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Clinical Social Work Practice III with Groups

Journal #11

This week's reading discussed Transactional Analysis in Groups. The majority of the concepts in transactional analysis were formulated by Eric Berne. He challenged some of Freud's concepts. One of his main contributions was the idea that children develop a personal plan for their life which is known as a script. It is a strategy for how they can physically and psychologically survive. He concluded that children develop this script in the first few years of life which they follow sporadically throughout the course of their life.

Transactional analysis theory states that current decisions are based on our early experiences in life. This could possibly hinder or obstruct a client from moving forward or reaching their potential in life. For instance, if a young child or baby was struggling to have their needs met in the early years of their life, they may still make decisions today based on that prior feeling of struggle or powerlessness. These choices may not be self-serving today since the client may no longer be facing these same struggles. The social worker can help the client rethink these choices based on their current situation.

In TA, awareness is the first step. In order for participants to understand how their choices may not be the most self-serving, they need to explore why they made those choices. It is important for a group facilitator to help participants recognize the power they have to make substantive changes in their lives. In groups, TA helps bring past issues to the present with the

goal of finding appropriate decisions for their current situations. It allows participants to explore their past dynamics and why it made sense to make certain choices at that time. It also encourages them to compare their current situation to that of the past and see what the best decisions are for them currently.