

Annual Congress on Mental Health

July 09-11, 2018 | Paris, France

Applications of transactional analysis in short term therapy



Rukhsana Khan

National Health Service (NHS)
Foundation Trust, UK

Short term therapy is suitable for an individual suffering from mild to moderate symptoms of depression and anxiety. Transactional Analysis strongly helps patients suffering from long term issues such as childhood traumas, abuse and elongated grief. Working as a Senior Counsellor in Primary Care, I have witnessed many remarkable recoveries, whilst utilizing key aspects of TA such as: Ego States, Injunctions, Counter Injunctions and strokes. Within my presentation I will be reflecting on my therapeutic practise, describing theories and their outcome measures.

Biography

Rukhsana Khan is working as a Senior Counsellor for National Health Service (NHS) Foundation Trust, Greater Manchester, UK. She has achieved a four year Diploma in Transactional Analysis Psychotherapy in June 2015 from Manchester Institute for Psychotherapy, UK. In addition, she has achieved a BA in Psychology and Economics from Pakistan. Her second degree was a BSc (Hons) in Psychological Studies from the University of Huddersfield, UK. She also holds a Post-graduate Certificate in Education (PGCE) from the University of Bolton, UK. Her success is based on her passion and diligence in building a career as a Lecturer in Psychology, a Counsellor and a Psychotherapist. She is currently studying her Professional Doctorate Programme (PhD), from Metanoia Institute, London. She has delivered lectures at GC University, Lahore Pakistan, private institutes in Islamabad, Mahidol University, Thailand and has also recently presented two lectures on Addiction and was a Moderator, in the '6th World Congress on Addiction Disorder & Addiction Therapy' held in Prague, Czech Republic in August 2017. Her last presentation was at Bahria University Islamabad on the key aspects of Transactional Analysis Psychotherapy in October 2017.

Rukhsana.Khan@bridgewater.nhs.uk

Notes: