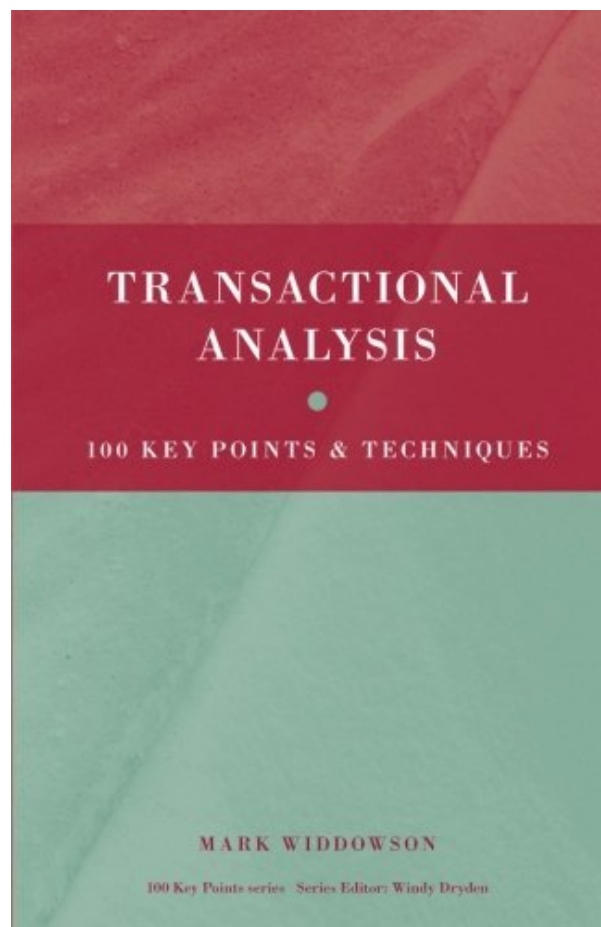
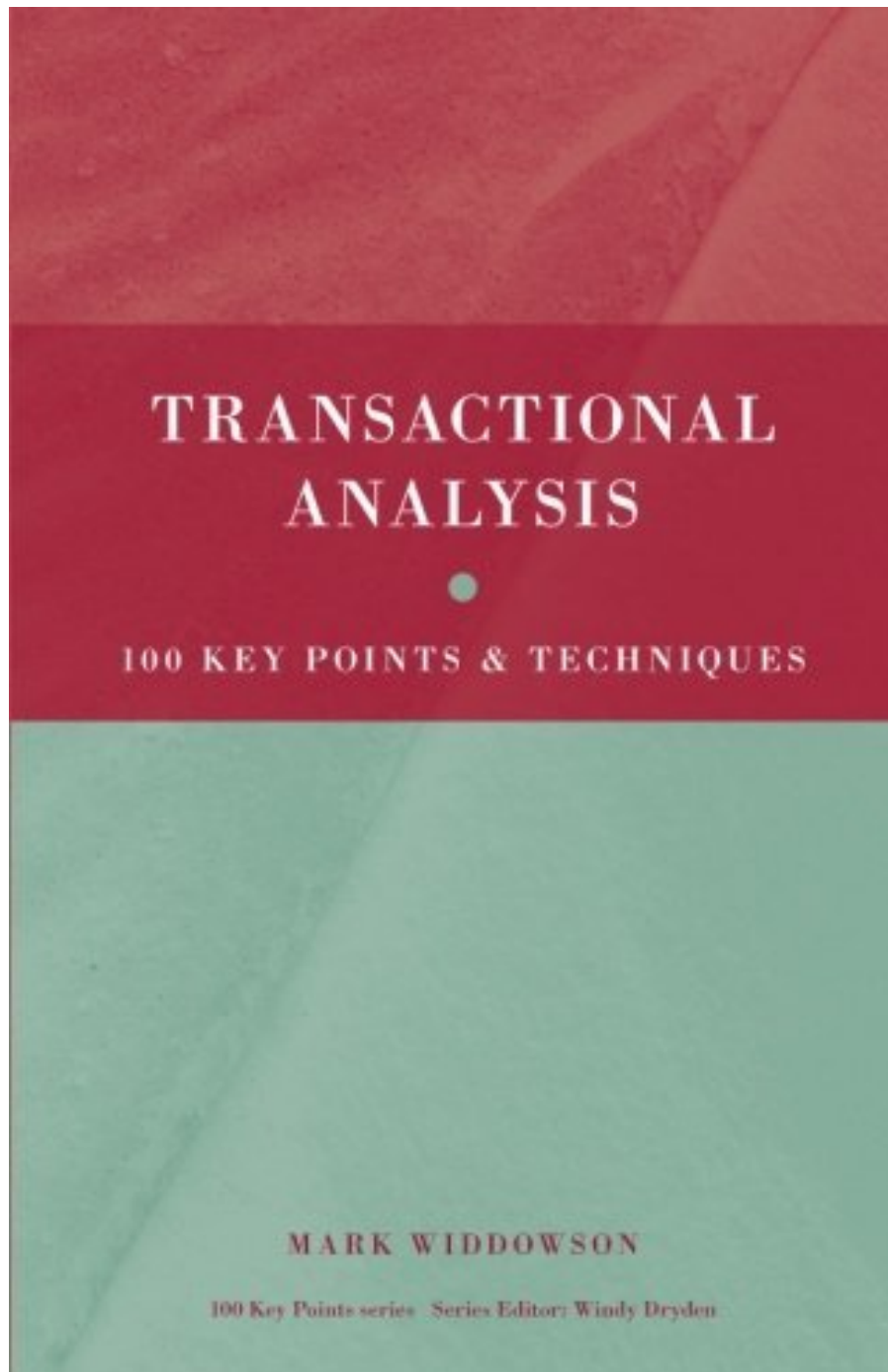


TRANSACTIONAL ANALYSIS: 100 KEY POINTS AND TECHNIQUES BY MARK WIDDOWSON



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Review

"Consistently stimulating and informative, this book is essential reading for anyone interested in learning about current developments in Transactional Analysis theory and practice. The structure of the book makes it easy to identify ways in which TA addresses fundamental practice issues, and is highly accessible both to TA specialists and those trained in other orientations who are seeking to integrate TA perspectives into their work with clients." - John McLeod, Professor of Counselling, University of Abertay, Dundee, Scotland

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Transactional Analysis (TA) is a versatile and comprehensive system of psychotherapy. Transactional Analysis: 100 Key Points and Techniques synthesises developments in the field, making complex material accessible and offering practical guidance on how to apply the theory and refine TA psychotherapy skills in practice.

Divided into seven manageable sections, the 100 key points cover:

- the philosophy, theory, methods and critique of the main approaches to TA
- TA perspectives on the therapeutic relationship
- diagnosis, contracting and treatment planning using TA
- a trouble shooting guide to avoiding common pitfalls
- refining therapeutic skills

As such this book is essential reading for trainee TA therapists, those preparing for examinations as well as experienced practitioners who will find much practical guidance on the skilful and mindful application of this cohesive system of psychotherapy.

- Sales Rank: #1292188 in Books
- Published on: 2009-10-17
- Released on: 2009-09-08
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- Number of items: 1
- Dimensions: 7.79" h x .89" w x 5.07" l, .95 pounds
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6 of 6 people found the following review helpful.

Excellent Summary of Main Issues in TA Practice

By David M. Pittle

Unlike other TA books which are either popularizations without much depth or else heavily theoretical texts with the whole history and depth, this book is focused on clinical practice issues. For someone who knows little of TA, this is too heavy. For the lay person I still recommend the classic but still excellent, *Born To Win*. But for the practicing clinician, *100 Key Points...* provides reminders and updates that contribute to successful application of TA to clients.

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