

TA for GP trainees.

TA is a widely used way of describing and explaining human interactions. It is based on the psychoanalytic theory developed in the 1950's by Eric Berne.

I feel it is useful in GP to:

- Help us gain insight into ourselves – what makes us who we are, and therefore how we respond in different situations throughout our personal and professional lives.
- Help us gain insight into our interactions with our patients. Particularly those that go wrong or challenge us in some way. Also perhaps with those repeating patterns of behaviour where we see ourselves and our patients going around in circles.
- Allow us to take an interest and cope with the sometimes highly charged interactions members of the medical profession can have with their colleagues.

It is for these reasons that I both enjoy it and hope to introduce some elements to you this afternoon.

For an introduction you can look at:

<http://www.businessballs.com/transactionalanalysis.htm>

although without contextual explanation this can be a bit muddling so I wouldn't get too bogged down.

During the session I hope to:

- Look at the ego state model – what makes us who we are
- Look at diagnosing ego states
- Look at some transactions
- Maybe consider drivers and games, although I suspect we made need to do these on another occasion

It would be great if you could spend some time doing a TA Drivers questionnaire and have a read what they mean before or after the session.

A good one can be found here:

<http://www.brefigroup.co.uk/acrobat/drivers.pdf>

If you google TA drivers you can read a bit more about them from other perspectives too.