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TA academie



01 Article: Teaching Transactional Analysis and Redecision Therapy

Robert Goulding

Journal of Independent Social Work, Vol. 3, Issue 4, 1989

Redecision Transactional Analysis is designed to help patients claim their autonomy. The work leads them to the maladaptive resolutions of impasses. Their task is to make new decisions about how they want to respond to old or familiar situations. The TA therapist's task is to facilitate their anchoring that rededecision so that when under future stress, they will respond in the new non-adaptive way. (Summary from article)

02 Book Editor's Preface from the book: The Power Is in the Patient

Paul McCormick

The Power Is in the Patient, Robert L. Goulding and Mary M. Goulding, TA Press, San Francisco, 1978

When Morton Lieberman, Irvin Yalom, and Matthew Miles saw the results of the 17 treatment groups they studied for their book, *Encounter Groups: First Facts* (1973), they were dismayed. Sixteen of the 206 group members who started ended as psychiatric casualties. Seventeen other members also changed for the worse, although less seriously so; 78 did not change at all; 27 dropped out; and only 68 improved, 40 of these only "moderately." A control group of about the same number, untreated, suffered no casualties. One of the conclusions the researchers had to draw was that group treatment can be dangerous.

Far and away the most productive of the 17 groups was the one led by Robert L. Goulding. Of the 12 persons who started with him, 10 changed positively, five of them more than "moderately," one remained unchanged, one dropped out, and none was a casualty. (First 2 paragraphs)



03 Article: Injunctions, decisions and redecisions

Robert Goulding, M.D.

Mary Goulding, M.S. W.

TAJ, Vol. 6, No. 1, January 1976

One summer weekend in 1966, while sitting beside the swimming pool at our old Menlo Park marathon house, Bob and I began talking about injunctions. We recognized that we kept hearing the same relatively few injunctions and decided to classify them. Our list today is approximately the same list we devised during 1966 and 1967: Don't be; Don't be you (the sex you are); Don't be a child; Don't grow; Don't make it; Don't; Don't be important; Don't be close; Don't belong; Don't be well (or sane); Don't think (don't think about X (forbidden subject); don't think what you think, think what I think); Don't feel (don't feel X (mad, sad, glad, etc.); don't feel what you feel, feel what I feel.)

At first we did not recognize the distinction between injunctions and Child decisions; during this period, like other TA therapists, we looked for "exact words" of the injunctions and an "exact scene" in which the injunction was given. We saw that, although patients remembered remarkably similar early scenes and injunctions, each individual reacted uniquely. Our clients were not "scripted." No one is "scripted." Injunctions are not placed in people's heads like electrodes. Each child makes decisions in response to real or imagined injunctions, and thereby "scripts" her/himself. (First 2 paragraphs)

04 Article: Redecision Therapy: Underappreciated Developmental, Relational, and Neuroconstructive Processes

James R. Allen

TAJ, Vol. 40, No. 2, April 2010

This article invites readers to consider the following questions: Why did Robert and Mary Goulding insist that redecisions be made in a Free Child ego state? What are the developmental prerequisites for redeciding an earlier decision? Does the redecision process apply only to verbalizable decisions subserved by explicit memory, or may there be other types subserved by implicit or procedural memory? How does a redecision make a difference both in people's verbalizable life narratives and in their actual lives? What are the characteristics of a healthy life narrative, and how can these be understood in terms of mind and brain functioning? Why is the final stage of the redecision process—which involves the processes of reevaluation, decision refinement, and maintenance planning—so important and so often neglected?



05 Article: Understanding the Power of Injunctive Messages and How They Are Resolved in Redecision Therapy

John R. McNeel

TAJ, Vol. 40, No. 2, April 2010

This article summarizes the theoretical findings of six previous articles (McNeel, 1999, 2000, 2002a, 200b, 2009a, 2009b) and looks at rededecision as a process, with particular emphasis on understanding the power, influence, and impact of injunctive messages as well as the way in which they are resolved. It is posited that there are two, rather than one, central decision to each injunctive message: a despairing decision and a defiant decision. The defiant decision (which is the person's best attempt at health) creates an observable coping behavior that becomes the observable evidence for the diagnosis of specific injunctive messages. The rededecision to each injunctive message is presented as a process of acquiring a new belief, and a resolving activity is described as a practice to strengthen the new belief. Furthermore, a new internal parental voice is shown to be a necessary antidote to the previous internal parental influence. Finally, a tool is offered for self-diagnosis of various injunctive messages using internal responses (labeled "bitter" or "healing") to the injunctions. Twenty-five injunctions are described in terms of five categories: survival, attachment, identity, competence, and security.

06 Article: Life Scripts and Attachment Patterns: Theoretical Integration and Therapeutic Involvement

Richard G. Erskine

TAJ, Vol. 39, No. 3, July 2009

Eric Berne originally described life scripts as being formed from the primal dramas and implicit protocols of infancy and early childhood. John Bowlby's attachment theory and the supporting research provide a theoretical integration with script theory and suggest the necessity of a developmental focus in psychotherapy. Secure, anxious/ambivalent, avoidant, disorganized, and isolated attachment patterns are described in relation to life scripts and their implications for psychotherapy.

07 Article: Psychotherapy of Unconscious Experience

Richard G. Erskine

TAJ, Vol. 38, No. 2, April 2008

Freud defined the unconscious as a result of repression. However, recent findings in neurology and developmental psychology indicate that unconscious experience may be composed of presymbolic, subsymbolic, implicit, and procedural forms of memory, as well as being the result of trauma. In this article, preverbal,



never-verbalized, unacknowledged, nonmemory, and avoided verbalization are categories of unconscious experience used to describe two psychotherapy cases. Five prereflective patterns—attachment style, self-regulation, relational needs, script beliefs, and introjection—are suggested as a way to organize treatment planning. A relational and in-depth integrative psychotherapy is described for the treatment of unconscious experience.

08 Article: Redecision Therapy: On The Leading Edge

Ruth McClendon and Leslie B. Kadis

TAJ, Vol. 25, No. 4, October 1995

The magic of Mt. Madonna taught us to know and understand ourselves; to respond to the needs, actions and emotions of others; and to do all of this with both respect and caring.

09 Article: Narrative Theory, Redecision Therapy, and Postmodernism

James R. Allen and Barbara Ann Allen

TAJ, Vol. 25, No. 4, October 1995

Redecision therapy needs to be considered both as a brief therapy and as a powerful postmodern narrative therapy. Conceptualizing it in this manner, we are in a better position to appreciate its revolutionary theoretical and therapeutic significance and to reenvision many of the basic concepts of transactional analysis.

10 Article: Mini-Lectures by Bob Goulding

Edited by Mary McClure Goulding

TAJ, Vol. 25, No. 4, October 1995

These mini-lectures were transcribed from teaching tapes made by Bob Goulding during his supervision of therapists who attended his ongoing training sessions. They are random thoughts in response to questions from his audience.

11 Article: Contact, Contract, Change, Encore: A Conversation with Bob Goulding

Michael F. Hoyt

TAJ, Vol. 25, No. 4, October 1995

An interview is presented in which Robert L. Goulding, M.D., describes aspects of his personal and professional development. He assigns special importance to his training with Fritz Perls and his long-term collaboration with Mary Goulding as the turning points of his life and career and discusses his views regarding key aspects of effective psychotherapy.



12 Article: Dreamwork in Redecision Therapy

George Thomson

TAJ, Vol. 17, No. 4, October 1987

A discussion of sleep dreaming is presented along with the history of the discovery of REM sleep and the modern era of studying the dream process. A procedure for conducting noninterpretive dreamwork with clients leading to rededecision and change is presented. This procedure extends Perls's (1975) work with dreams to create a method of dreamwork that leads more directly to rededecision and change. A case example illustrating the use of the method is included.

13 Article: Fear, Anger and Sadness

George Thomson

TAJ, Vol. 13, No. 1, January 1983

Presents a model for understanding the functions of certain Child ego state emotions, and how people become stuck as they experience one feeling to keep other feelings outside of their awareness. Explains some differences between functional and dysfunctional feeling states in that the former stimulates helpful awarenesses and/or problemsolving behavior, whereas the latter do not contribute in this manner. Describes the functional and temporal qualities of fear, anger, and sadness; how one feeling may be used to hide another; and how lack of clarity among them may cause feeling states to become dysfunctional. Therapeutic suggestions for making feeling states functional again are included.

14 Article: Self-Parenting and Redecision

Muriel James and Mary Goulding

TAJ, Vol. 28, No. 1, January 1998

This article offers a brief summary of two subsystems in transactional analysis—self-parenting and rededecision therapy—that can be used independently or together, in weekly groups, or in residential five-day workshops. The authors highlight the compatible goals, processes, and leadership roles of these two models.

15 Article: Combining One-to-One and Group-as-a-Whole Work in Redecision Group Therapy

Vann S. Joines

TAJ, Vol. 40, No. 2, April 2010

One-to-one rededecision therapy is a powerful, brief, in-depth approach to helping individuals resolve their core issue(s). Group-as-a-whole work is an effective approach to understanding and working



with groups. Combining the two approaches in rededcision group therapy offers a more powerful approach than either one used alone.

16 Book Review: Bodily Expressions in Psychotherapy—By David A. Steere

Reviewed by John R. McNeel

TAJ, Vol. 17, No. 1, January 1987

From p. 76: “Most therapists do not really look at their patients. In fact, it is possible to sit in the treatment room for a lifetime listening to what people say, maintaining appropriate eye contact, and never seeing what others are doing in their bodies.”

It is difficult to overestimate the importance of this book for the application of TA theory to psychotherapy. David Steere has taken on the awesome task of combining existing TA theory and applications with the field of kinesics - and he has succeeded admirably. (First paragraph)

17 Diagram: Rededcision System

Mil Rosseau based on the Script System by Richard Erskine



HERBESLISSING SYSTEEM

Mil Rosseau, gebaseerd op
het Script System van Richard Erskine

