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Transactional Analysis (TA) according to Corey is a theory of: 1) personality, 2) language of behavior, 3) and an organized system of interactional therapy. According to Corey, TA is grounded on the assumption that people make present decisions based on their early experiences. Early in our life we may have felt powerless or even experienced ourselves as struggling for survival. The main goal for TA according to Corey is autonomy awareness, spontaneity, and the capacity for intimacy. In achieving autonomy people have the capacity to make new decisions (redecide), thereby empowering themselves and altering the course of their lives. Specific client goals are mutually arrived at and agreed upon. In therapy groups, TA participants learn how to recognize the three ego states—Parent, Adult, and Child—in which they function. Group members also learn how their current behavior is being affected by the rules and regulations they received and incorporated as children and how they can identify the life script they decided upon, which is determining their actions. Ultimately, they come to realize that they can now redecide and initiate a new direction in life, changing what is not working while retaining what serves them well. To turn their desires into reality, clients are required to actively change their behavior. TA provides an interactional and contractual approach to groups. It is interactional in that it emphasizes the dynamics of transactions between people, and it is contractual in that group members develop clear statements of what they will change and how they will be different as a result of being in a group. It is common practice to write down each contract and hang these charts on the wall, clearly identifying the person to whom each belongs. Because everyone in the group knows the other participants' contracts, there is a measure of accountability. The process of TA treatment focuses primarily on change as defined by the contract, and the therapeutic

partnership is aimed at accomplishing this mutual goal. The extent to which members have fulfilled their contracts and benefited from group therapy can be measured. Although contracts are emphasized in TA, they are intended to be practical tools for helping people change themselves; they cannot be rigid and should be open to revision. One curious fact about the TA is the group meetings, because they may be held in any room that affords privacy and freedom from distractions. In institutional settings, the therapist must negotiate with the administration to establish inviolate time and space for therapy groups. The first step of a meeting is to form a circle so that members can all see one another. If members are absent, most therapists prefer to remove the empty chairs and form a tighter circle.