

- ⇒ Knowing the ego state of both you and those you are communicating with helps you to prevent cross-communication.
- ⇒ Thus, when teachers or counselors approach adolescents from a 'nurturing parent' ego state, it creates trust and gives them confidence.
- ⇒ For effective communication, move yourself and the other person to the Adult level.

What do adolescents, parents, teachers and school administrators get when adolescents learn to use transactional analysis?

Adolescents learn to take responsibility for their actions through awareness of their actions.

Adolescents gain the ability to adapt and adjust physically and mentally to situations.

An emphasis on the here-and-now, so adolescents learn to focus on issues occurring in the present.

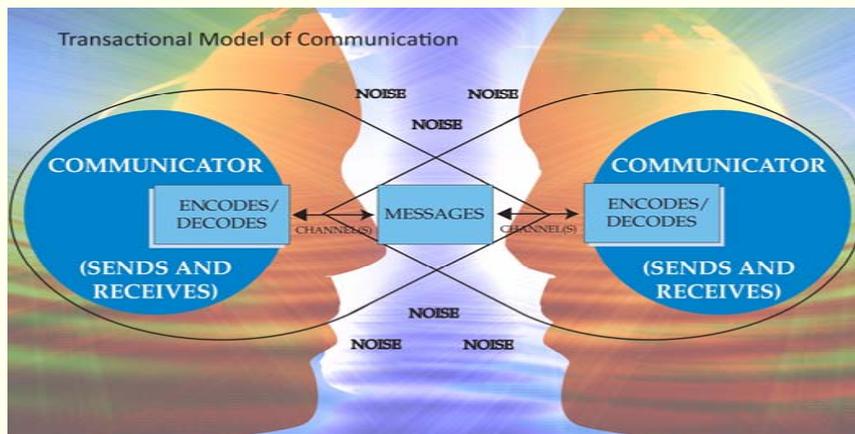
Values his or her unique experiences and recognizes each individual has his or her unique experiences (an invaluable skill to help fellow students being bullied).



For a detailed presentation, please visit the Toni Jennings Exceptional Education Institute website at <http://tjeei.ucf.edu/>

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TJEEI Casual Conversation




Transactional Analysis (TA)
A tool for adolescent communication

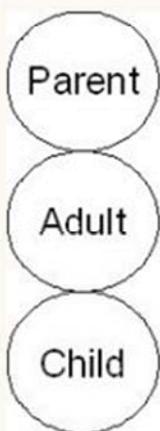
- ⇒ Transactional Analysis (TA) is a powerful psychoanalytical tool that anyone can use to understanding communication between individuals.
- ⇒ TA promotes personal growth and change. TA can be used in any field to promote healthy communication.
- ⇒ In the school, teachers act in place of parents for minors
- ⇒ Thus, to help adolescents self-advocate in their classrooms and on playgrounds, counselors in group work can teach them how to use Transactional Analysis (TA, Berne, 1964) to communicate.

Language in Transactional Analysis:

Ego States = the three major parts of an individual's nature that encompasses the entire system of thought, feeling and behavior. These parts determine how a person expresses himself or herself, as well as his or her interaction with others.

Unconscious scripts = The ego state model are used to identify unconscious scripts and are important in helping clients realize how some do's and don'ts received as children affect their lives and how they communicate.

Transactions = an interaction of ego states in communication. This can be healthy or unhealthy. All transactions are initiated through the use of a transactional stimulus.



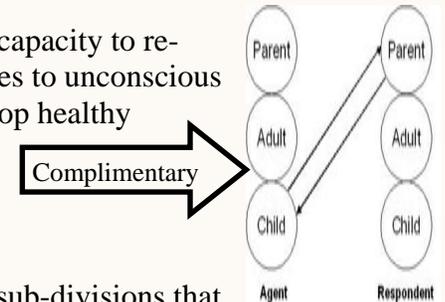
Transaction stimulus = any indication (speech, gestures or other nonverbal cues) that acknowledges the presence of another person.



Strokes = compliments, acceptance, and recognition that influence how people lead their lives. It could be reinforcements or punishments received as children that come into play in our post-childhood and affect the way we communicate with people. Strokes can be positive or negative

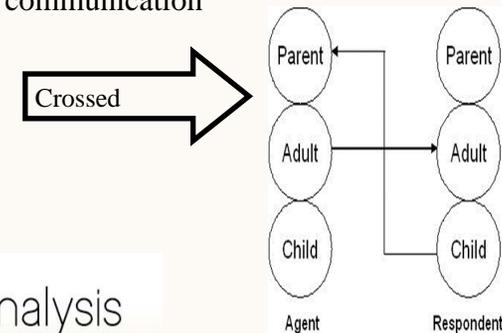
Intimacy = It is a motivation that informs how a person behaves based on childhood experiences with significant adults.

Re-decision = a person's capacity to re-decide to make changes to unconscious scripts and help develop healthy communication patterns.

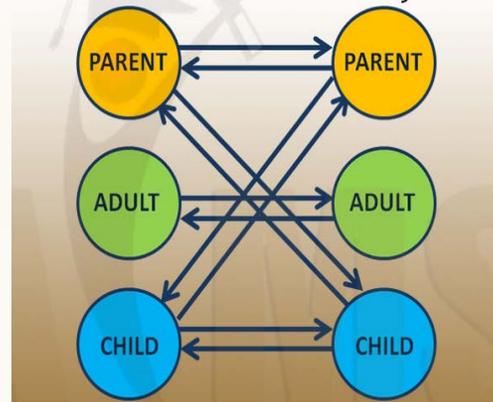


EGO STATES

Within the ego states are sub-divisions that underlie many of our communication problems.



Transactional Analysis



Can you identify which type of transactions we have here?