

Therapy and Planning for Change

ASSESSMENTS: During the assessment phase much good therapy can be done. However it is not directly seen as change work until you have agreed a contract for change and the client has closed their escape hatches.

- Outcomes to be aimed for (Treatment Contract)
- Type of therapeutic interventions (group/individual)
- The script / Racket System, Game analysis and other diagnostic assessments.

Safety Contracts and closing escape hatches: terms used to describe one of TA's methods of working with "a person in an at risk situation". Closing escape hatches is framed positively: "No matter how I feel, or what others do or say, I will live etc"

1. Taking one's own life, or harming one self. - Closed by an Adult decision "to live and take care of myself .
2. To act in a crazy way. - Closed by an Adult decision to "stay sane and to keep Adult available".
3. To set up to become physically sick. - Closed with an Adult decision to "take care of myself and to live a healthy life".
4. To harm or kill someone else. – Closed with an Adult decision to "let others live and take care of themselves".

There are full descriptions of this in the books on TA by Ian Stewart (Developing TA Counselling in Action) and Charlotte Sills: Contracts in Psychotherapy and Counselling.

THERAPY CONTRACTS: "A bi-lateral agreement to a well defined course of action" – Berne 66

Both the TA practitioner and the client agree stating the areas in which the client wishes to make changes and the outcomes expected. Contracts cover all areas of work...

- The boundaries in which the therapeutic work will be carried out:
- Professionally – how the work will be carried out.
- The goals / outcomes of the work and the process to be followed in order to achieve that goal.

The goal of using the contractual method is to ensure an Ok – OK equal relationship with the client...

Contracting questions are:

- What changes do you want / wish for in order to enhance your life?
- How will you need to change to get what you want / wish for?
- What needs to happen for you to make this change?
- What are you willing to do in order to make this change?
- How might you sabotage yourself?
- How will you and I know when you have made the change?
- How will you reward yourself for making the change?
- What will you do in your life after you have made the changes?

(Adapted by Dave Spenceley TSTA from to M. James "Born to Win" 1976 and developed by Sills; Contracts in Psychotherapy and Counselling 2006)