

Contacting and supporting your inner child through imagination and movement

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Learning how to be with an inner child experience in a healing manner is an essential part of our Focusing approach in psychotherapy and personal development.

A key feature of our inner child work is to support the person's ability to sense both the child's feelings (such as anxiety or shame), and the adult self's empathic and caring movement toward the child at the same time at different places in the body.

First we move from a murky body sensation (connected to a reoccurring structured bound reaction or feeling) to an image of a situation where an inner child emerges being stuck in or facing a difficult situation in the past.

After sensing the bodily space of the child's experience we go on to sense the inner resonance inside "me as the adult person sitting here" to the child that has appeared. When there is warmth, empathy and engagement felt in the adult person's body, we can go on to find out what "I being adult" can actively do to for this child. This might be keeping company, offering heartfelt understanding, expressing acknowledgement and love, answering a question - finding some helpful steps that you can do in your imagination space for this inside appearing child e.g. leaving the situation with the child in your arms.

Sometimes we may contact an inner child who is just feeling happy, full of energy and playfulness - this one often needs the adult person to just appreciate and join in and feel these qualities again because they maybe got lost in the actual life situation.

Learning to listen and care for an inner child enhances self empathy and self efficiency, and over time these refilling experiences will change the background feelings into lightheartedness, trust, self esteem, curiosity and... This also enriches and strengthens you in your adult life of today.

We would like to offer three structured exercises, that include both imagination and movement, which will enable you to contact your inner child safely, and support it. These practical tools can be applied in Focusing on your own, in partnerships and in psychotherapy.

More Info: see an article in German <http://www.psychologischeszentrum.de/app/download/16340964/InneresKindartikel..pdf>

Sybille is working in Boppard, Germany as clinical psychotherapist, supervisor and Focusing coordinator. She teaches Focusing to facilitate professional and personal growth since more than 20 years and combines it with systemic methods, body-centered mindfulness, dream work and creativity f.i. therapeutic dance, and she is just starting exhibitions as a painter.

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