

Co-Creative Transactional Analysis: A Relational TA

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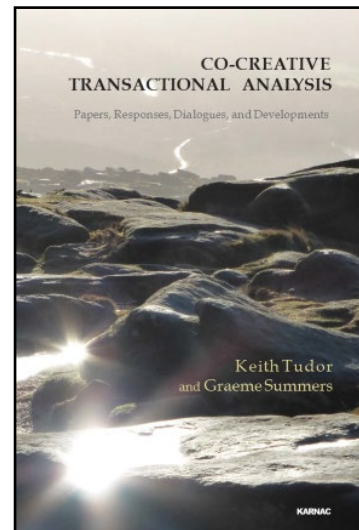
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Co-creative transactional analysis (TA) as developed by Graeme Summers and Keith Tudor and, more recently, others within TA, is a relational TA and, indeed, has influenced the contemporary development of relational TA.

Co-creative TA emphasises the “co” (mutual, joint, and shared) aspect of relationships, whether therapeutic, educative, consultative, professional or personal. The “co” of co-creative acknowledges the transactional, inter-relational, mutual, joint, and co-operative, as well as partnership. The word “creative” is an intentional reference to what is original, imaginative, intuitive, and spontaneous about the encounter between human beings. Together, the suffix and the root word describe what emerges between therapist, practitioner, supervisor, and client(s) and, is, therefore, relational. However, for a number of reasons, in TA, the term “relational” is somewhat contested, and some view “co-creative” as somehow different from relational TA.

In this workshop, and in conjunction with the participants, Keith will briefly review the principles of co-creative TA, as well as its contribution to contemporary relational TA theory and practice, and aim to clarify the similarities and differences between this development of TA and others, especially integrative TA and relational (psychodynamic) TA. The workshop will include presentations, discussion, demonstration, and small group work.



Keith Tudor, CTA(P), TSTA(P) is Professor of Psychotherapy at Auckland University of



Technology, Aotearoa New Zealand, where he is also a co-Lead of the Group for Research in the Psychological Therapies. Keith has been involved with TA for over 35 years and is also closely identified with the person-centred approach to psychology, which informs his perspective on co-creativity, and on which he has also published extensively. He was co-founder and for 17 years co-director of Temenos, Sheffield, UK. He is an

internationally recognised author and editor; he is the series editor of *Advancing Theory in Therapy* (Routledge), and was the editor of *Psychotherapy and Politics International* (Wiley-Blackwell/Tuwhera, 2011–2022). He has written and/or edited three books on TA, as well as one on the work and life of Claude Steiner, and has just finished his latest book: *Transactional Analysis Proper – and Improper* (to be published by Routledge later this year).