

Inner Child Work

Some clients have asked me about working with their “Inner Child”, having heard the term in books, on-line or in the media. It sounds rather strange, and perhaps a bit mystical or left field, yet it is simply a way of working that helps you understand behaviours and feelings in your life that leave you mystified, or stuck.

What we mean when we say inner child is that we are accessing a less “rational” or adult part of ourselves: like the times we react to others in ways that seem child-like. One example would be a fearful reaction you experience to a situation that your head says, “Don’t be silly! It’s only...” or when you find yourself not coping as well.

So, in counselling, we would begin to look at what is going on for you. What is the feeling? I would be encouraging you to feel the feeling rather than judge it or push it away as something silly. I guess it is all about respecting the feelings you have, rather than dismissing them. It’s also about having a belief that all our actions and reactions make sense: it’s just that we don’t have all the information yet. Working with the Inner Child enables you to access the truth of what is, rather than retreating to what you wish it was.

This kind of counselling is deeply respectful of you in all of your complexity; it presupposes that you are able to work things out, that you have the resources. It is my job to facilitate you in accessing all your inner resources. This approach also encourages you to be kinder to yourself, to resist going into self-condemnation or avoidance of your own internal experience.

In my experience, working with the Inner Child can be a tool which helps clients move ahead in life feeling more aware, and having more resources to cope. Of course this tool is only used when it feels ok for you, the client. It is not something that is “done to you”; it is something you choose, or don’t choose, to explore.