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Recenzja książki Jaroslava Barta "Vybrané kapitoly z transakčnej analýzy", Wyd. Tlačiareň Kubík, Námestovo 2013

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Tekst jest udostępniony do wykorzystania w ramach
dozwolonego użytku.

**RECENZJA KSIĄŻKI JAROSLAVA BARTA
VYBRANÉ KAPITOLY Z TRANSAKČNEJ ANALÝZY,
WYD. TLAČIARENĚ KUBÍK, NÁMESTOVO 2013.**

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The author in a publication devoted to transactional analysis, as one of the methods of psychotherapy. Problems of psychotherapy is currently very hot topic, as it reflects the growing number of individuals who seek help psychologists and psychiatrists. The current hectic lifestyle puts great demands on the human psyche and in certain life situations, many can not handle this pressure without professional help. Despite the significant positive shift in the perception of the need for psychological and psychiatric assistance in Slovak society still persists in many shame that they need this help, and it seems that despite the development of society and thinking there is still a negative attitude towards people who use professional help. Such an attitude is the result of a low degree of knowledge on the issues of the human psyche to the public, which persisted from the previous regime, when this topic not discussed openly, but it is also often the result of incorrect posture and misunderstanding of people with mental health problems.

It is for these reasons above publication is vital as readers submit some basic themes of transactional analysis, which found its use in both group and individual psychotherapy, in psychological counseling, education and self-education, and in psychological work in organizations. It is gratifying that the author of a book on transactional analysis is a theologian who in this way also points to the fact that theology and psychology can work together.

Author in the introductory part of the paper the importance of social relationships and all kinds of support (positive and negative) that have impact on the attitudes of individuals. A substantial part of the work is devoted to analyzing the structure of personality, analyze transactions, structuring of time and environmental analysis plan. Author of the work address the issue of psychological games that he said, are the subject of specific, large-scale studies. However, short game approach would be of great benefit, because it would give the reader a more comprehensive view of transactional analysis. Nevertheless, peer-reviewed publication of an important tool for college students management, pedagogy and social work. It can also recommend the students of social services and counseling, and certainly finds application also in other fields of study that prepare students for helping profession. Publication except students certainly welcome all who are

interested in issues of psychology and psychotherapy, because it will find well prepared selected topics of transactional analysis.