

What is Parts Therapy and how can it help?



Parts Therapy is a therapeutic approach based on the idea that the mind is made up of different "parts" or subpersonalities, each with its own thoughts, emotions, and motivations and that when you experience inner conflict (e.g., part of you wants to change while another part resists), different aspects of your subconscious mind is at odds. The goal of Parts Therapy is to facilitate communication between these parts, helping them work together rather than against each other.

Everyone Has Parts

The subconscious mind consists of different aspects that serve various purposes (e.g., a protective part, a critical part, an inner child).

All Parts Have Positive Intentions

Even seemingly negative parts (such as self-sabotage or fear) often act out of protection or survival instincts.

Integration and Resolution

By understanding and negotiating between parts, people can resolve inner conflict, release limiting beliefs, and achieve harmony.

There are various styles of delivering Parts Therapy.

The way I work, is that we plot out on a map of the room, the different parts of you that seem to be prominent in relation to a specific situation or event that is bothering you.

I then ask you to step into the various parts and speak from that part. By doing this, each part is given the opportunity to express themselves. We then we work on negotiating with various parts that may not have been heard, or who may be dominant, to restore balance.

What Parts Therapy can help with

- Improve self-confidence and self-worth
- Overcome fears, phobias, and trauma
- Resolve procrastination or self-sabotage
- Heal emotional wounds from the past.

