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#TATuesdays

TA and Spirituality

Barbara Clarkson



About Barbra

Barbara is a PTSTA based in Leeds and Edinburgh. She is the Director of Physis Training. She is fascinated by how most human beings seem to be motivated to grow towards health even in the most dire circumstances, and with the resilience demonstrated by so many people who have experienced traumatic and devastating life events.

Her original interest in TA was inspired by Berne's concept of Physis, and she has a passion for exploring how theories from other modalities and other belief systems can link with TA concepts and enable us to broaden our awareness of the range of human experience, from the magical and mysterious to the mundane.

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TA and Spirituality Handout & Reading List

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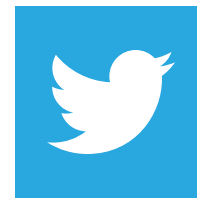
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