



Transactional Analysis Counselling in Action (Counselling in Action series)

Ian Stewart

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Selling over 25,000 copies across three editions, this book provides an unrivalled introduction to the core concepts and basic techniques of Transactional Analysis (TA). Ian Stewart guides the reader step-by-step through the successive stages in using TA to create therapeutic change, building understanding of the way the approach works in real-life practice.

Key features of this new edition include:

- a single extended case study running through the book
- 'Key ideas' panels to summarize the main ideas in each section
- Detailed discussion of 'closing the escape hatches': TA's distinctive approach to resolving the issues of suicide, self-harm or violence
- Practice Checklists offering suggested questions readers can use to appraise their own work with clients at strategic points in the text
- Space for Reflection sections and Further Reading lists to conclude each chapter.

This bestselling textbook offers trainee and practising psychotherapists and counsellors a concise, hands-on exploration of current concepts and techniques in Transactional Analysis.

Ian Stewart is Co-Director of The Berne Institute, Nottingham. He is the author of *Eric Berne* (SAGE, 1992) and *Developing Transactional Analysis Counselling* (SAGE, 1996), and co-author of *TA Today* (2nd edn, Lifespace, 2012).

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