



Transactional Analysis: 100 Key Points and Techniques

By Mark Widdowson

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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.

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Editorial Review

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**

"Mark Widdowson provides us with a wise and engaging presentation of contemporary Transactional Analysis in theory and practice. Throughout this text are the constant reminders of the importance, clinically and ethically, of the therapist's necessity to engage in self-examination. While written in the voice of a psychotherapist, this book has much to offer fellow professionals engaged in other aspects of human relations work." - **William F. Cornell, Independent Private Practice, Pittsburgh, USA**

"In this book Widdowson combines the old and the new: an accurate account of traditional concepts of transactional analysis in the form of 100 key points, together with a refreshing analysis of TA itself. In doing so, Widdowson not only has produced a book which is essential reading for anyone interested in contemporary TA, but also offers a critical reading of TA in the context of the wider and changing fields of psychotherapy and psychology." - **Keith Tudor, Teaching and Supervising Transactional Analyst; Senior Lecturer, Department of Psychotherapy, Auckland University of Technology, Aotearoa, New Zealand**

"Widdowson has provided the serious student of TA with a thorough overview of contemporary TA which charts its place in the broader landscape of psychotherapy today, while amply elucidating its distinguishing features. It is informative and stimulating in equal measure and is certain to support trainees on the journey to qualification and to refresh the thinking of all those engaged in developing their TA knowledge and skills." - **Robert Jenkins, Institute of Transactional Analysis, ITA News, July 2010**

About the Author

Mark Widdowson is a Teaching and Supervising Transactional Analyst and a UKCP Registered Psychotherapist. He is Director of Training at CPTI Edinburgh, Associate Director at The Berne Institute, Kegworth and Senior Lecturer at The Athens Synthesis Centre, Greece. He lives in Glasgow where he has a private practice, offering supervision and psychotherapy for individuals and couples.

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