

TA Process Groups

Awareness. Authenticity. Wholeheartedness.

Groups permeate our lives—from families to classrooms to friendships, marriage, social groups and work colleagues, most of us are part of multiple groups throughout our lives.

The issues we most often struggle with in our lives are to do with how we experience our relationships with others – how we experience ourselves and who we are in the many ‘groups’ in our lives. Feeling unloved, isolated, unrecognised or misunderstood; feeling love, connection and loss, anger or rejection – all occur in relation to those who inhabit our various groups.

In this respect, a TA ([transactional analysis](#)) group can be a wonderful vehicle for deepening our self-awareness. A TA process group, as the name suggests, relies on the ‘process’ of the group and the interactions within it to provide the stimulus to examine what is going on within us – to surface our automatic patterns or, in TA terms, our habitual games and scripts. We are able to learn about the responses we invite in others, and also understand our own responses to specific emotions and situations. What happens to us when everyone is talking and we don’t get a chance to be heard? Do we feel angry? Do we withdraw? Do we feel sad and resigned because this is how life always is? Similarly, what happens when someone pays us a compliment? Do we believe it or regard it with suspicion? Do we feel embarrassed and brush it aside, or feel compelled to pay a compliment in turn?

The group acts as a microcosm of our relationships in general. In the presence of a facilitator who provides a safe, contained and caring space, and group members who are there with the same goal as us, our lifelong patterns have a chance to be explored with compassion and understanding. We can be helped to understand deeply what is going on with us – not just in theory but in actual experience – and have a chance to let new patterns of being and relating emerge.

Specifics of the programme

Each group consists of 8-10 people and meets for 2 hours once a week, currently on Zoom. Potentially there will be some groups that meet face-to-face for those who live in London; this will be confirmed once we know how things are shaping up with the pandemic. Some groups will continue online, and everyone is welcome to join these irrespective of where you live (time zones permitting).

I run the group in 12-week cycles and ask for a commitment from participants to attend once a week for the duration of each 12-week cycle. This provides a regular window every 12 weeks for some people to leave, and for new people to join the group. People are welcome to join for just one 12-week cycle or continue for several cycles.

Timetable for Autumn 2021 - Spring 2022

Day	Location	Time*	Dates
Sunday	Online	17.15-19.15	5 th September – 5 th December 9 th January – 17 th April
Wednesday	Online	10.00 – 12.00	16 th September – 1 st December 12 th January – 30 th March
Wednesday	F2F in London (depending on covid restrictions)	18.00 – 20.00	16 th September – 1 st December 12 th January – 30 th March

*UK time zone: We switch from BST to GMT in October and back to BST in March

The fee is £30 per session. For the online groups, I offer a sliding scale fee structure to make the group accessible to as many people around the world as possible. If affordability is a constraint, I invite you to choose what you can pay between £15 and £30 per session.

To register interest in the group please write to me at anjaliपुरी.akhaldans@gmail.com letting me know which days and time slots you prefer. We will run the group only if there is interest from at least 8 people for a particular time slot, and I will get in touch with everyone who has registered interest once I have confirmation of this.

About Transactional Analysis

Transactional Analysis is one of the most accessible yet powerful theories of psychology, designed to promote personal growth and change. It was founded by Eric Berne in the 1950s, and is based on the idea that all of us have three 'ego states' or states of thinking, feeling and behaving – the Parent, Adult and Child. Looking at our interactions with other people through this lens can be insightful, and help us understand what may be going wrong and creating stress in our relationships.

Also central to TA is the concept of the life script, which is essentially the way we learnt to adapt to our circumstances when we were growing up – the messages we internalised and the behavioural strategies we adopted to survive, which now seem to get in the way of living an authentic and wholehearted life. The goal of TA is 'autonomy', which is the ability to live free from script, taking responsibility for ourselves and making conscious choices that work for us here and now.

You can find out more about key concepts in TA and additional resources on the ITAA website [here](#). You don't need to be knowledgeable about TA to participate in the group. Learning TA concepts experientially is part of the group process.

About me

I am a psychotherapeutic counsellor and facilitator based in London, registered with the British Association of Counselling and Psychotherapy. I offer TA-based psychotherapy and counselling to individuals as well as organisations, working both one-on-one and with groups. If you would like to know more about my professional background and the work I do, please take a look at my website [here](#).