

Transactional Analysis

I'm OK, You're OK!

In principle, almost everyone has the ability to think in possibilities. We take good care of ourselves and others and do justice to ourselves and others by becoming aware of your authentic feelings and thoughts! From what is going on inside. Allow yourself to pause and discern what is going on in the present and what is in fact a wound or "rubber band" back to the past. This way you can learn to give a response instead of reacting unconsciously. A considered response offers safety to everyone!

Within TA, we believe everyone is equal, of value and of worth! Furthermore, we believe that people can determine and influence their own future. Operate within our giftings. In order to realise our full potential as adults, we may update the coping strategies we chose as children. If we discover that those strategies no longer work for us, it is best to replace them with effective ones that do work. In this way we promote autonomy: awareness, spontaneity and intimacy (making what goes on inside verbal and negotiable, or in other words daring to make yourself vulnerable!) Because everything serves a function!

Lesley's therapeutic attitude consists of three elements: empathy, acceptance and genuineness. Through connection between thinking and feeling, Lesley empathises with the client as much as possible, accepts the client as they are, i.e. Lesley is not judgmental and helps the client not to judge themselves. As a therapist, Lesley stays in touch with her own feelings. In this way we create a safe climate together, in which the client can develop further. How is your self-connection ability?

With the help of TA a clear analysis can be made of what goes on within people (analysis of the life script and ego states) and what happens in communication between people, within groups and relationships (including analysis of transactions and psychological games). TA examines (the relationship between) the communication patterns between people and the (unconscious) dynamic drives and patterns in people. It is often our thoughts and inner beliefs that make it difficult to make connections. As we go about our daily activities, our internal monologue informs our experience. Our self-talk guides our behaviour and influences the way we interact with others and perceive the world.

Of course, revelation does not mean that unfinished events can be resolved, but it does mean learning other ways of looking, thinking and acting through self-reflection, self-compassion and acceptance. A brain learns in rest mode, not survival mode. Here comes the importance of "regulating" emotions. No more avoiding life and intimacy through your unconscious thoughts, rituals and rules; but embracing feelings, examining them and becoming informed.

Moreover, the most healing aspect is the therapeutic relationship; where there is space, respect and security in the loving encounter with another present person. A place where "any thought or feeling may be there - what does it have to say to us?"

Psychotherapy is a process to help improve psychological and emotional functioning. Psychotherapists who work with TA use TA to support their clients in developing more abilities and to deal better with specific psychological problems. To support clients in their ability to be who they want to be; to heal themselves by recognising old self-limiting or damaging patterns and making new decisions about them.

Do you desire to become more yourself within your relationship? That your partner becomes more themselves.. When it comes to struggles; is it WE have a problem or more a blaming and shaming of "YOU are out of order!"

Do you experience that you are actually too focused on someone else? More than is healthy for you?

In case of unhealthy symbiosis within your relationships ...book in an appointment

Watch this as an introduction: <https://www.youtube.com/watch?v=7tpeKK0FxFU>

