

TA as a Systemic Approach with Couples and Families

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TA is a theory of human behaviour and interaction which lends itself to a systemic approach. It offers many useful insights and tools when working with a couple or a family system. TA, used in this way, and combined with insights from Family Constellation work, offers rapid change and is satisfying for both clients and therapist

Adult Developmental Stages

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Often people enter therapy thinking there is something "wrong" with them. Very often they are simply facing an adult developmental challenge or the adult reworking of an earlier child development stage. Working with adult developmental stages, helping people to recognise them and identify what they need, is both normalising of what they are experiencing and positively growthful. . Participants are invited to bring client examples for supervision.

Diane Salters is a Teaching and Supervising Transactional Analyst with 40 years' experience in TA psychotherapy.

She also trained in Integrative Psychotherapy with Petruska Clarkson at Metanoia and is familiar with many different approaches. TA remains, however, her foundational theory and her favourite set of tools.

She lives and works in South Africa and enjoys a long association with The Wealden.