Developmental TA & Psychotherapy TA
Similarities & Differences

Julie Hay
Psychological Intelligence Ltd
Some history

- Clinical versus Special Fields
- Then Org, Educ, Counselling, Psych
- ITA focused on UKCP
- 2001 Julie Hay, Anita Mountain, Trudi Newton decide to set up IDTA
- for non-psychotherapy fields
DTA History

- Term coined by Hay to capture focus
- Development versus cure
- DTA appeared in print 1995
- ‘Working styles’ as example of focus on health appeared in print 1989
IDTA

- around 100 members
- 40% outside UK
- Still asking to be EATA Special Interest Group
- Possible ITAA Partnership
- Contract with ICDTA re qualifications in addition to those of EATA/ITAA
Shared Heritage

- Respect for diversity
- Work with clients not on them
- Contracting
- OKness
- Codes of ethics/professional practice
- Range of TA concepts from many TA schools, often converted

© 2016 Julie Hay  www.juliehay.org
What else is shared

- Openness to analysing ourselves
- Supervision & other CPD
- Parallel process (non-TA)
- Transference/countertransference – aware of and use
Differences

- Health versus Pathology
- Development versus Cure
- Here-and-now versus Regression
- Neocortex versus Emotional Brain
A Metaphor for Difference

- Touch anywhere and all resonates
- Change anywhere and all changes
- Work with behaviour and cognitive dissonance leads to belief change
- Work with the core and the behaviour changes
All TA Schools Contribute to DTA (1)

- Classical – here-and-now, psychoeducation, many concepts
- Redecision – power in the patient, client in charge, we can change our decisions
- Cathexis – discounting as the secret of the universe
All TA Schools Contribute to DTA (2)

- Psychodynamic – countertransference as rubberband – and useful
- Integrative – validate and normalise, provide responses that were needed in childhood
- Process Communication and Personality Adaptations – classifications, channels, preferences
All TA Schools Contribute to DTA (3)

- Constructivist – permission to make your own meaning, present determines past
- Cocreative (2000) – always occurs, we’ness, shared responsibility, present-centred
- Relational (2002) – always occurs, self disclosure
Radical psychiatry/ social action

- DTA practitioners work with organisations, institutions, governments, etc to create healthier cultures
- IDTA runs TA Proficiency Awards worldwide for children, parents, teachers, etc
Examples of conversions

Multi-party contracting
Treatment Levels to Steps to Success

1. Come down to help
2. Walk up together
   Solutions
   Skills
   Strategies
   Success

Significance
Situation
Script Matrix to Autonomy Matrix
Cycles of development to Competence Curve

1. Immobilisation
2. Denial
3. Frustration
4. Acceptance
5. Development
6. Application
7. Completion
Racket System to BAR and PRO

Beliefs

Reinforcements

Actions

Okay Outcomes

Positive Beliefs

Resourceful Actions
Drama Triangle to Potency Pyramid
Life positions to Windows on the World – and many more

<table>
<thead>
<tr>
<th>??</th>
<th>?+</th>
<th>+</th>
<th>++</th>
<th>+++</th>
</tr>
</thead>
<tbody>
<tr>
<td>-?</td>
<td>---</td>
<td>--</td>
<td>+-</td>
<td>+?</td>
</tr>
</tbody>
</table>

Closed window (autism)  Open window
References 1 - Schools


References 2 - Schools


**Process Communication** - Kahler Communications Europe (2016)
[http://www.processcommunication.eu/certification/Become_a_PCM_Professional.htm](http://www.processcommunication.eu/certification/Become_a_PCM_Professional.htm)
accessed 16 April 2016


Ware, Paul (1983) Personality Adaptations (Doors to Therapy) *Transactional Analysis Journal* 13:1 11-19
References 3 - Schools

- **Constructivist** - Allen, James & Allen, Barbara (1987) To Find/Make Meaning: Notes on the last permission. *Transactional Analysis Journal* 17, 72-81
- Allen, James & Allen, Barbara (1997) A new Type of Transactional Analysis and One Version of Script work with a Constructionist Sensibility *Transactional Analysis Journal* 27:2 89-


References 4 - General


- **Drama Triangle** - Karpman, Stephen (1968) Fairy tales and script drama analysis *Transactional Analysis Bulletin* 7, 39-43


- **Life positions** (as attitude) - Berne, Eric (1962) Classification of positions *Transactional Analysis Bulletin* 1:3 23

- **Script Matrix** (credited to Steiner in) - Berne, Eric. (1972) *What Do You Say After You Say Hello?* New York: Grove Press
- julie@juliehay.org
- www.psychologicalintelligence.com
- www.pifcic.org – non-profit educational foundation: qualifications incl coaching & super-vision
- www.ijtar.org – the TA research journal

© 2016 Julie Hay  www.juliehay.org