

Abstract

My chosen topic, An Exploration of Experiencing the Inner Critic came from the discovery of my own inner critic, and the impact it had over my life.

The Rational for Practice, outlines my beliefs as a Humanistic and Integrative therapist. I investigate where, I believe, the critical voices of the inner critic begin to develop within the formation of Self, and where disturbance and change can occur. I outline theories that I integrate into my practice, whilst acknowledging my own competence in working with clients.

My Literature Review is a journey of discovery due to the lack of literature on the term Inner Critic. It reveals how I began to identify other terminology, for what I believed to be, the inner critic.

In my Case Study, I demonstrate how I identified, what I believe to be, my clients inner critic. I explored how it developed from introjects from the people she loved, and how it prevented her from having a voice. This section also shows how change occurred as a result of our therapeutic relationship.