
Developmental TA & Psychotherapy TA Similarities & Differences

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Some history

- ◆ **Clinical versus Special Fields**
- ◆ **Then Org, Educ, Counselling, Psych**
- ◆ **ITA focused on UKCP**
- ◆ **2001 Julie Hay, Anita Mountain, Trudi Newton decide to set up IDTA**
- ◆ **for non-psychotherapy fields**

DTA History

- ◆ **Term coined by Hay to capture focus**
- ◆ **Development versus cure**
- ◆ **DTA appeared in print 1995**
- ◆ **‘Working styles’ as example of focus on health appeared in print 1989**

IDTA

- ◆ **around 100 members**
- ◆ **40% outside UK**
- ◆ **Still asking to be EATA Special Interest Group**
- ◆ **Possible ITAA Partnership**
- ◆ **Contract with ICDTA re qualifications in addition to those of EATA/ITAA**

Shared Heritage

- ◆ **Respect for diversity**
- ◆ **Work with clients not on them**
- ◆ **Contracting**
- ◆ **OKness**
- ◆ **Codes of ethics/professional practice**
- ◆ **Range of TA concepts from many TA schools, often converted**

What else is shared

- ◆ **Openness to analysing ourselves**
- ◆ **Supervision & other CPD**
- ◆ **Parallel process (non-TA)**
- ◆ **Transference/countertrans – aware of and use**

Differences

- ◆ **Health versus Pathology**
- ◆ **Development versus Cure**
- ◆ **Here-and-now versus Regression**
- ◆ **Neocortex versus Emotional Brain**

A Metaphor for Difference

- ◆ **Touch anywhere and all resonates**
- ◆ **Change anywhere and all changes**
- ◆ **Work with behaviour and cognitive dissonance leads to belief change**
- ◆ **Work with the core and the behaviour changes**



All TA Schools Contribute to DTA (1)

- ◆ **Classical – here-and-now, psychoeducation, many concepts**
- ◆ **Redecision – power in the patient, client in charge, we can change our decisions**
- ◆ **Cathexis – discounting as the secret of the universe**

All TA Schools Contribute to DTA (2)

- ◆ **Psychodynamic – countertransference as rubberband – and useful**
- ◆ **Integrative – validate and normalise, provide responses that were needed in childhood**
- ◆ **Process Communication and Personality Adaptations – classifications, channels, preferences**

All TA Schools Contribute to DTA (3)

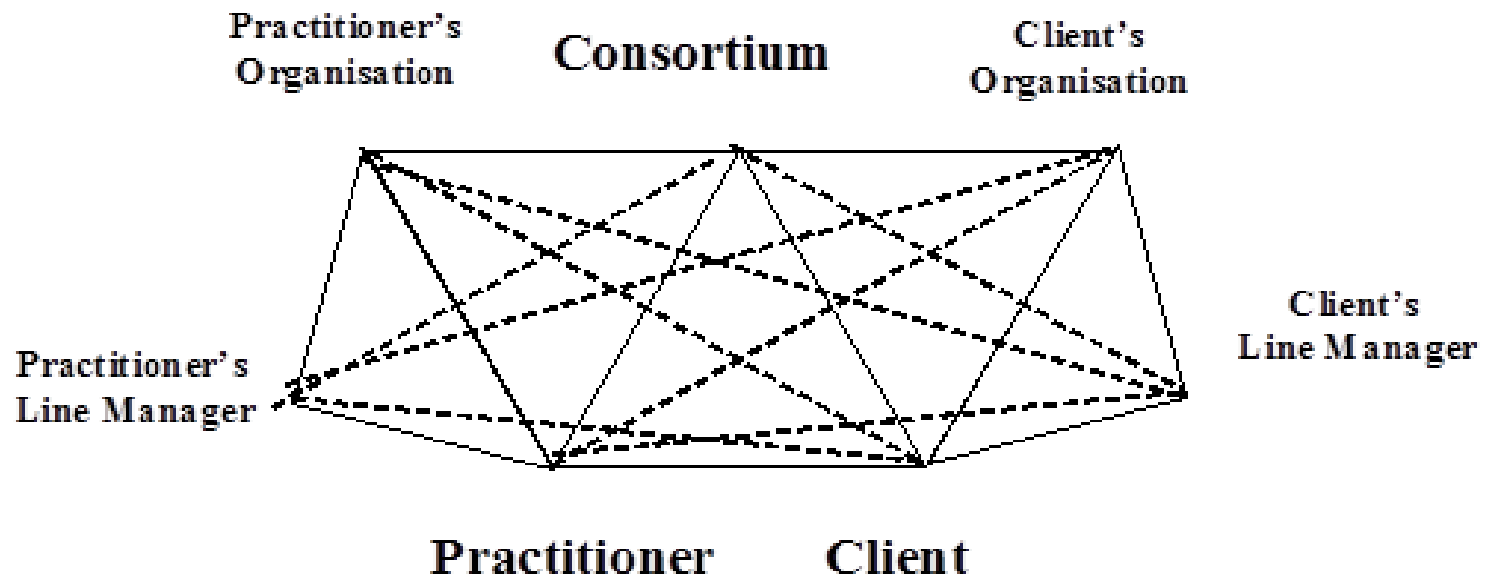
- ◆ **Constructivist – permission to make your own meaning, present determines past**
- ◆ **Cocreative (2000) – always occurs, we’ness, shared responsibility, present-centred**
- ◆ **Relational (2002) – always occurs, self disclosure**

Radical psychiatry/ social action

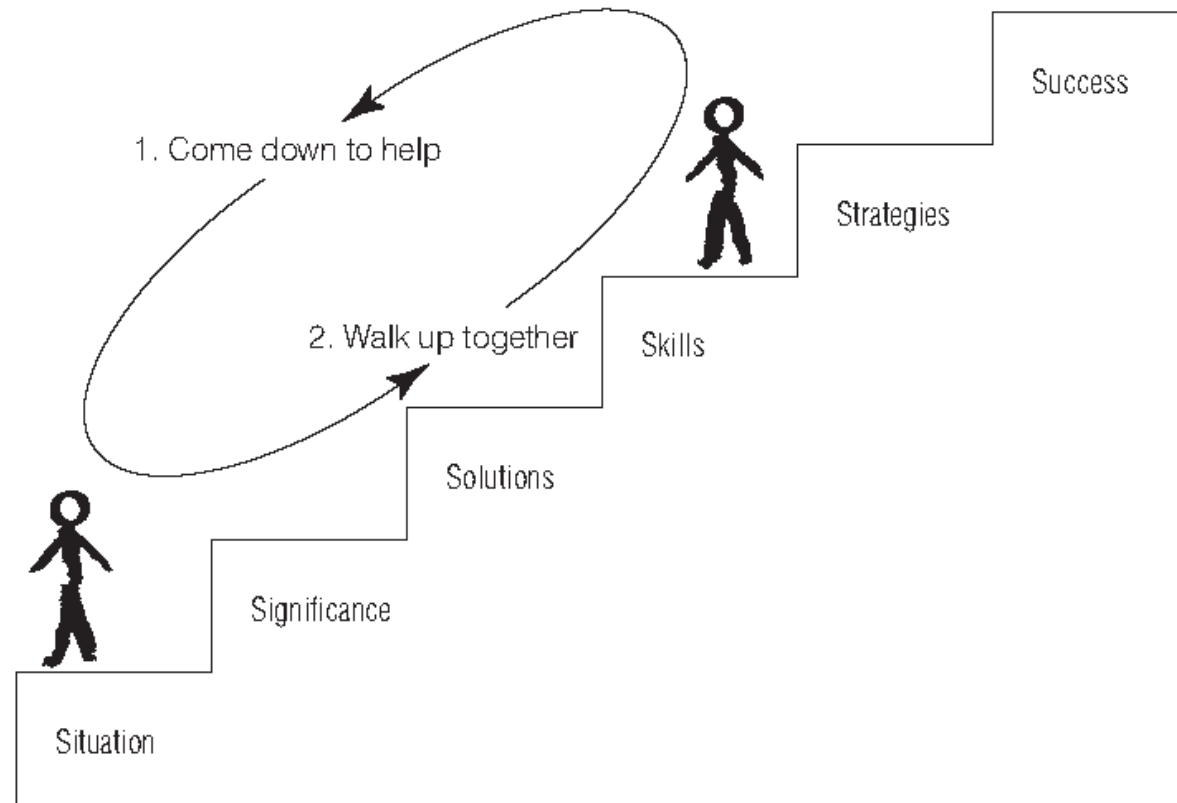
- ◆ **DTA practitioners work with organisations, institutions, governments, etc to create healthier cultures**
- ◆ **IDTA runs TA Proficiency Awards worldwide for children, parents, teachers, etc**

Examples of conversions

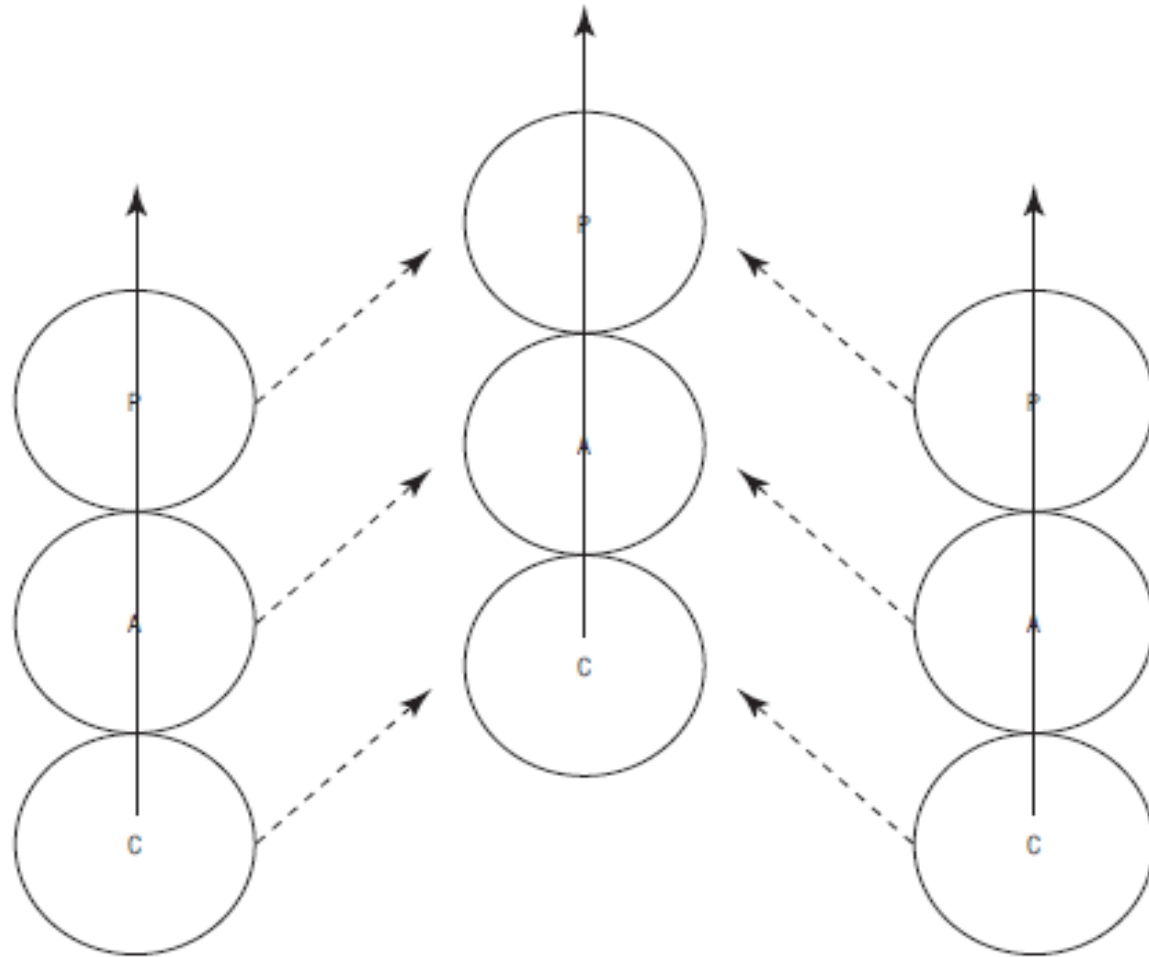
Multi-party contracting



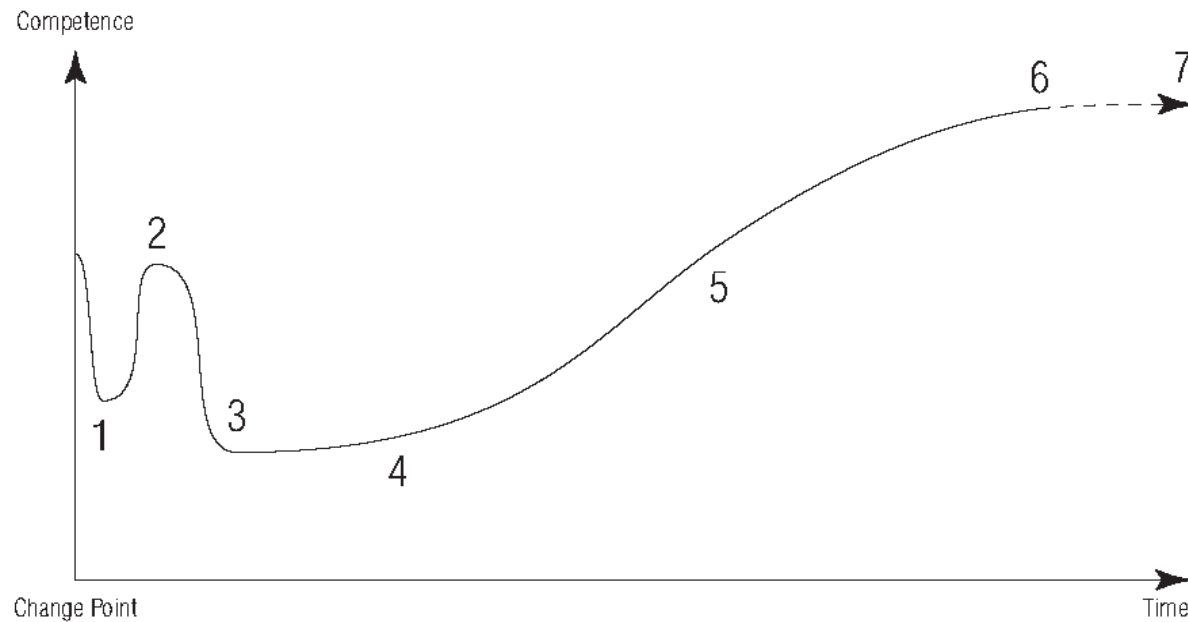
Treatment Levels to Steps to Success



Script Matrix to Autonomy Matrix

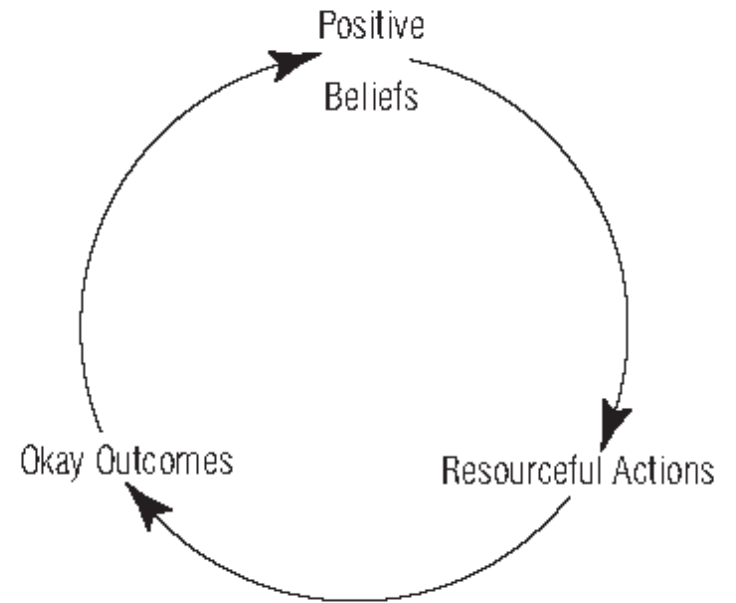
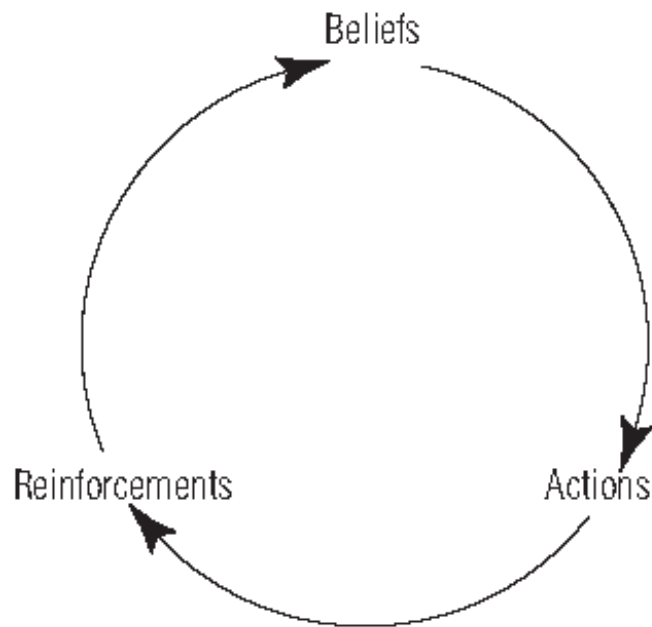


Cycles of development to Competence Curve

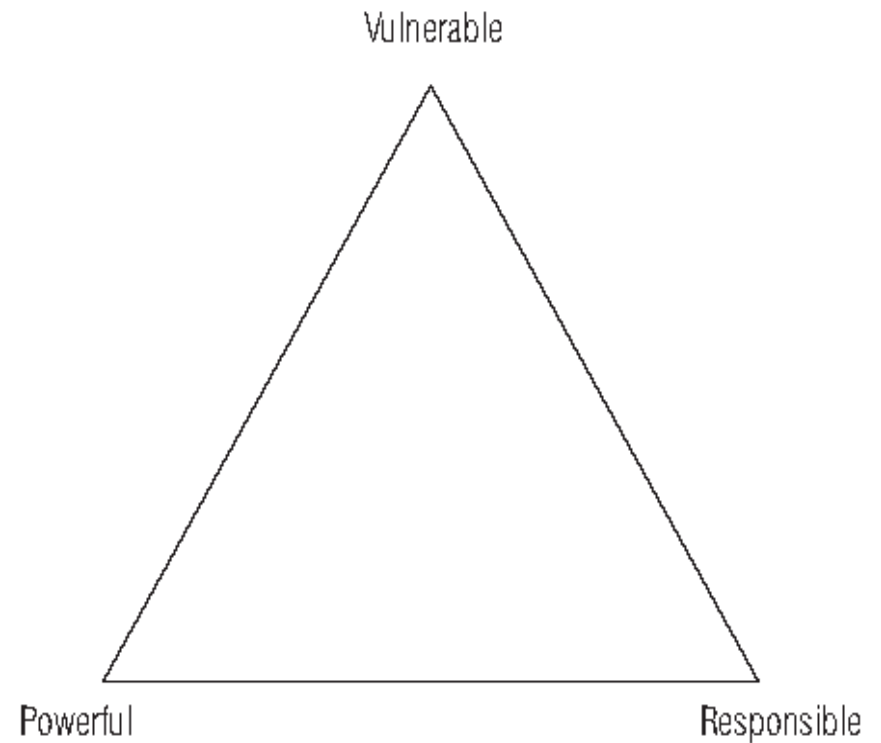
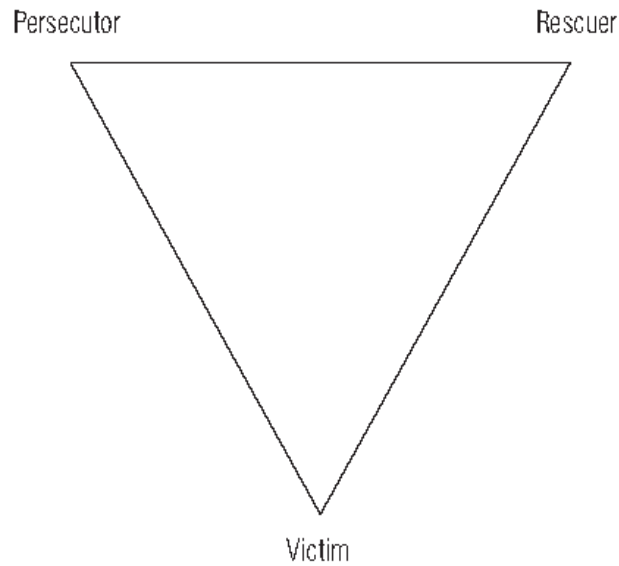


- | | |
|-------------------|----------------|
| 1. Immobilisation | 5. Development |
| 2. Denial | 6. Application |
| 3. Frustration | 7. Completion |
| 4. Acceptance | |

Racket System to BAR and PRO



Drama Triangle to Potency Pyramid



Life positions to Windows on the World – and many more

??	?+	-+	++	+++	Closed window (autism)	IU
-?	---	--	+-	+?		Open window

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- ◆ www.pifcic.org – non-profit educational foundation: qualifications incl coaching & super-vision
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