

# Ideas About Change

Matthew Elton



# About Matthew

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Matthew has been studying and working with Transactional Analysis since 2002. He holds a Certificate in Transactional Analysis Counselling Theory and Skills and a Diploma in Transactional Analysis Counselling, both awarded by the Counselling and Psychotherapy Training Institute in Edinburgh.

He also has a strong interest in Narrative Therapy and has attended a range of narrative therapy training events including completing a Level 1 course in 2008. He lives and works in Edinburgh, combining a managerial role in the voluntary sector with a small private practice offering counselling for individuals and couples. He has a particular interest in working with writers and artists.

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Counselling, psychotherapy, and writing coach

[www.extra-help.org.uk](http://www.extra-help.org.uk)

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## APP: Obliquely Productive

### Download Matthews APP



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Ideal for tackling procrastination, writer's block and other productivity gremlins, Obliquely Productive serves up nuggets of advice to help you get going when focus or creativity have left you in the lurch.

The app provides advice in small doses and in (nearly) random order. The aim is to help jolt you sideways into a more productive day. Flip a card over for further details. If you like a nugget, you can share it with your pals via facebook or email.



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# UK Transactional Analysis Conference.

**\*FREE\*** **Keynote and Workshops** **\*FREE\***  
**Friday 10th April 2015**

9.00am **Mark Widdowson: Strengthening the working alliance**

10.00am **Giles Barrow: Vulnerability Quotient**

11.00am **Karen Minikin: Radical Relational Psychiatry: Towards democracy of mind and people**

12.00pm **Prof Charlotte Sills : Relational Principles in Coaching, Therapy and Supervision.**

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