

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

*Thom Rutledge, LCSW
Author of Embracing Fear*

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

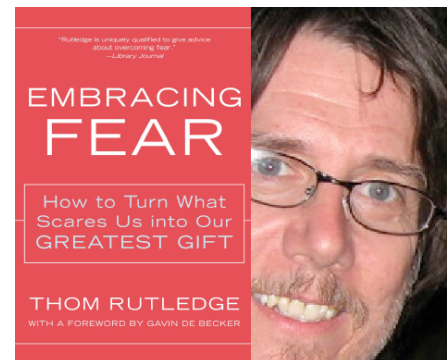
AN INTRODUCTION TO INTRAPERSONAL THERAPY

PSYCHOTHERAPY SESSIONS AND WORKSHOPS

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.

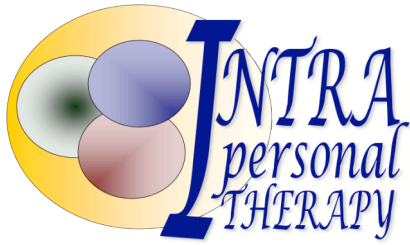
Intrapersonal relationship dynamics, in most cases, accurately mirror a person's relevant interpersonal patterns. For instance, a person who is in a negative relationship with others who are critical or condemning of her will be guided to explore an intrapersonal relationship between her authentic self 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 thomrutledge@earthlink.net.

THOM RUTLEDGE is a psychotherapist in Nashville, Tennessee. He is the author of several books, including *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*, and serves on the advisory board of MentorCONNECT, the first global online eating disorders mentoring community. For more information, visit www.nutshellwisdom.com.



KEYNOTE PRESENTATIONS, PROFESSIONAL TRAINING & EXPERIENTIAL WORKSHOPS

Thom is available to do a variety of presentations about his INTRApersonal Therapy. Contact him (thomrutledge@earthlink.net) if you are interested in one of these programs:

INTRAPERSONAL INTRODUCTORY WORKSHOP

This is a one day workshop with didactic presentation about the basic philosophy and methodology of INTRApersonal Therapy, with Thom demonstrating the work, and with some experiential group participation.

INTRAPERSONAL OPEN WORKSHOP

This workshop can be done as a one-day program or as a Friday evening/all day Saturday program. Explanation and demonstration of philosophy and methodology is included to welcome first-time participants, but the majority of this workshop is experiential INTRApersonal work facilitated by Thom and experiential group exercises. Open Workshops are focused on personal work that participants bring to the group, designed for participants to attend on multiple occasions, getting something different from the experience each time.

PROFESSIONAL TRAINING WORKSHOP

One day workshop for professional counselors, therapists, social workers, etc. Similar to the Introductory Workshop, in presentation of basic philosophy/methodology of INTRApersonal work, but with explanation of strategies and techniques for working with clients in individual and group settings. The Professional Training Workshop does include experiential group participation, and can involve some personal therapeutic processing. (Thom insists that, as professional people-helpers, we must not ask our clients to do anything that we would not be willing to experience ourselves.)

OPEN WORKSHOPS IN NASHVILLE

Beginning in 2010, Thom will offer Open INTRApersonal Weekend Retreats at the Onsite Workshops campus, just outside Nashville, Tennessee.

TO SCHEDULE OR ATTEND A THOM RUTLEDGE WORKSHOP:

Your can reach Thom directly at thomrutledge@earthlink.net or 615-327-3423. E-mail is preferred.