

### Skills In Transactional Analysis Counselling Psychotherapy Skills In Counselling Psychotherapy Series

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Transactional Analysis Skills. The basis of Transactional Analysis is to identify which of the three parts, Parent, Adult or Child, is involved in the transaction, and then take appropriate action. How does the identification work?

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Counselling skills – reflection, paraphrasing, nonverbal communication etc. – are all worthless unless we have empathy running through them. Carl Rogers , in developing the person-centred approach to counselling, recognised empathy as being necessary within the therapeutic relationship to bring about psychological contact.

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009 – Power in Counselling – Carl Rogers' Biography – Skill of Challenge – Psychopathology In the ninth episode of the Counselling Tutor Podcast, Ken Kelly and Rory Lees-Oakes talk about the role of power in the therapeutic relationship. Rory presents on the life of Carl Rogers, while Ken explains the skill of challenging. In ... Podcast Episode 09 Read More »

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