

The first part of any problem that I must solve is that which is between me and me.

An innovative approach to resolving problems
and facilitating personal growth work.

AN INTRODUCTION TO
INTRAPERSONAL THERAPY
PSYCHOTHERAPY SESSIONS AND WORKSHOPS

THOM RUTLEDGE, LCSW

Intrapersonal psychotherapy directly addresses each person's unique internal structure of consciousness with metaphor, active imagination, role play, psychodrama, journaling, visualization, and other creative methods. Based on an understanding that the nature of consciousness is multiple, rather than singular, a client is guided to translate perceived interpersonal and situational conflict into intrapersonal problem definitions. The philosophy of "healing from the inside out," is pivotal to this therapeutic approach.

BOOK AN ONLINE
CONSULTATION w/ THOM

Thom is now available for online video consultation. If you think that INTRApersonal approach might be helpful, in the span on one session (usually 90 minutes) he can help you to formulate a clear problem definition in his model and formulate a plan to put you back in charge of your own life.

Intrapersonal relationship dynamics, in most cases, accurately mirror a person's relevant interpersonal patterns. For instance, a person who is in a negative relationship with others who are critical or condemning of her will be guided to explore an intrapersonal relationship between her authentic self and some sort of "inner-bully" that agrees with external criticisms. Or, a person experiencing an addiction or an eating disorder is taught to see herself "in relationship" with a personification of her "inner-culprit."

Intrapersonal therapy focuses on these internal "codependent" relationships, with the intention of strengthening the client's ability to differentiate "self" from "problem," and teaching him to use the ability to make such a distinction to accept full responsibility for decision making in his life. By personifying inner "characters" to represent conditions and problems such as addiction, eating disorder, anxiety, excessive self-criticism, the therapist is able to bring to light cognitive patterns that inhibit growth and change. By teaching clients how to identify and separate from "toxic" characters (negative beliefs about self and/or environment) and how to create --- or enhance --- "positive," supportive characters, intrapersonal therapists are able to help the client discover, define and develop (called "3-D" process) an authentic identity that includes both strength and appropriate vulnerability.

If you, or someone you care about, has an interest in Intrapersonal Therapy, visit Thom's web site --- www.thomrutledge.com -- or contact him directly at thomrutledgeauthor@gmail.com.

THOM RUTLEDGE is a psychotherapist in Nashville, Tennessee. He is the author of several books, including *Embracing Fear*, *The Self-Forgiveness Handbook*, *Earning Your Own Respect*, *The Greater Possibilities* and *What Love is*.

