



Definitions of Transactional Analysis

Eric Berne: Transactional Analysis in Psychotherapy (1961):

„Structural and transactional analysis, the subjects of the present work, are based solely on clinical observation and experience with patients, with previous preconceptions set aside. Under these conditions, the study of complete ego states emerged as the „natural“ approach to psychology and psychotherapy.“

Eric Berne: What Do You Say After You Say Hello? (1972):

1. A system of psychotherapy based on the analysis of transactions and chains of transactions which occur during treatment sessions.
2. A theory of personality based on the study of specific ego states.
3. A theory of social action based on the rigorous analysis of transactions into an exhaustive and finite number of classes based on the specific ego states involved.
4. The analysis of single transactions by means of transactional diagrams (this is transactional analysis proper).

ITAA definition:

1. an easily understandable yet sophisticated psychological theory about people's thinking, feelings and behavior and,
2. a contemporary and effective system of psychotherapy, education, organizational and sociocultural analysis and social psychiatry.

<http://www.ericberne.com/transactional-analysis/>:

At its simplest level, Transactional Analysis is the method for studying interactions between individuals.