

# Download Transactional Analysis Counselling In Action Counselling In Action Series

Chartered Fellow Chartered Institute of Personnel Development (formerly FIPD, FIPM and FITD); Chartered Manager Chartered Management Institute (CMgrMCMI); former Fellow Royal Society of Arts; former member Chartered Institute of Transport, Accredited Member British Association for Counselling & Psychotherapy, Psychotherapist Member of UK Council for Psychotherapy. Transactional Analysis Skills. The basis of Transactional Analysis is to identify which of the three parts, Parent, Adult or Child, is involved in the transaction, and then take appropriate action. This article is one of a three-part series on Transactional Analysis. This article follows on from the article "Transactional Analysis – Part I (The Masks we Wear)" and comes before Transactional Analysis - Part III (The Scripts we Follow). What follows in this article (Part II) is an outline of two more key concepts in Transactional Analysis – Strokes and Games. This article is one of a three-part series on Transactional Analysis. It is followed by the articles “Transactional Analysis – Part II (The Games we Play)” and Transactional Analysis - Part III (The Scripts we Follow). Transactional Analysis (or TA as it is often called) is an interpersonal relations approach developed during the 1960s by Dr Eric Berne.