

Psycho-Transactional Diagnosis Treatment

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Abstract

Utilized to assist client to identify area of basic problem. Client assigns positive or negative feelings to each of eight areas, e.g., family, cultural, physical. A series of successive forced choices enables the client to select one area as being most important. This choice is used as the basis for a contract for change, and determines the focus of the therapeutic work. The process of choice is repeated periodically to assess the progress of the therapy, and to stroke changes reported by the client.

We, like many others in the ITAA, continually look for techniques to use with our clients so that they can be healthier and take charge of their lives more effectively. Following is a technique with a series of steps that can be used quickly to determine the basic problem area that the client is experiencing in the here and now.

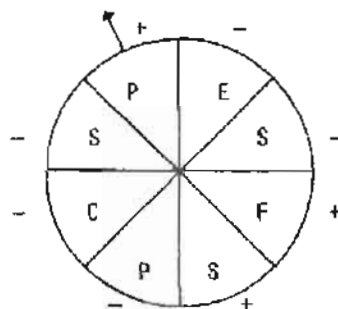
We have been working for sometime with the eight areas diagrammed on the following schematic.



By this means, we have experienced that we are able to make a quick diagnosis of the client who comes to us for the first time.

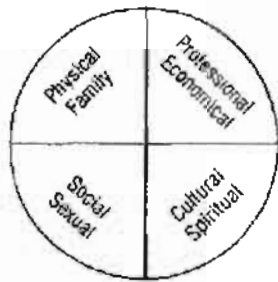
We ask, "How do you feel about each of the areas, positive or negative?" As they answer, we put a plus or minus sign beside each area in the circle and ask why it is plus or minus. If they answer "more or less" we think it is less and therefore put a minus sign.

An example of a completed circle could be:



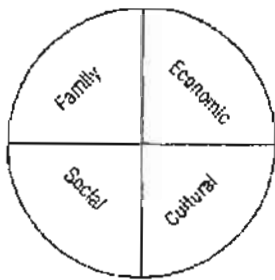
Between the first and second interview, the client is asked to do homework and to write whatever he or she wants of each of his or her following eight areas: physical, economic, sexual, family, social, professional, cultural and spiritual. This information will help us to save time, and it will also be valuable evidence of the changes undergone by the client in the future.

Usually in the second interview, the client is asked to put in pairs the eight areas listed previously which seem for himself or herself to go together. An example of this could be:

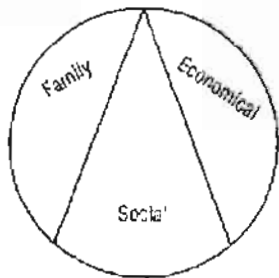


The next step is to ask the client to select the most important one of each pair and put it in the following circle.

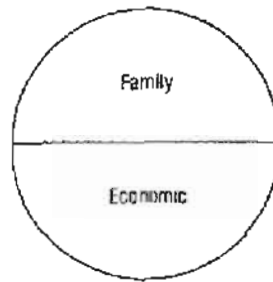
An example of one person's choice could be:



Next the client is asked to cut down the four above to three choices of what is most important, for example:



Again the choice is narrowed. This time to two as for example:

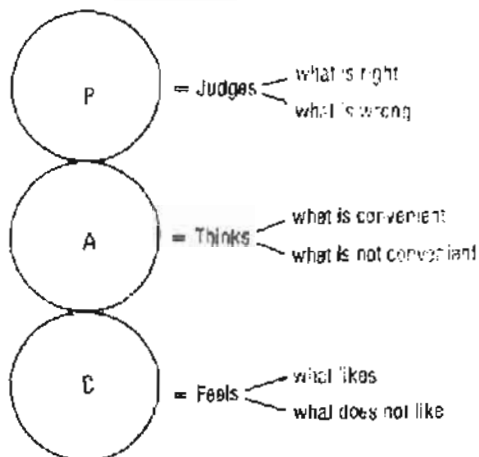


Finally, the last choice is made, for example:



As the choices are being made, the client becomes aware of the basic problem and begins to get ready to make a contract to change.

It is at that time that we introduce the following:



After a brief explanation we ask how each of their ego states responds to their problem area. This helps the client to judge, think, feel, therefore make his or her mind up and accept the therapy and to accept a TA model.

This process is repeated each two months so that we and the client can discuss and give strokes for the new positive plus marks.

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REFERENCES

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- James, M., & Jongeward, D. *Born to win*. Mexico: "Fondo Educativo Interamericano," 1976.
- Kertesz, R., & Induni, G. *Manual de analisis transaccional*. Buenos Aires: Conantal Editorial, 1978.
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People with *destructive scripts* are losers. Sooner or later they injure themselves and/or others. They may do so gradually, over an extended period of time, or suddenly, in dramatic fashion. Self-destructive people may, for example, drink, eat, or work themselves to death, may drive recklessly, or commit suicide in some more obvious manner. People who are destructive of others will destroy or hurt them, either physically or psychologically. Their attitude toward the suffering of the world may be one of indifference. Such people will allow, sometimes encourage, the maiming, killing, and starving of helpless victims of political or social machines and do so without a sense of guilt.

—Muriel James, "Techniques in Transactional Analysis," p. 76