



Dyspraxia Support Group of New Zealand Inc
Recognising Developmental Co-ordination Disorder

Treatment of Anxiety within a Transactional Analysis Framework

Wonita Woolhouse

Transactional Analysis & Anxiety



Dyspraxia Support Group of New Zealand Inc
Recognising Developmental Co-ordination Disorder

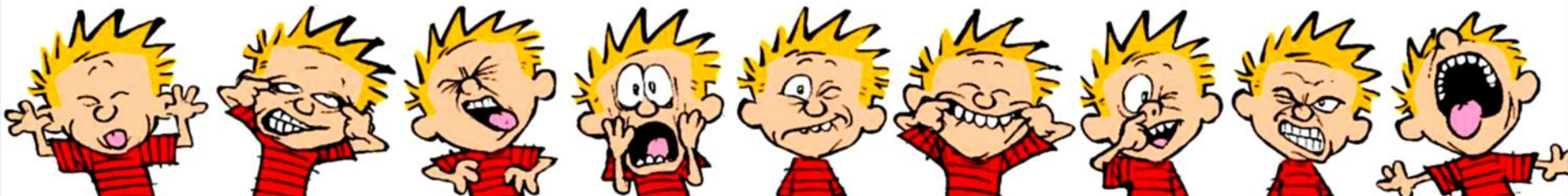
PROFESSIONAL PROFILE

- Transactional Analyst specialising in Psychotherapy (CTA-Psychotherapy), Psychotherapy Board of Aotearoa New Zealand (PBANZ) Registered Psychotherapist
ACC Accredited (Sensitive Claims)
- Bachelor of Health Science (Occupational Therapy) (BHSc(Occ.Ther)
New Zealand Registered Occupational Therapist
Over 13 years working predominantly in Dyspraxia, developmental disorders and associated mental health issues.
- Post Grad Diploma with Distinction endorsed in Mental Health (PGDipMNH)(Dist.)
- 2009 – 2013 Gestalt Psychotherapy

Transactional Analysis (TA)

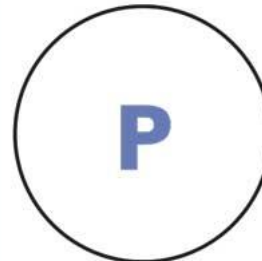
Eric Berne (1961)

- Theory of personality + systematic psychotherapy for personal growth and change.
- As a theory of personality is describes how people are structured psychologically – PAC model
- Theory of communication and development
- Aim of TA is Autonomy
- Autonomy is defined as awareness, spontaneity, and the capacity for intimacy



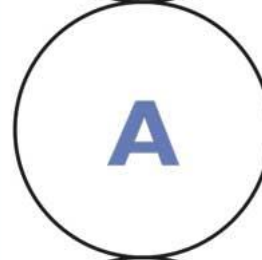
EGO STATE THEORY

Structural Ego States



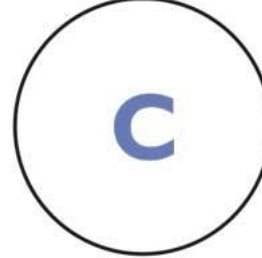
Parent ego state

Attitudes, behaviours, thoughts and feelings taken in from parents or parental figures.



Adult ego state

Behaviours, thoughts and feelings which are direct responses to the current reality.



Child ego state

Behaviours, thoughts and feelings replayed from childhood and childhood decisions.



Ref: Eric Berne (1961)

Functional Ego States



Critical Parent

- moralistic
- judgemental
- authoritarian



Nurturing Parent

- reassuring
- caring
- encouraging
- supportive
- understanding



A

Adult

- non-judgemental
- open-minded
- interested
- confident
- reality based

Rebellious Child

- defiant
- complaining

Adapted Child

- compliant
- passive

RC

AC

FC

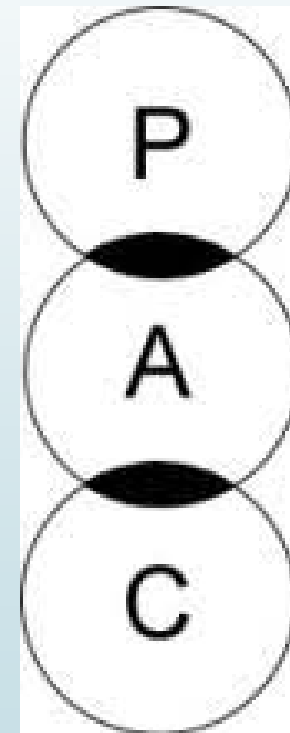
Free Child

- curious
- energetic
- fun-loving
- spontaneous



Ref: Woollams and Brown (1978)

Contamination & Integration



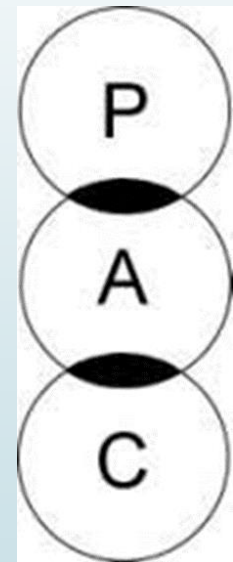
Example

- **NP:** Go ahead, play and have fun!
- **CP:** Now, don't you DARE get yourself all messy!
- **A:** I think I quite like sand. I reckon I can make a castle
- **FC:** WOW! Check out the size of my castle!!!!
- **AC:** I better not get my clothes all dirty
- **RC:** I actually don't CARE if I do get dirty!



With Anxiety Example:

- **NP:** You just need to do your best
- **CP:** You should try harder – you're not trying hard enough
- **A:** I'm going to give this a go and see how I go
- **FC:** (often not available with the anxious child) I don't really care – when is play time?
- **AC:** I have to get this right.



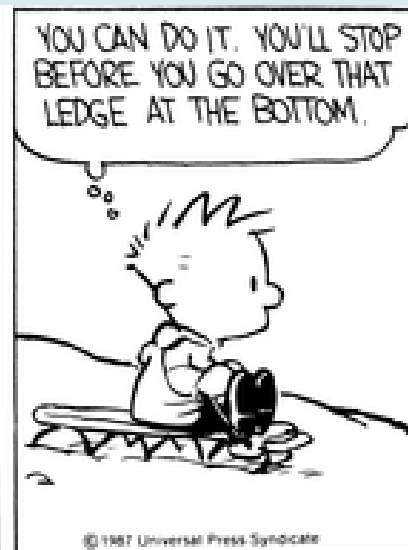
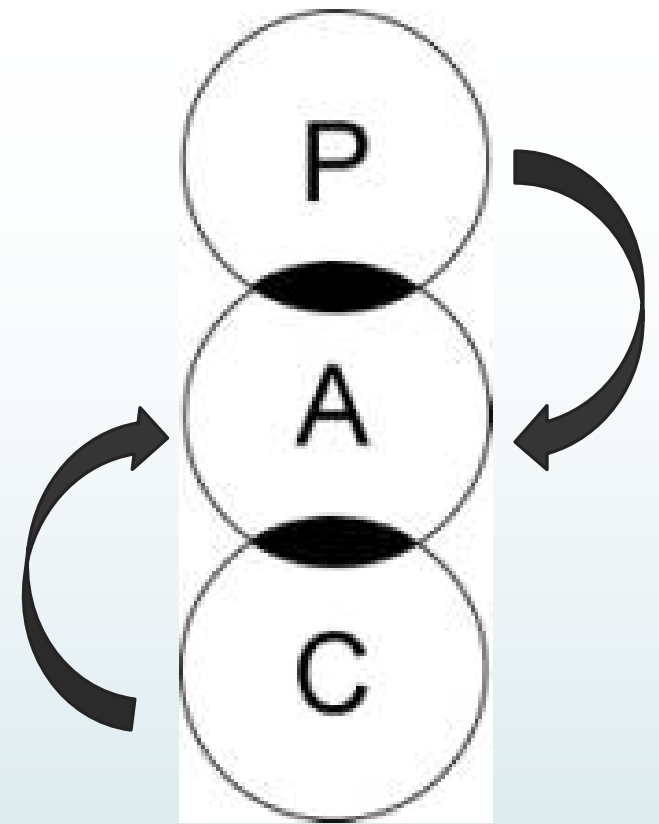
Script Theory

- Life Script is an unconscious life plan
- Hear and interpret messages, making 'decisions' about ourselves and our lives based on our experience.
- Without our ability to bond with our caretakers and their desire to bond with us as infants, we would not survive. Therefore we adapt.
- Drivers and Injunctions that shape how we are in the world in relationship to others
EG. 'Try Harder', 'Be Perfect', 'Be Strong,
'Please Others', 'Don't Feel' and 'Hurry Up'.

Existential Life Positions

You are Okay with me		I am Okay with me
I am not OK You are OK <i>one down position</i> Get away from Helpless	I am OK You are OK <i>healthy position</i> Get on with Happy	
I am not OK You are not OK <i>hopeless position</i> Get nowhere with Hopeless	I am OK You are not OK <i>one-up position</i> Get rid of Angry	I am Not Okay with me
You are Not Okay with me		

Our Internal Dialogue – Between Ego States

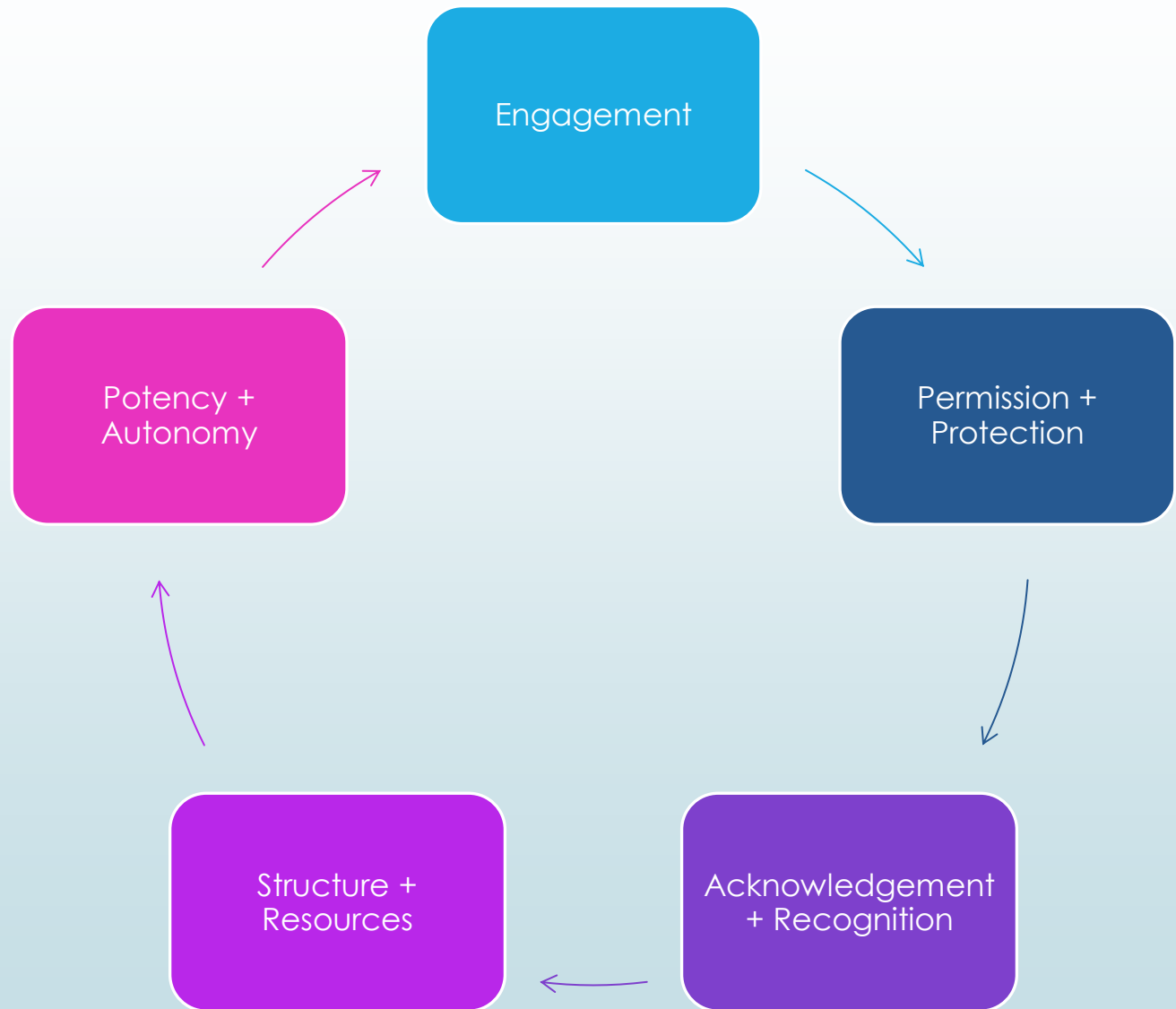




WHAT ASSURANCE DO I HAVE
THAT YOUR PARENTING ISN'T
SCREWING ME UP?



A2A Group Process Diagram





► Fight



► Fright

Purpose of Anxiety

► Flight



A2A Attending To Anxiety

Engagement

- Analogy + Purpose of **Anxiety**
- Belly Breathing (**Adult Ego**)

Permission and Protection

- Validating Anxiety
- Drawing Anxiety – externalising anxiety + conversing with it.

You have choices (**Adult Ego**)

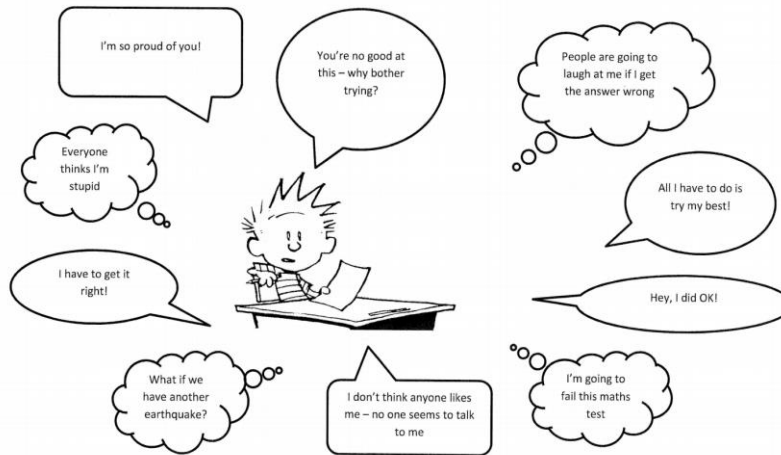


Worksheet examples:

Self-Talk/Internal Dialogue

Challenging the inner voices - Taking Charge

Which inner voices would you change if it was your inner voice...



THERE ARE 3 PARTS TO BEING 'YOU'...

CRITICAL + NICE SELF,

heard or been told by significant others, how to do things (by doing or saying the things they did)
- Mum, Dad, Uncle, babysitter, teacher etc.

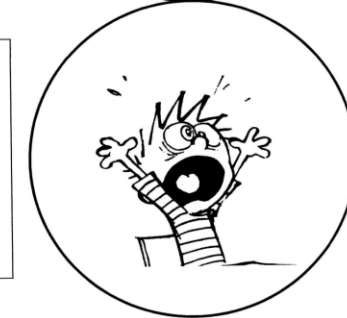


THINKING SELF,
decisions get made, compare and consider the best option, learning self, own ideas, problem solving, opinions, how you see yourself, use manners + friendly, read to learn or for fun, sensible, etc.



FEELING SELF,

playful self, risk taker or cautious/anxious, outbursts, impulsive self, Child-like over or under-reactive responses to situations, fighting, wanting things NOW or NOT wanting to do things, sulking, being a bully, etc.



Acknowledgement and Recognition

- '3 Parts to Being You' Worksheet – basis for internal dialogue.
 - What you have heard; What you feel; What you think

Structure and Resources

- Increasing awareness
- Noticing internal 'messages' (agree or disagree?)
Practice – notice, verbalise, challenge + change.
- Acting out conflicting dialogue/messages
- Sensory Strategies

LIFE'S DISAPPOINTMENTS ARE
HARDER TO TAKE WHEN YOU
DON'T KNOW ANY SWEAR WORDS.



Potency + Autonomy

- Worksheets: Recognising Im OK; You're OK statements
- **Overall Experiential** – contributing to the group and sharing.
- Noticing in the moment, what is your worry? what is your thinking? Is that what you think? Is there someone behind that voice? What are you feeling?
- **Promoting Adult Integration (sense of self)**



In Summary...

- TA is a Theory of Personality, Communication + Development
- Key Concepts: Ego States, Analysis of Transactions, Script, Life Positions and Internal Dialogue
- Underpins Approach to working with Anxiety in Children
- *I'm OK; You're OK*



"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

- Calvin & Hobbes



THANK YOU.

QUESTIONS? COMMENTS?

Wonita Woolhouse, CTA; BHSc(OT); PGDip(MNH)(Dist); PBANZ; ITAA; ANZTAA
Registered Psychotherapist; Registered Occupational Therapist
ACC Accredited (Sensitive Claims)