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Since my childhood I have been fascinated by different sides of people, questioning their realness. Some were quite frightening, while others delighted me. In those years I did not of course understand that this is just the normal human way of being. We do actually have different parts that we are connected to. Some have our preference, - often they carry our more positive feelings while others can be disowned or neglected, because they associate us with fear or shame or we associate them with fear and shame

Along our path, as we grow, these parts can become quite dominant because we come to believe that this is who we are, what we think, and furthermore how we shall participate, build our future. We identify with what we in Voice dialogue call '**primal selves.**'

Everyone has their own history based on experiences, background, religion, class and nationality. So our selves also have developed accordingly and so also our belief systems.

Everyone recognizes the phrase: This is just how I am or it's just my nature. But is that who we really are or is that just a fraction of who we could be?

Here some examples of Primal Selves

The inner critic: This part is most commonly referred to as our negative side; we are never good enough, lazy, we don't live up to the standard ...

The Judge: The part in us that compares with others all the time and also is judgemental about others.

The perfectionist: Hard worker who demands only the very best.

More than often these three are related and therefore even more suited to form our identity.

These parts of us are very valuable because without them where would we be? But also because we are so identified with them, we lose our connection with other parts of us.

Here some that may be disowned:

The inner child: The part that carries our playfulness, creativity, adventure, daydreams, and longings. Actually we can say all that is connected to emotions.

The inner child is also our connection to a more spiritual self: **The Portal to the Soul.**

Our 'roots' lay here and like a tree, if not healthy it will not fully grow and so we do not use our full potential.

The aim is to embrace all so that our horizon will expand, more clarity in vision. Other choices can be made if we move out of our 'habitual consciousness'.

People are different and everyone is unique. We, the client and myself, shall work together, addressing the issues and designing that which fits best. I work with methods from different systems most based on a Jungian perspective but also inspired by energy work, embodied imaginary, body and soul, mindfulness and meditation.

- Counselling couples in communication and bonding patterns
- * Trauma and inner child work – Losing fear and regaining faith and bringing 'home' The inner child.
- * Eating disorders – Anorexia- Bulimia –Obese Learning how to cope without diets
- * Stress and anxiety. How to carry responsibility without overloading yourself
- Empowerment and developing more body-awareness and self-esteem
- Learning new ways of conducting your life, your future and wellbeing.
- Setting healthy appropriate boundaries
- Learning to love without losing yourself
- Being identified with the inner critic and all that goes with it and how to rebalance
- Desire to learn more and finally embrace all sides of yourself