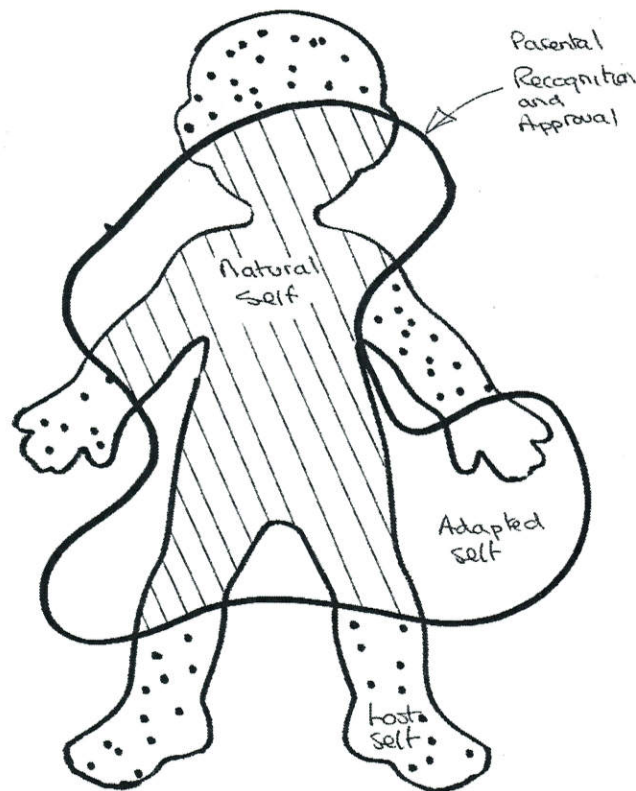


Working With The Inner Child

Here are some ideas to work with clients who have longstanding wounds from their past that are keeping them stuck. They may be stuck in anger, depression, criminal behaviour from past resentments, anxiety, social phobia, shyness, fear etc. that may stem from childhood hurts or trauma.

A basic sense that there are parts to us that we have undeveloped or lost due to parental approval or lack of. Without a mirror of adult attention we can flourish or have no recognition of ourselves so we grow up without a sense of self, "I do not know who I am".



Using the TA approach ((Transactional Analysis) we can see the person as having a **parent** voice inside them, an **adult** voice and a **child** voice.

There are positives and negatives with each and each one can be at a different emotional / maturational age, critical, controlling, limiting, caring etc.

Most people exhibit a strong inner critical parent with a lot of should and musts. A parent who traumatised a child can lead chaotic messages with no or inappropriate boundaries. Traumatized adults usually have an inner child who is hiding and fearful.