



## Conference Paper / Outline

# Transactional Action in Analysis

by



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2.00 to 5.30 p.m. on Saturday, August 14, 2010

*All the world's a stage  
And all the men and women are merely players.*

William Shakespeare  
In *As You Like*

*Theatrical scripts are intuitively derived from life scripts,  
and a good way to start is to consider the connections and similarities between them.*

Eric Berne  
In *What Do You Say After You Say Hello?* 1973 - pp. 35

About ten years ago we began the Transactional Action Laboratory and have been developing it ever since. It is a space, or setting, with very specific characteristics, strict rules and clear objectives—it has a time and a transitional (symbolic) and transactional (relational) place. We shall explain here the format and contents of this personal developmental space-time, where one reflects and rehearses life.

Through this workshop we propose to demonstrate, through the use of role playing, that Eric Berne's main concepts in teachers' psycho-educational training and how they can be applied in the classroom. So the objectives to aim are:

- Identify an individual's ego states, games, and scripts.
- Describe behaviors observed in the other workshop participants that identify their ego states, games, and scripts

- Identify, through directed self reflection, the effect of the role playing (acting out) process on the isolation and identification of ego states, games, and scripts.

In our laboratory Transactional analysis is called transactional action since it focuses on personal change by means of concrete actions. Ours is a dynamic Laboratory rather than the static lecture based Laboratory.

We propose, through the use of role-playing, that Eric Berne's main concepts are of great importance to education, counseling, organizational training and psychotherapy. They can be applied in the classroom as well as in therapy or management.

The following is an itemization of what we hope to cover during this workshop. We may revise or restructure our work based on the needs of the group.

1. Introduction. Objectives and rules of the presentation
2. (scene 1) – From ego states and transactions to transactions
3. (scene 2) – Exchanging (giving and receiving) and interpreting strokes
4. (scene 3) – Moments of solitude and intimacy with oneself and other participants
5. (scene 4) – Transactions and self presentation
6. (scene 5) – I am a winner, I am a loser
7. (scene 6) – Feelings (fear, joy, anger, tenderness, etc.)
8. (scene 7) – Ego States in Transactional Action
9. (scene 8) – Blind obedience to drivers
10. (scene 9) – Scripts and games on the stage
11. Main group discussion, and summary
12. Assessment