



Transactional Analysis in Psychotherapy and Counseling

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ABSTRACT

This paper has tried to use Transactional Analysis, one of the basic techniques in counseling and psychotherapy, which expanded by Eric Berne Transactional Analysis is presented that a behavioral - cognitive approach and is based on the assumption that human choice and correction capability route or re-shape the fate of each person is. Transactional Analysis in thoroughly believe that the person in relation to individual and four others will be the conclusion that his life situation makes clear conclusion of these four types are "I'm good, you're good" "I'm good, you're not good" "I'm not good, you're not good: "I'm not good, you're not good," with three relations are discussed. Transactional Analysis has relied on that language, according to this theory has three states: parent, adult and child is worth all these three aspects of personality have a lot to live and thrive duration. Analysis of Transactional Analysis and a way to communicate with self and how education Strategy and method for diagnosis is one of life's problems.

KEY WORDS: Transactional Analysis; child; parents; adult relationships; complementary relationships; secret; cross ties.

INTRODUCTION

Transactional Analysis of a behavioral approach - the cognitive expanded by Eric Berne is based on the assumption that the human ability to select and correct the path or re-shape their destiny. This theory helps clients to your personality organization and management with others and also to review and evaluate the initial decisions and decisions of new and better developed, and believes that all people can have self-reliance, to think of their profits they make their own decisions and express their feelings are. This treatment in any community where the person faces such as school, home, job, and is used in dealing with others. Transactional Analysis which rely on language itself, according to this theory has three states parents, adults and children.

My parent's state is a collection of parental feelings, attitudes, and behavior plans those similar features in the parents there. My parent's states include a set of mass and external events can not be imposed in the brain that question by the person during the first years of life has been made and usually the first five years of life that encompasses the state of childhood state is formed.

My adult states by a collection of feelings, attitudes and behavioral plans and self-described independent is no communication and I realized that reality matters if the person does business objective. In this state organized, and adaptive and rational assessment of reality, possibilities and calculation of estimated interest deals. When I state that adult children will be formed, tries to understand the world around them and how to rule themselves and others to detect. One of my duties to the regular activities of adult and childhood my parents and my objective mediators between them.

My childhood state included trends, attitudes and behavioral plans that remained of his childhood are a person. Internal events, ie response to what the child sees and hears from the parents and child effects in state I her childhood, recording and is recorded. Children are naturally interested in the activities of the busy and noisy, and sensory-motor to meet their needs and emotions to. On the other hand, environmental factors, especially the parents want him to ignore the activities and meet their satisfaction. Such consent for young children and he becomes the issue of causal relationship can not take follow. Result of such practical what child would not be other than negative feelings, and why young children can be concluded that "I'm not good" of such a memory is recorded in his mind and will not be removed easily. In my state there is positive information that childhood creativity, curiosity, interest in knowing, experiencing and feeling the urge to its characteristics and child on the basis of the responses shows.

Why my parents, because they say that the accumulation observed parental behavior and actions are recorded. Events and incidents perfect my parents and will be recorded exactly. Thus, if parents always fighting each other in state the child must also record in this state would. My parents live around the person would be always

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remove it from the character is not possible. I state without my parents would die in childhood. In this case the parents of my life saving instructions such as (Do not hold the knife, your hand will go.) In my case the parents are registered. Other characteristics of parents that I said something else and acts. For example, my state parents on parental behavior caused. If the interaction between them in coordination with the child may not be available child will suffer severe confusion. All these three aspects of character values are high for life and survival, and reorganization of experience and analysis will be necessary when one of them to a healthy balance in the turns, otherwise, to any one of them is the same care and respect And each one in a productive life, instead of its own reasonable and appropriate.

Transactional Analysis in that person believed in themselves and others with four kinds of conclusion achieve that status will determine his life and his behavior are overshadowed. Conclusion the four types are:

- 1 - I'm good, you're not good.
- 2 - I'm good, you're not good.
- 3 - I'm good, you're not good.
- 4 - I'm good, you're not good.

It is believed that children in two or three years in one of three first position takes its decision.

First - the most important features of this Quad attitudes that individuals act in ways of life are determined that this method may fail to feel success is clean. Mental conditions in the first person that feels this situation will lead to disability and depression, withdrawal and sometimes leads to suicide. In this situation man owes his life to others means that blocks human touch and attention to the serious needs of others feels.

II - Status of people who lose interest in life and are suffering mental distress. This phase will be submitted in person, and loses his hope and simply focuses on the life and possibly to compromise the work of a mental head brings. Your child is depressed and stuck the corner.

III- Third person in this position is dominant and authoritarian, others are to be sacrificed, always blame the other person of such person are always others blame his defeat in the pockets others will search, and such people without conscience are social.

IV - The mental status of a person is healthy and can solve their problems and expectations are realistic and care for others.

The first three states rely primarily on the emotions while the fourth state of thought and faith and practice is based on the status of a person first feels that his life has no value in the second position, said life has no value at all at all, in the third position Others feel that life has no value in the fourth position feels that life has value.

Three types of interaction:

1 - Complementary relations:

When a integration relation is complementary, that a person's personal state to personal state of other person a is message sent and from the same state expected response is received, for example when a father gives his son what it is ordered to give the son obeyed his father And to say I do, in this case, the father of the state of parenting a message sent to children and childhood and son state response has been received.

2 - Cross ties:

The cross relationship of mean that person's private state personal send a message to someone else from the same state but does not receive the expected response and the response is from another state. For example, when students want to consult with his friend and his friend Poll instead to appropriate and acceptable answer to say that counsel patience to talk and not talk to the students in this case the state of mature adult friend sent a message to the state and is expected He also state that the appropriate response to give, but mature love of a child answered and said state is not bored. Cross connection can be mapped as follows.

3 - Unseen relationships:

Apparently unseen messages on complementary and a private state to another will be sent to private state and the state of response is received but the response message from the backend and the transverse state is not a dealer, for example, when your customer says that the best sex that you give, but maybe not you're favorite. Apparently the message of the mature adult state and vice versa, but the seller wants to hide in case the buyer can irritate the child and her desire to encourage the sex. Latent relationship can be depicted as follows be:

Transactional Analysis is a rational method that help to individual in analyzing and understanding their behavior as well as in obtaining knowledge and responsibility with regard to what happens in the present to helps' Good my situation - you are good in comparison its status, i.e. early childhood conditions are good I'm no good you will be better known. We believe that all children aged one to two years, i.e. before the opening language of the giants on the world stage and especially the children, their parents for everything from food, to nurture and care for their life to have reliance. To reach such a conclusion, the decision, which also is permanently recorded? Product changes from the basic fact that is being relied. In early childhood, the period in which we identified as the first five

years of life, we receive thousands of events; including intense feelings in the human brain is little record of it after that, throughout life, is ready to play again. If you already have occasionally we depend on your situation, we feel, because that child turns again - with the same feelings we had in childhood, and we only remember the feelings that we are getting, but the child may feel again badly, I am not good- you are good, most of our lives is simply trying to deny and prove and outnumbering or overcome the initial decision to a better understanding of this condition. Today we expose ourselves, we act with mutual behavior occurs. When their parents are informed of, we understand what kind of parents we were humans understand about this is true for children and adults.

Healthy Personality:

Healthy personality is a personality that keeps the balance between three states - mature and I keep my child that, according to Wagner breeding balance between my parents, my adult life, I have a happy childhood. This means that these individuals are often able to think wisely and Problem solving is involved. When the other people in the state of my own childhood that adverbs, are happy, and incontinence and emotional act. At other times, normal individuals are capable of helping parents to take my state and use the experiences of others. Because they do not have to reinvent the wheel itself. These people by evaluating the speed and effectiveness increase the decision-making. So my state of balance among the three conditions in most healthy people, the people is one or two of my state is dominant. Individuals that are dominated by retail stuck with me my parents are devastating childhood.

About a day or week and think example of what happened over living conditions in the form of events that occurred you and I know that because of your attitude behind the four windows have been recorded when the amount of each condition above the estimate may have been effective. Then you can map your own personal form to show the same chart shows the map than any of the host perspective.

You are good I'm good. I'm not good you're good. You're not good I'm good. I'm not good you are not good. Rhomboid mood states, which is at the top of our true beliefs Contract. This section includes our original vision to life in other words we represent and how to judge the good or not we self and others. Window behind the events that we see our thinking about themselves and others.

On the other hand, our behavior, including cases that we show to others in practice. We may behave in a manner if that seem, we are above, the following or have poor. The behavior I'm good, you're not good, others are told and what they should do and what do not work and often, they are ordered. Autocratic management style similar to the old behavior. I'm not good, you're good, indicating willingness to be controlled by others and allowing them to order giving us. I am treated well; you probably are not good most frustrating way and encompass actions that reflect lack of faith in his ability and others. In this situation, over who is trying to improve conditions, the water throws cold.

When our behavior does not indicate how our real feelings, our emotional level remains hidden from others, perhaps because we are going we hide their feelings. This situation, when we do not have access to their real emotion more likely may be formed. If the experience we learned that certain feelings, with unpleasant consequences are, covering emotions, a way to avoid bad consequences. However, as we deliberately hide their feelings and non-intentional, shows emotion we can be our life situations' Feeling good about me, you are not good, including the right to know, and the satisfaction of winning his is. Emotions related to the situation, I'm not good you are good words of panicky, shame and guilt is. Feelings about the situation I'm good, you do not include a good sense of hopelessness is not popular. Noble sentiments like happiness, sadness, madness (anger) and fear, when caught in one adverse emotional turns, partly driven backward and temporarily disappear.

Others, a combination of beliefs, behaviors and emotions, and we choose it based on our perceptions are considered. Unlikely that the different aspects we are separated from each other, especially because this can not work, unless a strange way to be intuitive. Consequently, considering some of the mass combinations can be useful. If you have the skill states, you may be concluded that there are 27 possible exchanges. Do not worry! In fact, as in the charts 1 to 6, six possible combinations, is higher. This is why it seems that only one of the positions in the diamond status of each of the three non-utilities we used. As a result, we can combine what caused them to consider. Victim:

Believe: I'm good, you are not good.

Behavior: I'm not good, you're good.

Emotion: I'm not good, you're good

This model applies and that their sacrifice, we listen to others patiently and we advise them how we live, which of course they are often overlooked when the subject, understand and communicate with others, be they on believe that all we know better. When we behave in such a way that seems to help them owing us, regardless of their plans are for there. An example of this case, that when we ignore their work and patiently, we listen to colleagues. However, under this apparent shell, probably see it again and have no skills, they also do not want to change, we feel disappointment.

Querulous:

Believe: I'm good, you are not good.

Behavior: I'm not good, you are not good.

Emotion: I'm not good, you're good.

In this situation, believe that the best we know, however, we feel that we have somehow insufficient. Therefore, likely to behave in a way that we do not expect to be heard. How much we grumble that stupid people should be clear that the solutions we have proposed, are ignored, no one can not attention, although knew from the start. I told them what to do, but they do not offer absolutely.

Bully:

Believe: I'm not good, you're good.

Behavior: I'm good, you are not good.

Emotion: I'm not good, you are not good.

This model is matched with a bully archetype. Believe that we have less ability than others. We feel disappointment. The inability to problems with behaving in a manner that everything we know if we camouflage. To tell others how to behave, if they challenge, more authoritarian and irrational turns. Without be aware, all attempts to reason that we are drawing our weaknesses are detected.

Time Range:

Believe: I'm not good, you're good.

Behavior: I'm not good, you are good.

Emotion: I'm good, you are not good.

Now, in a way that we behave as if we have been hurt, but can not take the case to help. Give your sad show, but the message to others so we feel that they are so unique that we can not give peace. we believe that others have less competence or intelligence, but we feel emotions experience more pure. Consequently, we feel that our emotions to feelings of others must be placed in priority. In particular, may become so emotional that we forget others are also feeling.

Trump:

Believe: I'm not good, you're good

Behavior: I'm good you are not good

Emotion: I'm not good, you're good

Secretly believe that no one knows what will work there. Everything is predetermined. However, the feelings of others more important than our feelings. Consequently, his goal to save themselves from the others put. We're good guys symbolic that should tell others how to better their lives.

It might get old spies the, because we believe that everyone should be preserved from the evil enemy. Work, spend all their power of applying methods to anyone we not commit mistake. We want people to get rid of their bungling, we maintain, but their lawyer, we act poor.

Rep round:

Believe: I'm not good, you are not good

Behavior: I'm not good, you are good

Emotion: I'm good, you are not good

Still believe that no one is really good. However, we need to look at your emotions, because feelings of others are more valid for us. Consequently, the display will make your emotions and can not forward the claim that because we get our feelings, so we cleared here're legitimate. Following are those who rely on them and we expect them to take care of us. Probably to others and then way we act as if their responsibility for solving problems that we are responsible. The apparent shell and vote, because they really better than we can, we have hope.

To follow:

To believe (I'm good, you're good) behavior I'm good, you're good, E- motion (I'm good, you're good), there is no diagram! This grouping can not be found on mood states. Swiss psychiatrist Dr. Paul thinks the wrong man to drop full of variety has likened how often should a time to empty its contents on the ground of its frippery be sorted. The empty everything is not dissimilar to the old therapist. Of every object and putting in place long it lasts, and during this period of his drawer is also interrupted. We analyze the interaction behavior of two layers of separator, drawer into three parts divided into parent and adult child, and everything we own rather than treat the head. Points when this is investigated, the drawer of his similar method is used to inspect an old railroad bridge replacement through intermittent basis, trains can continue to travel and finally, the bridge completely is reconstructed. According to the theory of Transactional Analysis prosperous and happy person is who made the character his three modes namely childhood, my parents, all adults and I concur with each other and are coordinated in other words a normal person who is well organized and is formed His personality and clear boundaries are permeable. may be

subject to intense internal conflict should be, but is capable of the three organs of the separation from each other so that each of them will be able to approach a relatively stable to role .

The first engagement is a Supplemental dealings discuss uniform and goes no problem base image that comes from conversation and it is disruptive when spoken by the crossover occurs when the response or stimulus provided and the speaker's dialog does not match expected The answer.

Common dialog and cross only dialog that cause most people are social problems. A crossover is a kind of dialog with state of the conflict has shaped the dialog goal is psychological counselors and therapists. The first sign of the transfer reaction and the latter is a sign of mutual transfer reaction.

Construction and analysis of pathological anomaly in the construction of State Mental studied show that two of their exclusion and pollution are common. Sidelined by a predictable format and attitude expression and that the correlation, insofar as possible, will be durable. States I'm good, you are not good parents, I and my adult child variability, all primarily of defensive exclusion of two complementary aspects of each case are obtained. I am a good case, you are not good parents disown Manufacturer of classic, in the schizophrenic cases compensation can be seen in such cases, the main defense against the exclusion of ancient spiritual activity is confusing. Admit the existence of such people in my state of childhood to the most difficult have. Trade goal is because it can control the aspects. After being sidelined in the consolidation of cases I'm good, you is not good and not the other two modes I accept that this is caused disturbances interaction.

Contamination, the other hand, by the prejudices and the other hand, by false illusions and caused between the two modes in case I'm good, you are not close to me well interference occurs. In other words, I state my case by adult parents or mode I'm good, you are not good if a child is infected interaction between state my case my parents are adult or violent behavior caused prejudice and if the interaction between modes is my childhood abusive behavior is an illusion.

Thus we can conclude that human anxiety born and interactive modes of cross-contamination exclusion and the relationship should be analyzed during the dialog should be resolved as interactive and complementary to the mature adult to become a person in the process with a good way to be able Tallish have adapted their relatives. The aim of this treatment system that my mode of adult demands and damaging effects and adverse childhood my parents and my moods to release and thereby the desired behavioral changes in individuals bring. Treatment based on Transactional Analysis is a treatment contract and the contract if the consultant is able bodies to assist in achieving its goals will begin to work with authorities and otherwise refrain from psychotherapy.

Table 1

I'm not good, you're good.	I'm good, you're good
I'm not good, you are not good	I'm good, you are not good

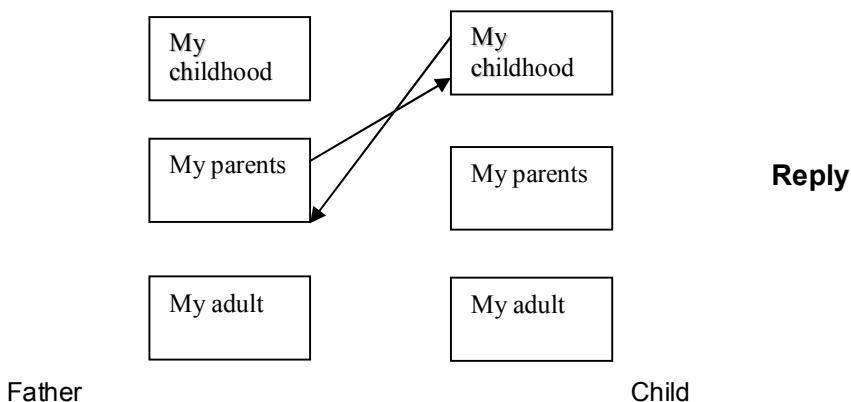


Fig 1

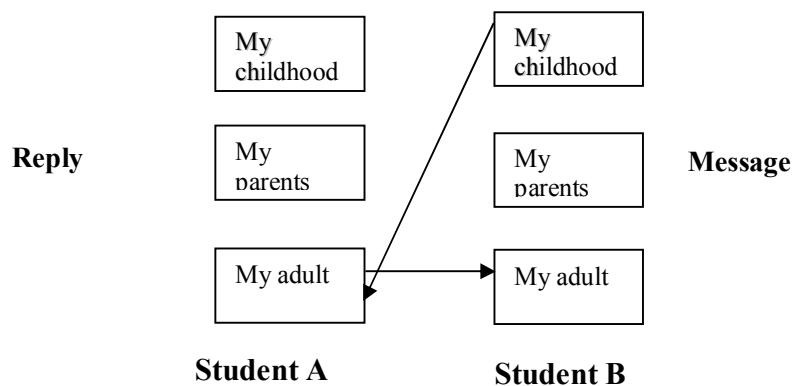


Fig 2

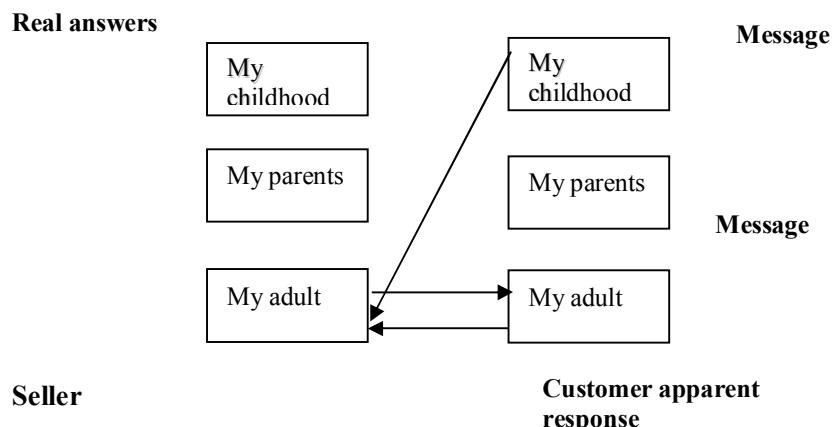


Fig 3

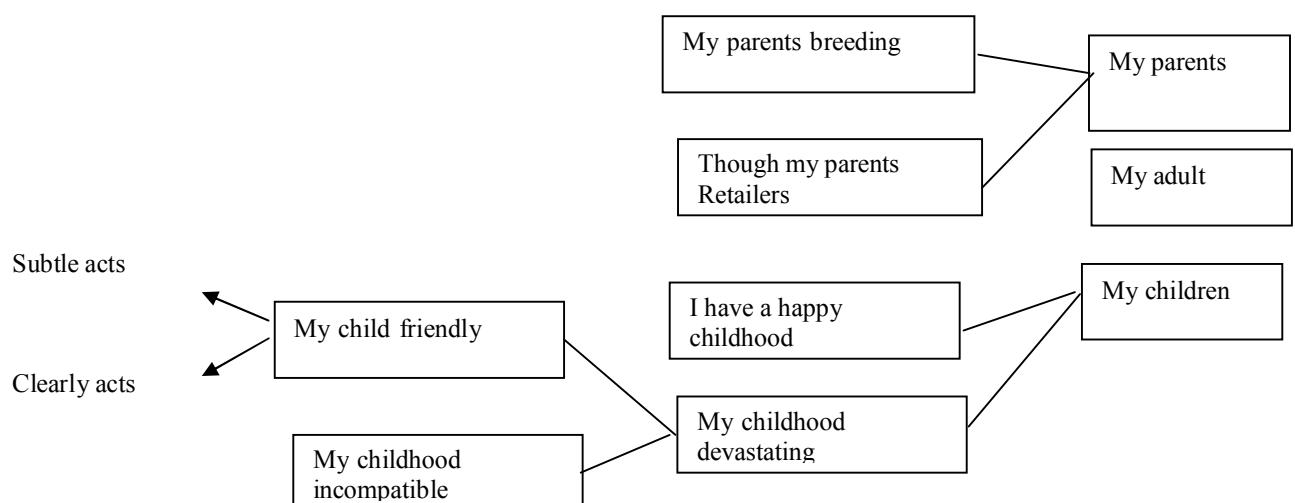


Fig 4

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