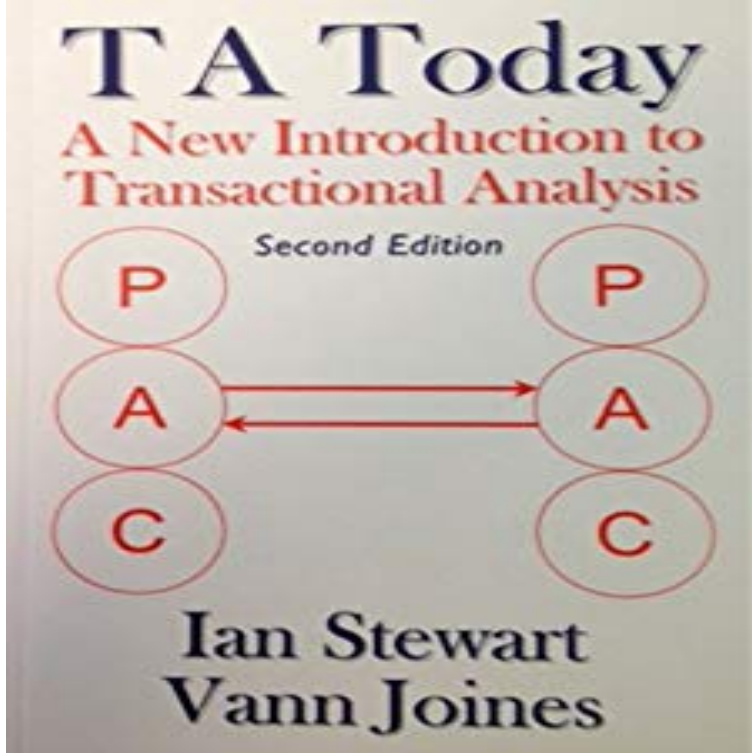


# An Introduction to Transactional Analysis: Helping People Change



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Change. INTRODUCTION Transactional analysis (TA) is a psychological theory and the . TA as a method of psychotherapy than influencing people to change ego states. . An experienced therapist can help patients make that explicit contract with. Transactional Analysis has had a tremendous impact on my life. It's changed the way I think about who I am and how I relate to others. gave us some rules to help us understand what happens when we use each method. . If you are interested in TA then the following books will make a great introduction (affiliate links). An Introduction to Transactional Analysis: Helping People Change eBook: Phil Lapworth, Charlotte Sills: missfitmartha.com: Kindle-Shop.

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