

# **intrapersonal** **change process** **with thom rutledge**

An innovative approach  
to resolving problems &  
facilitating personal growth.

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

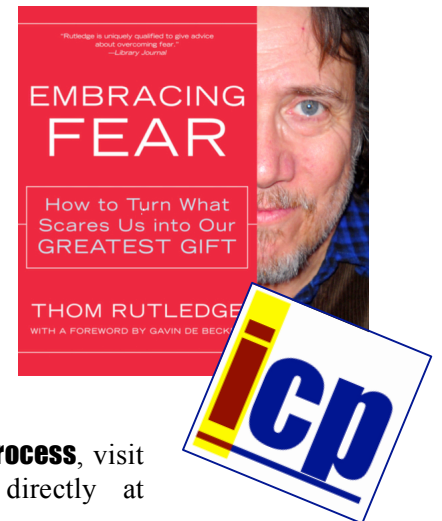
## AN INTRODUCTION TO **intrapersonal change process** PSYCHOTHERAPY SESSIONS AND WORKSHOPS

**Intrapersonal change process** 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 change process** 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 change process**, visit Thom's web site --- [www.nutshellwisdom.com](http://www.nutshellwisdom.com) -- or contact him directly at [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net).



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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 *Simple Truth: Ideas & Experiences for Humans from Less than Perfect Families*. Thom has consulted with The Dr. Phil Show and has been featured on NBC's Today Show, FOX News & CNN. For more information, visit [www.nutshellwisdom.com](http://www.nutshellwisdom.com).