



### Transactional Analysis Group Therapy Techniques in Patients with Post-Traumatic Stress Disorder

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#### Abstract

Transactional analysis (TA) is a theory of personality that can be applied in virtually all fields of psychology: educational, counseling, organizational and psychotherapy. The atmosphere that supports transactional analysis is one of comfort, security and respect. A positive relationship is forged between the clinician and the client in order to provide a model for subsequent relationships that are developed outside the therapy arena. TA group therapy techniques can help the psychosocial patient such as child anxious, personality disorder. In this study reviewed post-traumatic stress disorder (PTSD) patients that had personality disorder and other psychological disorder also TA group therapy techniques on improvement of personality disorder. Post-traumatic stress disorder is classified as an anxiety disorder in the diagnostic and statistical manual of mental disorders (DSM V); the characteristic symptoms are not present before exposure to the violently traumatic event. Several interviews are available for assessing PTSD. These interviews vary in merit when compared on stringent psychometric and utility standards. Within the overarching framework of transactional analysis, more recent transactional analysts have developed several different and overlapping theories of TA: cognitive, behavioral, relational, redecision, integrative, constructivist, narrative, body-work, positive psychological, personality adaptational, self-reparenting, psychodynamic, and neuroconstructivist. Adult ego in PTSD state enables us to form a narrative self or coherent sense of identity. Trauma interferes with this integrative capacity, creating excluded ego states and a disorganized self.

**Keywords:** Transactional Analysis, PTSD, Cognitive Therapy, Self-Reparenting, Anxiety Disorder.

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