



## Inner Child

Autor/in: [Dipl.-Psychologin & Heilpraktikerin Juliane Gerstberger](#)



In the course of body-psychotherapy, it may be such that we start the feelings, emotions, postures, etc. relive our childhood. We feel and express ourselves as we have done as a child - in response to the situation we found ourselves at that time. Often, this situation was difficult. Our needs and expressions of life were not exercised appropriately and answered. To secure the survival in this situation, we have developed strategies than children who were at that time absolutely necessary. Today, these patterns of behavior rather be counterproductive and hinder us in our self and in relationships with other people.

Sometimes to keep the feelings of the inner child (anger, grief, resignation, fear, need) for many years, decades or exercise in the form of frozen postures, breathing shallow and limited ability to own and express emotions and feelings. We take this often perceived as chronic tension, muscle and joint pain.

It may also be revealed in the form of limitations in our self-expression, in ever-recurring bad experiences, in complete resignation (depression) or other mental limitations.

In the therapeutic situation, I create a space of openness, security and appreciative acceptance of the emotional situation of the inner child. The confused, suspicious, needy, unhappy child can feel seen, perhaps for the first time in his life and win back by and by, perhaps a little confidence. It follows perceive the possibility for the child to place on the frozen feelings for years to express his needs and limitations and learn to express and to gradually open for offers of protection, care, support and security.

Over time, the other side of the inner child - the archetypal, all the inherent human inner child will be brought back to life. This lively, creative inner child who feels joy in life, are welcome moves, dances, sings, and in many ways, likes to say. This child also loves to explore the world to learn, to invent things and it has a deep trust in themselves and the world. If you feel this inner child in themselves, can also recognize their needs and integrate them into his adult life. In this way is self-healing possible.

Die in diesem Verzeichnis vorgestellten Therapien und Methoden werden zum Teil seit Jahrhunderten praktiziert und sind auch in heutiger Zeit in Kursen und Seminaren unterrichtet worden. Sie können bei gesundheitlichen Problemen Rat und Hilfe eines Arztes nicht ersetzen. Der Betreiber dieses Verzeichnisses übernimmt keine Haftung für Schäden, die sich aus dem Gebrauch oder etwaigem Missbrauch der hier vorgestellten Therapien und Methoden ergeben.

Alle Inhalte dieser Website copyright ©Heilverzeichnis/Heal24.com und der jeweiligen Rechte-Inhaber. Weiterverbreitung der Inhalte ohne vorherige schriftliche Genehmigung ist nicht zulässig. Alle Rechte vorbehalten