PREFACE

I became acquainted with Transactional Analysis as a valuable technique of counselling while studying the optional paper ‘Guidance and Counselling’ during the final year of my Post-Graduation. Later while doing B.Ed. and then IGNOU’S ‘Certificate In Guidance’ (CIG) course, I came to be more and more interested in the techniques and tools of helping students in Elementary School/Preadolescent age.

When I told my Guide about my keen desire to do research in the area of counselling preadolescent students, he told me about ‘Project Self-Esteem’ (PSE) programme that is based on the Principles of Transactional Analysis and has proved highly successful in enhancing Self-Esteem of children in USA.

First of all I bow my head in deep reverence to the Almighty for sustaining me during hours of crisis and leading on to the completion of the work undertaken.

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