

## Unit Title: **Counselling: An Introduction to Transactional Analysis**



**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Unit Level: **Four**  
Unit Guided Learning Hours: **60**  
Ofqual Unit Reference Number: **K/506/3127**  
Unit End Date: **31/12/2019**  
Unit Sector: **1.3 Health and Social Care**

### Unit Summary

This unit will provide learners with an overview of the key concepts of transactional analysis and allow them to explore the particular opportunities and challenges of working with clients in this model.

### Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

**This unit has 5 learning outcomes**

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the <b>key concepts</b> of transactional analysis	1.1. Evaluate the key theoretical concepts of transactional analysis regarding the nature and development of human beings 1.2. Evaluate the key theoretical concepts of transactional analysis regarding the development and perpetuation of psychological problems 1.3. Evaluate the key theoretical concepts of transactional analysis regarding the nature and process of therapeutic change 1.4. Review and clarify the contribution of <b>key theorists</b> to transactional analysis

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
2. Understand the strengths and limitations of transactional analysis	2.1. Analyse the strengths of transactional analysis 2.2. Analyse the limitations of transactional analysis 2.3. Critically evaluate the historical development of this approach
3. Understand ethical practice when using transactional analysis	3.1. Review the key challenges when using transactional analysis
4. Understand risk management in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client (c) supervisor
5. Know about an awareness of self in relation to others when using transactional analysis	5.1. Identify ways in which self-awareness has developed when using transactional analysis

### **Assessment**

This unit is assessed by an internally set and assessed journal of up to 800 words per session.

### **Indicative Content**

#### **Learning Outcome 1**

##### **Key concepts:**

##### Theoretical background

- Eric Berne - Origins and Development of Transactional Analysis - key influences from his life and work
- motivation: wanting change and having commitment the importance of contracting and setting goals (a treatment plan)
- therapist key tasks – permission, protection and potency
- ego states – parts of the personality that represent the three basic separate and distinct sources of behaviour Parent-Adult-Child Model.

##### Communication

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- untangling the child ego stage through an understanding of second order structural analysis – adapted child, natural child, little professor, pig parent
- transactions – types and examples
- strokes - positive
- negative
- ways of time structuring.

### Life Script

- drivers Injunctions and Permissions
- rackets and Stamps
- awareness of games and analyses (with an example commonly met in practice e.g. Karpman's Drama Triangle and therapist strategies for encouraging clients into the Winner's Triangle (Choy))
- tragic script outcomes
- changing decisions and new choices
- endings.

**1.4 Key theorists:** a minimum three different theorists to be discussed.

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### **Reading List**

#### Required Reading

Berne, E. (2010) **Games People Play**. London: Penguin Books.

Feltham, C and Horton, I (2012) **The SAGE handbook of Counselling and Psychotherapy** (3rd Ed). London: Sage. pages 363-369 only

Lister -Ford, C. (2012) **Skills in Transactional Analysis Counselling and Psychotherapy**. London: Sage.

Stewart, I. (2013) **Transactional Analysis Counselling in Action** (4th ED) London: Sage.

#### Recommended Reading

Corey, G. (2009) **Theory and Practice of Counselling and Psychotherapy**. Belmont (CA): Brooks/Cole Pub. Co.

Dryden, W and Reeves, A (2013) **Handbook of Individual Therapy** (6th Ed). London: Sage.

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Steiner, C (1974) **Scripts People Live**. New York: Grove Press.

Stewart, I, (2012) **Developing Transactional Analysis Counselling** London: Sage.

Stewart, I and Joines, V. (2012) **TA Today: a new introduction to transactional analysis** Nottingham: Lifespace Publishing.

Tudor, K. (2001) **Transactional Analysis Approaches to Brief Therapy**. London: Sage. Internally

EXPIRING