

The aim of this dissertation is to investigate and address the parts of self known as Configurations or Sub-Personalities, with a particular emphasis on the component generally acknowledged as, "The Inner Critic".

This work is divided into three segments: my Rational for Practice and Philosophy which describes both my personal philosophy together with a definition of how and why, as a therapist, I work in the way I do; the second part is a literature review investigating the history and development of my chosen subject Configurations of Self and the Inner Critic; and the third part is a case study which describes my clinical work with a client.