

1. Record Nr.	UNINA9910823041703321
Autore	Stewart Ian <1940->
Titolo	Developing transactional analysis counselling // Ian Stewart
Pubbl/distr/stampa	London, : SAGE, 1996
ISBN	1-85702-292-0 0-8039-7902-9 1-4462-2650-6 1-282-55916-8 9786612559167 0-85702-292-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (ix, 214 p.) : ill
Collana	Developing counselling
Disciplina	158.9
Soggetti	Transactional analysis Counseling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. [205]-206) and index.
Nota di contenuto	Cover -- Table of Contents -- Preface -- I - Principles of TA -- An Outline of TA Theory -- Principles of TA Treatment -- II - Thirty Ways to Develop your TA Counselling -- First Principles -- 1 - Presuppose the 'One-Session Cure' -- 2 - Stay Aware of Time-Frames -- 3 - Line up the Row of Dominoes -- 4 - Set Clear and Flexible Boundaries -- 5 - Ask Your Client to Draw up a Goals List -- 6 - Analyse Life-Script with a Brief Questionnaire -- 7 - Invite Your Client to Close Escape Hatches - Non-Routinely -- 8 - Keep Your Case Notes as a 'Front Sheet' -- Contract-Making -- 9 - Distinguish Contracts from Outcomes and Actions -- 10 - Keep Track of Multiple Outcomes: the Outcome Matrix -- 11 - Ensure that the Contract is Sensory-Based -- 12 - Invite Contracts that are Finishable -- 13 - Agree Markers for Script Change -- 14 - Keep the Contract Clear and Flexible -- 15 - Put the Contract in Context -- 16 - Bring the Contract Alive Through Visualisation -- Using the Process Model -- 17 - Be a Skilled 'Driver Detective' -- 18 - Avoid Inviting Drivers -- 19 - Recognise the Six Personality Adaptations -- 20 - Confront the Process Script -- 21 - Make and Keep Contract: the Ware Sequence -- 22 - Get on Your Client's Wavelength:

the Five Channels of Communication -- 23 - Bring It All Together: the Complete Process Model -- 24 - As Your Client Moves on the Process Model, Move with Her -- Treatment Tactics -- 25 - Encourage Discomfort and Confusion -- 26 - Know What and When to Confront -- 27 - Confront Softly -- 28 - Keep Script Insights in the Past Where They Belong -- 29 - Deal with Voices in the Head -- 30 - If you Split People, Get Them Back Together -- Afterword: Living the Therapeutic Relationship -- References -- Index.

Sommario/riassunto

Explains how new counsellors - and those with more experience - can develop and improve their skills within transactional analysis. Ian Stewart summarizes transactional analysis theory and examines crucial areas such as contract making, using language, and treatment tactics.
