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3D TA

an illustrated guide to transactional analysis



"Ingenious and very watchable" Ian Stewart

"Exciting and Innovative" Julie Hay

What is 3D TA all about? At the start of Chapter 6 of Berne's Transactional Analysis in Psychotherapy (The classic Handbook to its principles) he says:

“Structural diagrams, which are necessarily drawn in two dimensions, would better represent the situation if they could be three dimensional; or even if such a thing could be made clinically intelligible four dimensional. Nevertheless, they are sufficiently thought provoking features in the two dimensions.”

This set me thinking about how much more thought provoking his ideas would have been if he had been able to represent them in three dimensions as he had wished. Today, in 2003, 3D graphic imagery is all around us. I hope that this CD does justice to Bernes' concepts and some of the ideas of his fellow thinkers.

This is not a training manual to TA but a simple guide to some of TA's most important concepts presented in a graphic way.

Transactional Analysis' while basically being two very straightforward words does add up to eight syllables!

In my experience, the majority of people raise their eyebrows in confusion at first hearing them. Clients and friends, have often asked me for simple background information about TA that can help us 'speak the same language'.

This CD is a very simple guide to some of the terminology used in TA.... in 3D!

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