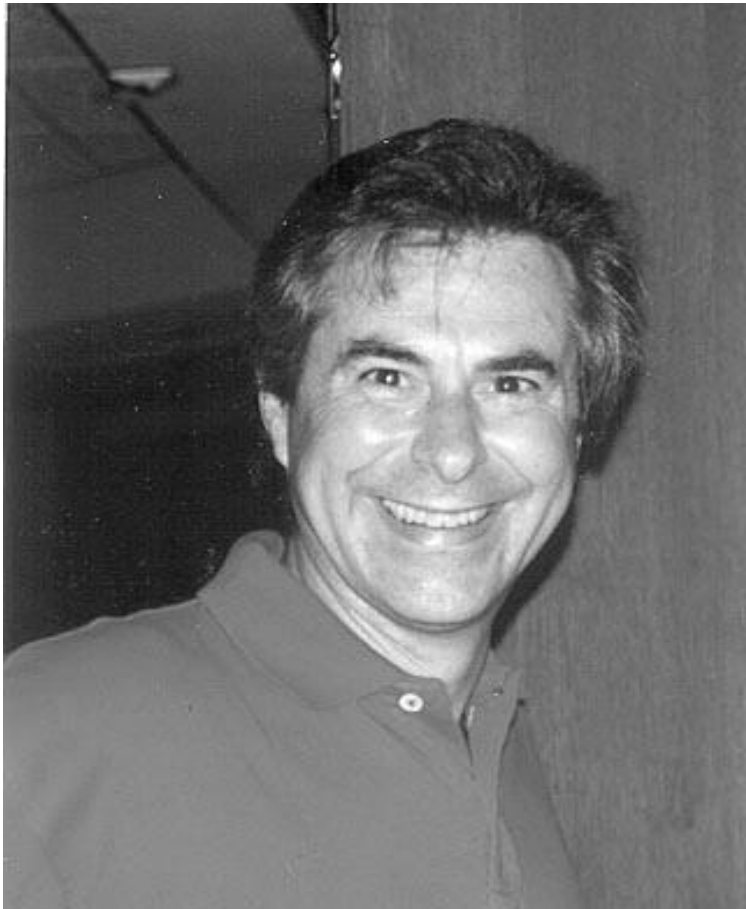


**Leonhard  
Schlegel**



**Pio  
Scilligo**

# INTEGRATIVE TA – also a spin-off



**Richard Erskine**

**REBECCA TRAUTMANN**  
**Charlotte Christoph-Lemke**  
**Landy Gobes**  
**Janet Moursund**  
**Marye O'Reilly-Knapp**

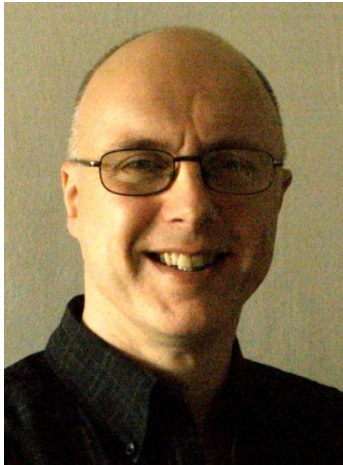
- INTEGRATED EGO STATES
- INQUIRY, ATTUNEMENT, INVOLVEMENT
- RELATIONSHIP-SEEKING MOTIVATION
- EMPATHY

# CO-CREATIVE TA

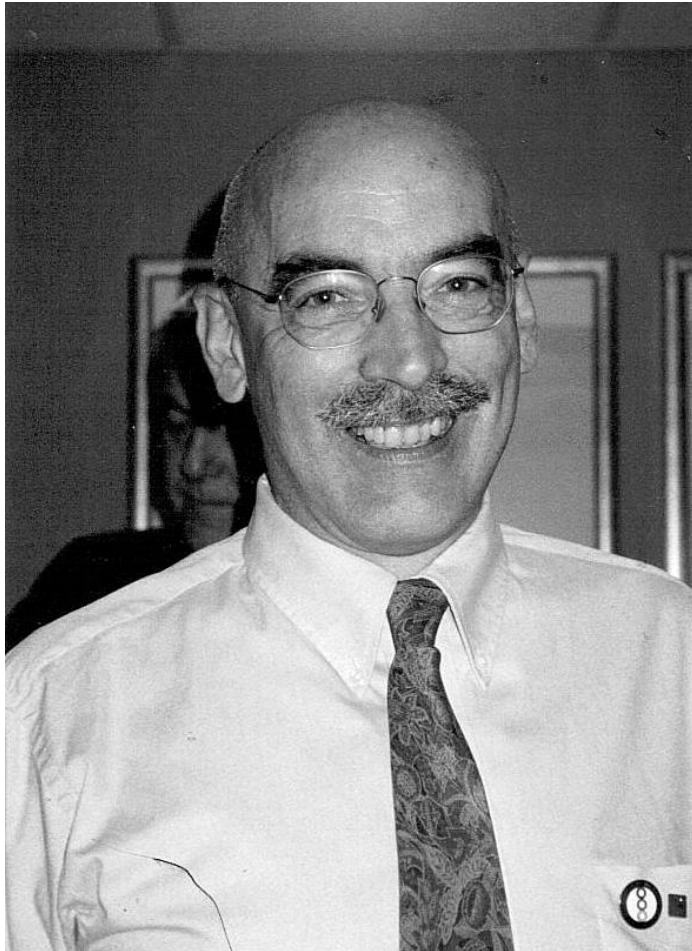


**Jim & Barbara Allen**  
**Graeme Summers**  
**Keith Tudor**  
**Jo Stuthridge**

- NARRATIVE / STORYING
- CONSTRUCTION OF MEANING
- CREATE NEW MEANINGS
- INTEGRATING ADULT EGO-STATE
- NON-CONSCIOUS
- INTER-DEPENDENCE & HOMONOMY



# CLASSICAL psychoanalytic TA



**Carlo Moiso**



**Michele Novellino**

# CLASSICAL psychoanalytic TA

...

## continues to develop

**Carlo Moiso**

**Michele Novellino**

**Frances Bonds-White**

**Bill Cornell**

**Gloria Noriega**

**Petruska Clarkson**

**Resi Tosi**

**Susanna Ligabue**

- TRANSFERENCES
- CONTINUAL SCRIPTING PROCESS
- SCRIPT PROTOCOL



**AND...**

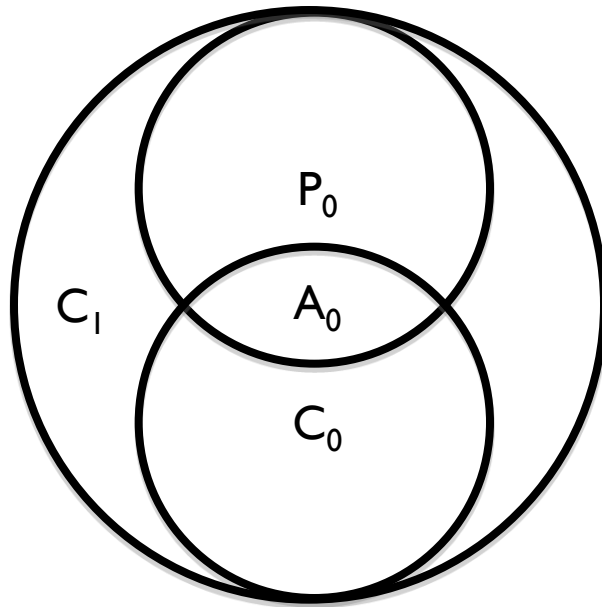


**Helena Hargaden**



**Charlotte Sills**

# ...also develops into **RELATIONAL TA**



**Charlotte Sills**

**Helena Hargaden**

**Ray Little**

**Heather Fowlie**

- TRANSFORMATIVE TRANSFERENCE
- 3<sup>RD</sup> ORDER STRUCTURAL ANALYSIS – THE REAL SELF
- EMPATHIC INTERVENTIONS
- 2-WAY STREET



# 'INDEPENDENT' TA



For example, Bill Cornell combined body therapy and CLASSICAL TA prior to contemporary psychoanalysis informing his TA thinking and writing

**versus**

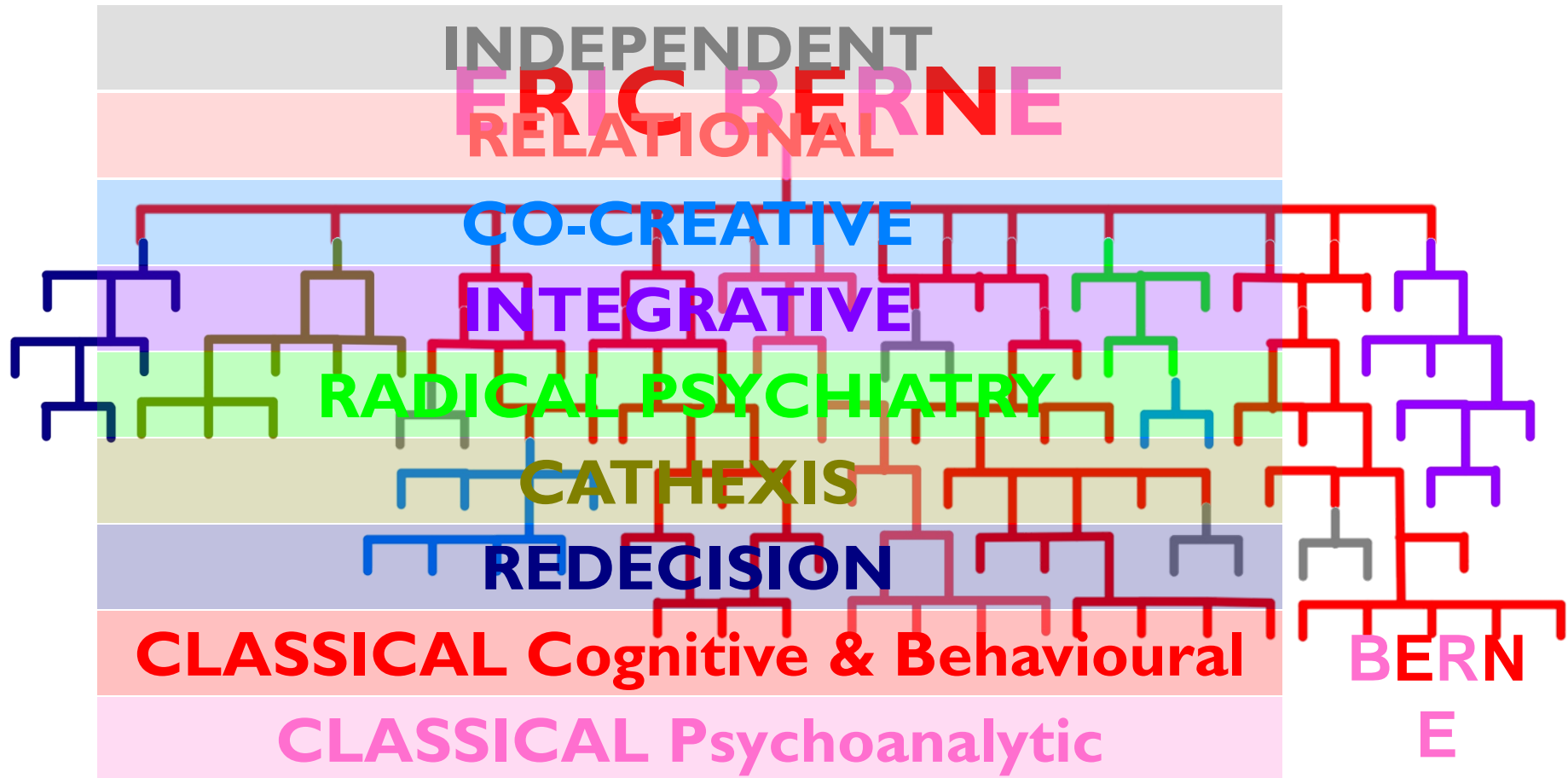
**A BIT of (almost)  
EVERYTHING**

# TRANSACTIONAL ANALYSIS OVERVIEW



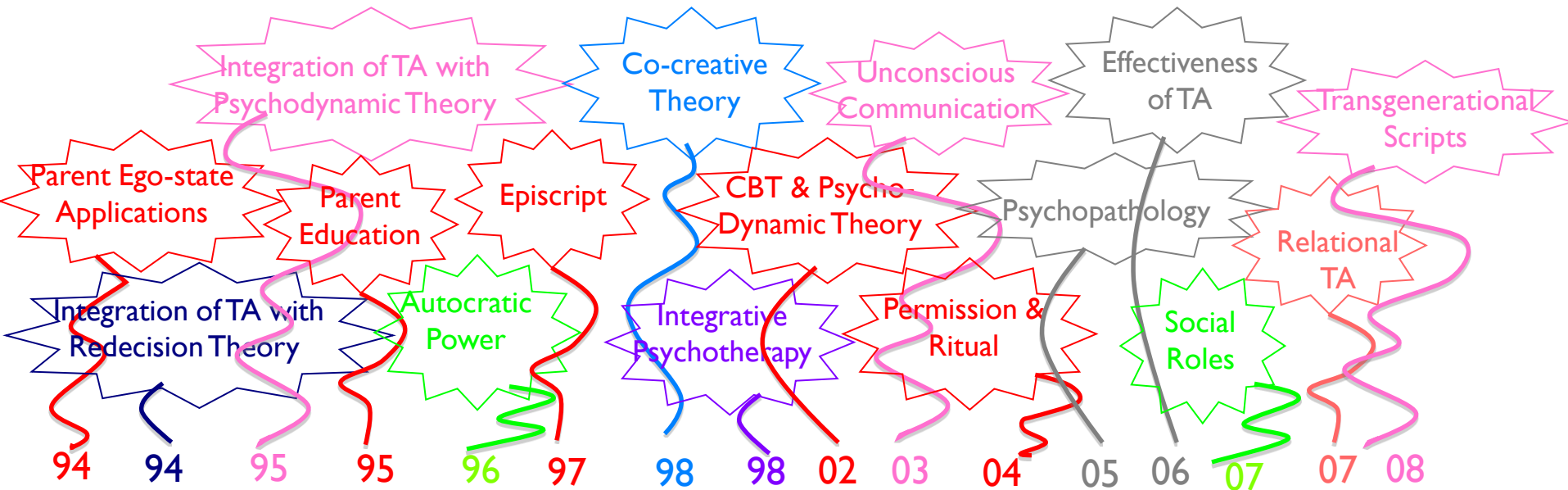
**Are there other perspectives?**

# TRANSACTIONAL ANALYSIS EVOLVES...



...and keeps evolving

# MORE FERTILE GROUND



# Integration of TA with Psychodynamic Theory, 1995



**Peg Blackstone**

# Transgenerational Scripts, 2008



**Gloria Noriega**



# Psychotherapy with the Parent Ego-State, 1994



**Sharon Dashiell Kackman**



**John McNeel**

# Applied TA in Parent Education, 1995



**Jean Illsley Clark**



# Hot Potato Transmission & Episcript, 1997



**Fanita English**

# Permission Ritual Therapy, 2004



**Pearl Drego**

# **Integration of TA with Personality Adaptations & Redecision Therapy, 1994**



**Vann Joines**

# Autocratic Power, 1996



**Alan Jacobs**

# Integrative Psychotherapy, 1998



**Rebecca Trautmann**

# **Psychopathology of Schizophrenia, Alcoholism & Homosexuality, 2005**



**Graham Barnes**

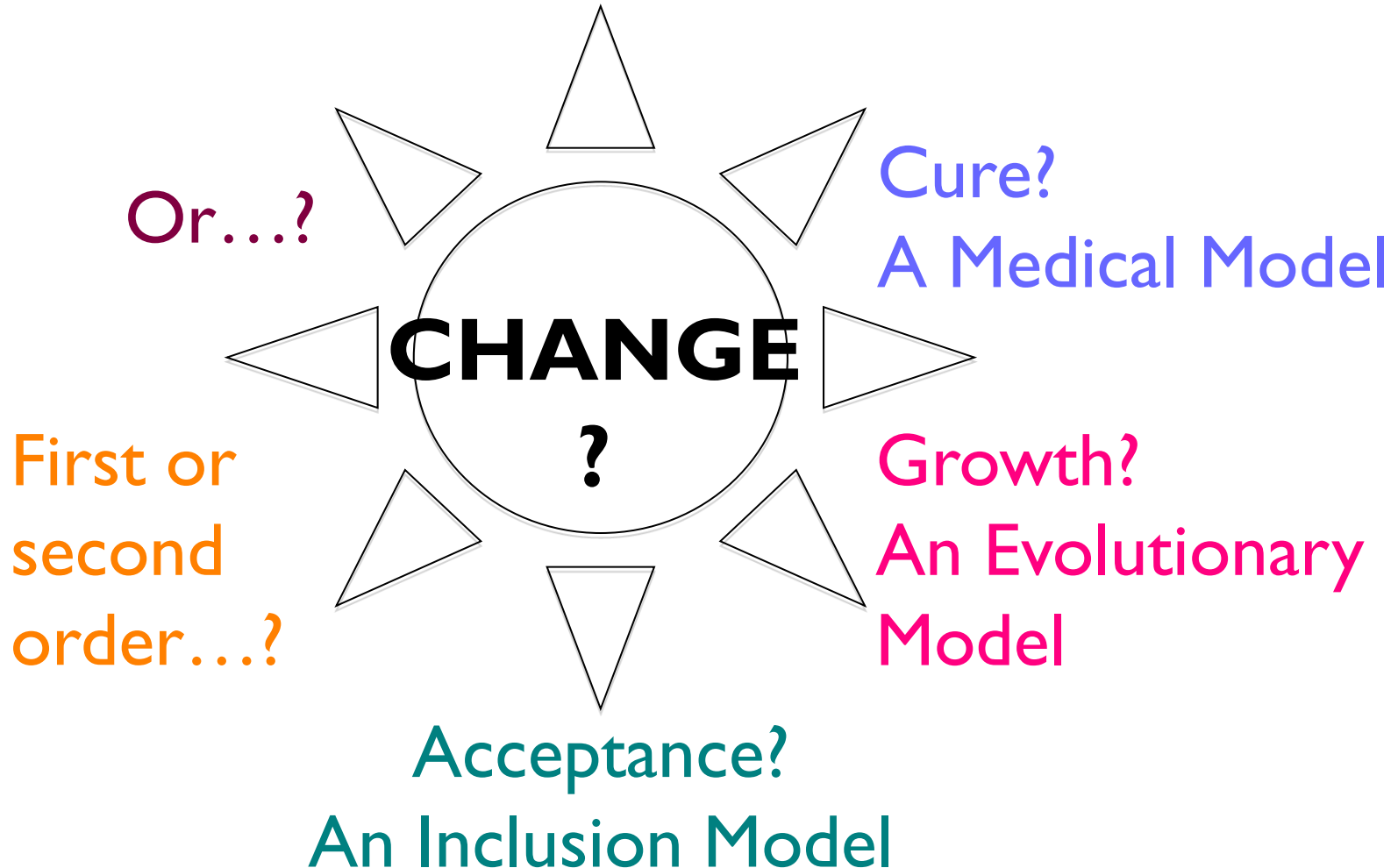


# Measuring the Effectiveness of TA, 2006



**Theodore Novey**

# What does each TA approach mean by...



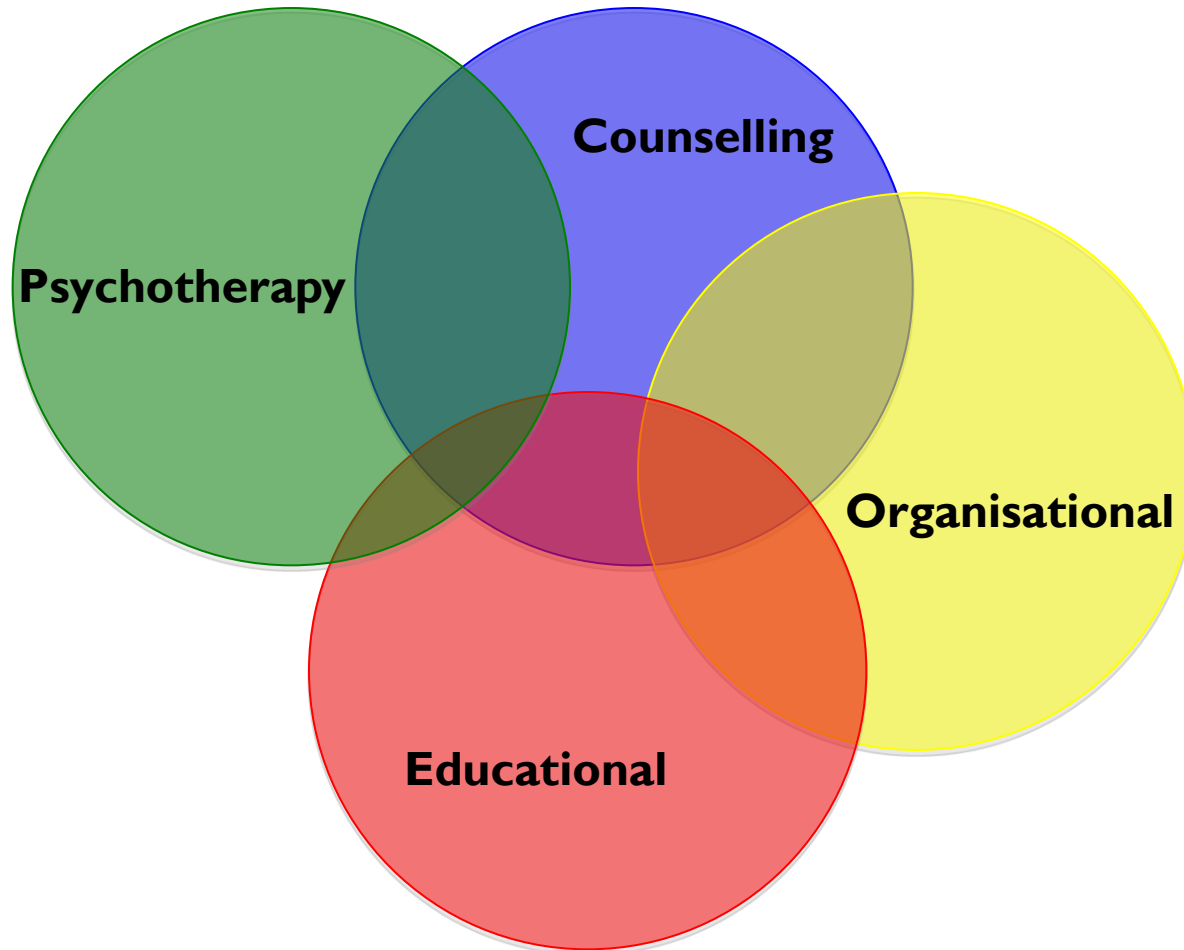


# WHERE IS THE TA INTERVENTION FOCUSSED?



**Does the field of application make a difference?**

# Different Orientations of the Four Fields of TA



# Purposes of each Field

## **Organisational TA:**

- to increase the effectiveness of people working in organisations, taking into account the organisational context, frames of reference and development

## **Educational TA:**

- to advance personal and professional learning and growth, both scholastic and social

## **Counselling TA:**

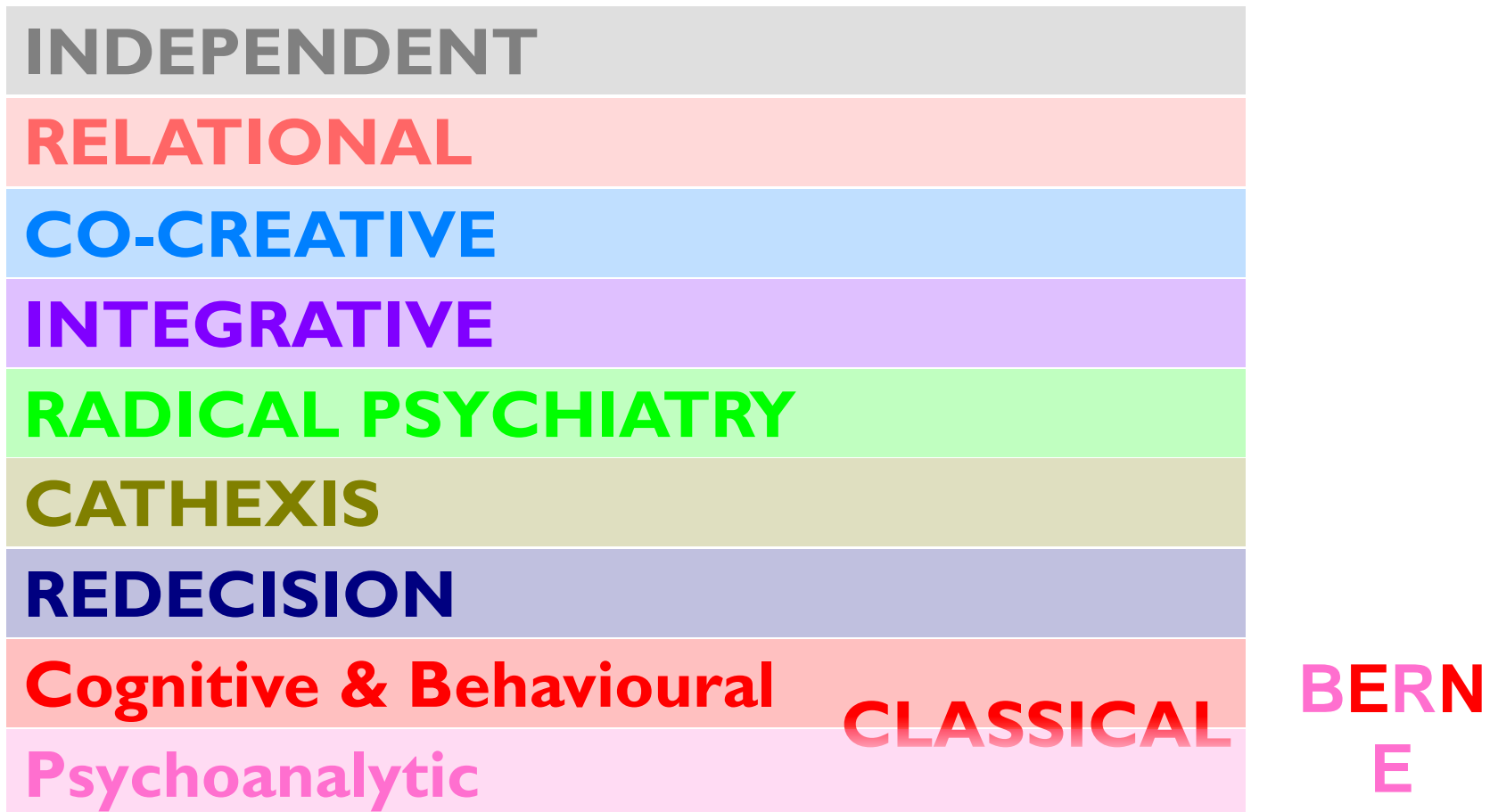
- to increase autonomy in relation to social, professional and cultural environments by developing greater awareness, options and skills for problem management and personal development in daily life

## **Psychotherapy TA:**

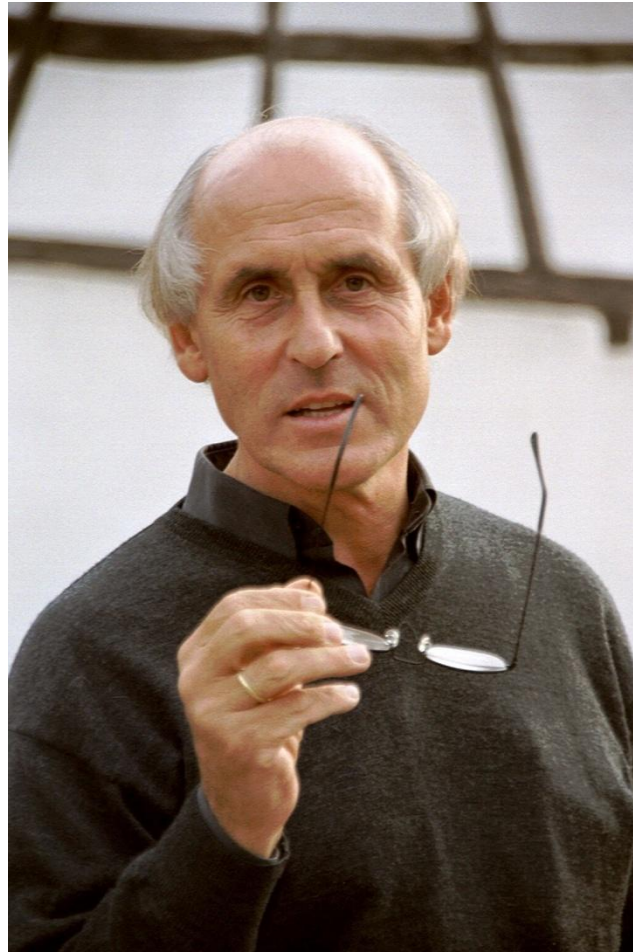
- to facilitate healing, change and self-actualisation through greater understanding of self and relationships, in the past and present, and the creation of conscious, creative and spontaneous options for the future

# Counselling TA

Currently primarily uses psychotherapy concepts



# Organisational TA



**Bernd Schmid**

# Organisational TA

<b>INDEPENDENT</b>	<b>ORGANISATIONAL ANALYSIS</b> Mohr
<b>RELATIONAL</b>	<b>ROLES</b> Schmid
<b>CO-CREATIVE</b>	<b>COMPLEXITY &amp; EMERGENCE</b> Napper
<b>INTEGRATIVE</b>	<b>RELATIONAL NEEDS</b> Klingenberg
<b>RADICAL</b>	<b>EQUALITIES</b> Batts
<b>CATHEXIS</b>	<b>ACCOUNTING</b> Mellor
<b>REDECISION</b>	<b>RESTRUCTURE CULTURE</b> Balling
<b>CLASSICAL</b>	<b>PERFORMANCE</b> Hay, Krausz, Temple
<b>CLASSICAL</b>	<b>CULTURE, SYSTEMS, LEADERS</b> Berne

# Educational TA

<b>INDEPENDENT</b>	<b>SOCIAL ROLES TRIANGLE</b> Le Guernic
<b>RELATIONAL</b>	<b>DISTURBANCE TO FRAME OF REFERENCE</b>
<b>CO-CREATIVE</b>	<b>SCRIPTING AS LEARNING</b> Newton
<b>INTEGRATIVE</b>	<b>RELATIONAL NEEDS IN LEARNING</b>
<b>RADICAL</b>	<b>3-DIMENSIONAL OKNESS</b> White, Davidson
<b>CATHEXIS</b>	<b>CLASSROOM SYMBIOSIS</b> Raimund
<b>REDECISION</b>	<b>PARENT EDUCATION</b> Illsley Clark
<b>CLASSICAL</b>	<b>FUNCTIONAL FLUENCY</b> Temple
<b>CLASSICAL</b>	<b>GROUP IMAGOS</b> Napper & Newton

# THE FUTURE OF TA?

**new TA theory?**

**other TA  
fields of  
application?**

**incorporate  
theory from  
other  
psychologies?**

**develop  
theory of  
practice?**



Cognitive  
Behavioural  
Therapy

Positive  
Psychology

Systems

**TA & OTHER  
PSYCHOLOGIES**

EMDR  
Eye Movement  
Desensitisation &  
Reprocessing

EFT  
Emotional Freedom  
Techniques

Person-  
Centered

Psychodynamic &  
Psychoanalysis

Object  
Relations

Gestalt

Neuro-Linguistic  
Programming

Group  
Relations

# A psychological perspective describes coherently...

What is  
personality?

What is a  
human  
being?

What are relationships?  
How do we communicate?

How does change occur?  
What is development?

How to  
practise?

What is the  
context or  
system?

# A special thanks in preparing this powerpoint goes to:

- Alastair Wyllie (Scotland)
- Keith Tudor (New Zealand)
- Günther Mohr (Germany)
- Gloria Noriega (Mexico)
- Tudor, K. and Hobbes, R. (2002) *Transactional Analysis in* Dryden, W. (Ed.) *Dryden's Handbook of Individual Therapy*, pp 256-286. London, Sage Publications (5<sup>th</sup> ed.)

This PowerPoint presentation has  
been designed by  
Rosemary Napper, TSTA