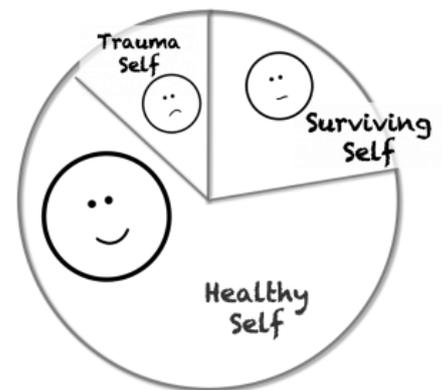


## Sessions for Parents

Parents create the psychological holding environment for their children, from birth through to adulthood and no matter what age the children are. When two people come together to create a baby, a unique connection is created, and whatever happens in the lives of those three people that connection will always be a fact! Together with genetic make-up which the parents pass on to their children, the parents also have their own psychological make-up. The psychology of the parents (and especially the mother) is one of the first encounters the baby has when it is born. The nature of the bonding and attachment of the baby, and its early childhood experiences form a fundamental blueprint for the baby's own psychology.

So to some extent, the psychological structures of a son or daughter are moulded by their parents, and can sometimes reflect unexpressed emotional trauma from early childhood; and/or unexpressed emotional trauma within their parents, or the wider family system.

When a human being of any age experiences emotional overwhelm, and feels helpless to relieve the overwhelm, a subconscious trauma emergency process is activated. The overwhelming physical and emotional sensations are 'split off' and stored in the subconscious. The split off trauma imprint can however affect the mind, body and Identity of the individual, and can be triggered later and create conditions like anxiety, depression, personality disorders (e.g. ADHD, Bipolar, OCD), addiction (e.g. drugs/sex), eating disorders, bingeing behaviours and insomnia, to mention just a few.



For parents who wish to support a son or daughter to develop a healthy and adaptable psychology, the best gift they can give them is to explore their own inner psychology. This may entail exploring experiences the parent has encountered in their adult life, or issues encountered in their own childhood. Working sessions therefore do not focus on the 'symptoms' the daughter or son is exhibiting, but rather on the parents as people in their own right. By focusing on their own emotional and psychological wellbeing, parents create an 'inside-out' way of supporting their children. When parents embark on such self development they create new healthy structure for themselves, and sons and daughters benefit from a calmer and clearer connection.

Each working session is an **exploration**, where parents can address their own concerns about themselves', which may include parenting issues. The **Intention Method** based on the IoPT trauma theories of Professor Franz Ruppert are the basis of sessions. Sessions provide a space for parents to illuminate some of the unconscious internal dynamics that are manifesting, and these can include their relationship and nature of connection with their daughter or son. This is a means of expanding a parent's self-insight and promotes the strengthening of their own healthy structures, which then flows into how they are as a parent.

Parents can choose to come together for sessions, come as individuals or have a series of joint and individual sessions.

