



Deep Release Online
Professional Training for Counsellors

Taming the Inner Critic



*Let's go over all
the awful things
you've done since
childhood...*

*You're going to
screw it up big
time...*

*Who do you
think you are?*

*Why did you
say that?
What got into
you?*

*You said Yes, when
you should have
said NO. What's
WRONG with you?*



THEORETICAL UNDERSTANDINGS

- Freud
- Transactional Analysis
- Person Centred Counselling
- Gestalt
- Cognitive Behavioural Therapy
- Inner Child concepts
- Maslow's Hierarchy of Needs
- The Superego
- The Critical Parent ego state
- Conditions of Worth / Configurations of Self
- Introjection / Sum of the parts
- Negative Automatic Thoughts
- Developmental deficit / Trauma, Abuse, Neglect
- Developmental deficit

How do I make sense of what's going on?



Which way of working do I choose?

WHAT IS AN INNER CRITIC?

- Popular psychology term
- Google 'inner critic' – 34 million results!
- Personifies our negative thoughts and judgements about ourselves
- It's (in part) an accumulation of childhood messages
- In some way we heard that we were...
 - *Not enough*
 - *Wrong*
 - *Hurtful*
 - *Inadequate*
 - *Bad*
 - *Stupid*
 - *Careless*
 - *Thoughtless*
 - *Pathetic*

Internalised

Actual or Perceived



*You're pathetic,
fat, stupid,
hopeless, unkind,
a nuisance, ugly
Nobody likes you!
You don't fit in!
You should be
ashamed of
yourself*

IC = INNER CHILD



IC = INNER CRITIC



WHAT'S THE UNDERLYING MESSAGE?

Think of the people in the world who are really suffering!

It's your own fault, you didn't check it out, you didn't **THINK!**

PULL YOURSELF TOGETHER!!

You've nothing to be unhappy about!

You never LISTEN!!

You'll never amount to anything if you go on like this!

Why must you always be so DIFFICULT!?

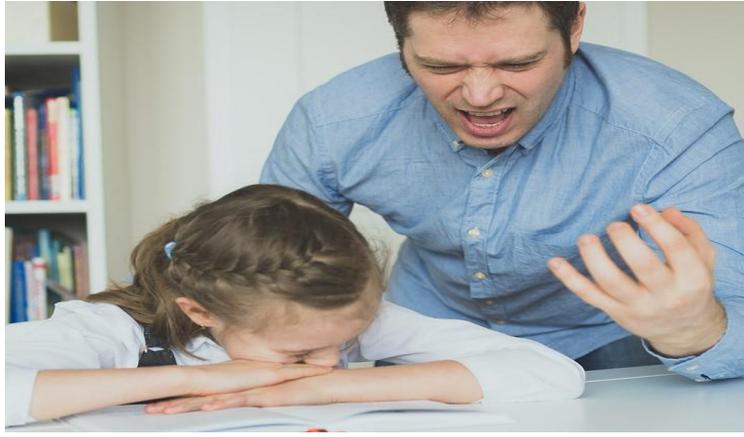
Everyone is getting fed up with you!

Just do what they want and get on with it! Stop making a fuss!

If you're not careful people will start getting really angry with you!

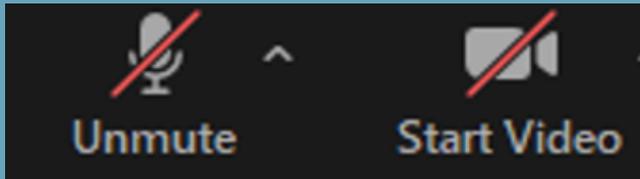


INTERNALISING A CRITICAL VOICE



KAY'S STORY

Please Stop your Video for
better sound and sync –
thank you



TIME TO DRAW YOUR INNER CRITIC!



Please use your phone to send a photo of your Inner Critic to:
jeremyacott@gmail.com

Share in Buddy Groups

1. Share your Inner Critic drawings with one another (optional)
2. How does your own Inner Critic affect your life and relationships?
3. How easy do you find it to share this? What feelings are you aware of?

15 minutes



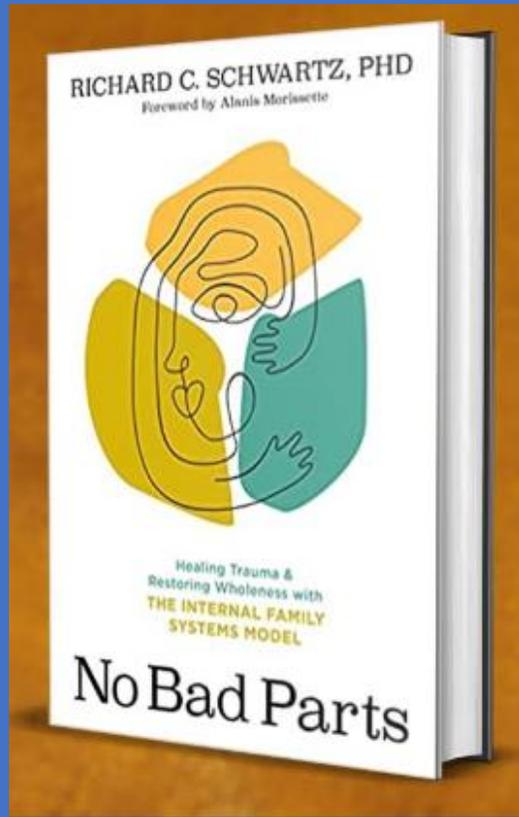
Take a Break



See you in 5 minutes!

Internal Family Systems

Richard C. Schwartz PhD



“Aspects of Self” training video from pact-resources.co.uk

INTERNAL FAMILY SYSTEMS

Jay Earley and Bonnie Weiss are experienced IFS practitioners, and they have identified 7 types of inner critic:



- **The Perfectionist** - *Don't stop till it's 100% perfect, then you'll be ok!*
- **The Slavedriver** - *Try harder! Work harder! Don't be lazy!*
- **The Inner Controller** - *Shame on you for eating all that chocolate!*
- **The Guilt Tripper** - *How could you have done that / said that!*
- **The Underminer** - *You can't do that! Who do you think you are?*
- **The Moulder** - *Don't be different! Be who people want you to be!*
- **The Destroyer** - *You are worth nothing – why are you even alive?*



The Perfectionist

Don't make mistakes!



The Slavedriver

Work harder! Try harder!



The Guilt-tripper

You're not a nice person

Let's remember what you did
... when you were 7
...when you were 27
...at that party
...when you upset that student
Everyone else remembers!



The Inner Controller

Get a Grip!



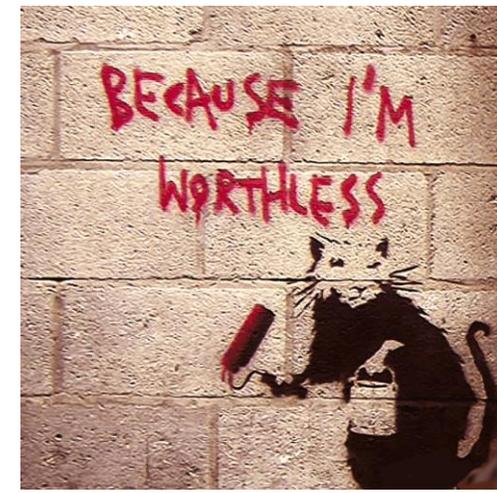
The Underminer

Don't even Try!



The Moulder

Do what they want!



The Destroyer

Just give up...

WHY THE INNER CRITIC TACTICS DON'T WORK

“If the Inner Critic catches all our mistakes and inadequacies before anyone else does... there is nothing about us to displease anyone, and we will be safe from criticism.

Unfortunately, by the time the Inner Critic is finished with us, our self-esteem is shot to pieces, and we feel totally unlovable...

We then go back to our old friend, the Perfectionist, and work even harder to make ourselves acceptable.”



CREATIVE INTERVENTIONS: WORKING WITH NESTING DOLLS



THE PROTECTOR CONTROLLER

- As young children we learn quickly what brings rewards, pleasure and approval from our carers
- We also know what kind of behaviour results in their being disappointed in us, earning disapproval and punishment
- We develop a “Protector Controller” who starts to take control to keep us safe

- https://voicedialogueinternational.com/articles/Embracing_All_Our_Selves.htm
- Lucia Capacchione, Recovery of your Inner Child



THE PROTECTOR CONTROLLER'S TEAM



BE PERFECT!



**PLEASE
ALWAYS**

What you did was wrong – you are a bad person

You have really disappointed your parents and God

You've upset and hurt people – you are unkind

How could you have been so **STUPID!**



PERFECTIONISM - PERFORMING - PEOPLE PLEASING

I will stop you from doing anything that might go wrong

I will constantly warn you of the consequences

I will keep you away from risky relationships

I am doing this for your own good!!



AND DON'T WORRY.....

We are doing this to protect you and keep you safe!

I will stop you from doing anything that might go wrong



I will constantly warn you of the consequences



I will keep you away from risky relationships



I am doing this for your own good!!



Take a Break

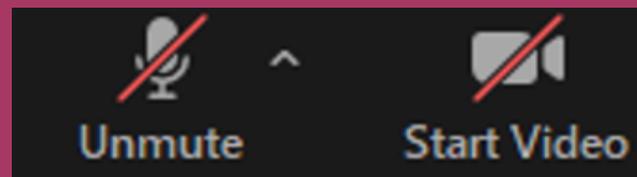


See you in 5 minutes!



JACKIE'S STORY

Please Stop your Video for
better sound and sync –
thank you



TWO BASIC APPROACHES TO WORKING WITH THE INNER CRITIC



The Inner Critic is a negative voice that should be challenged and defeated

The Inner Critic needs to be understood, befriended and transformed

Maybe a mix of both?

DEFEAT THE VOICE!

The Voice is an enemy to be overcome

VOICE THERAPY, Dr Robert Firestone, Tamsen Firestone

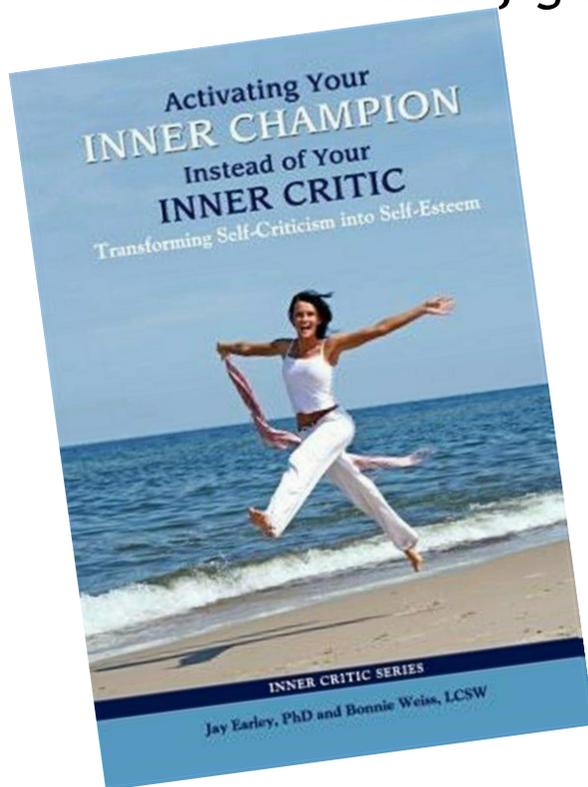
1. Verbalise the voice in the 2nd person : *“You are such an idiot”, “Don’t go for that job interview, don’t humiliate yourself!”*
2. See if you can trace the original source of the Voice, eg: *“That’s my mother speaking!”*
3. Answer back emotionally (eg get angry) and describe yourself objectively – get a realistic picture of yourself
4. Recognise how the Voice affects you and controls your behaviour
5. Disagree with the Voice and take action



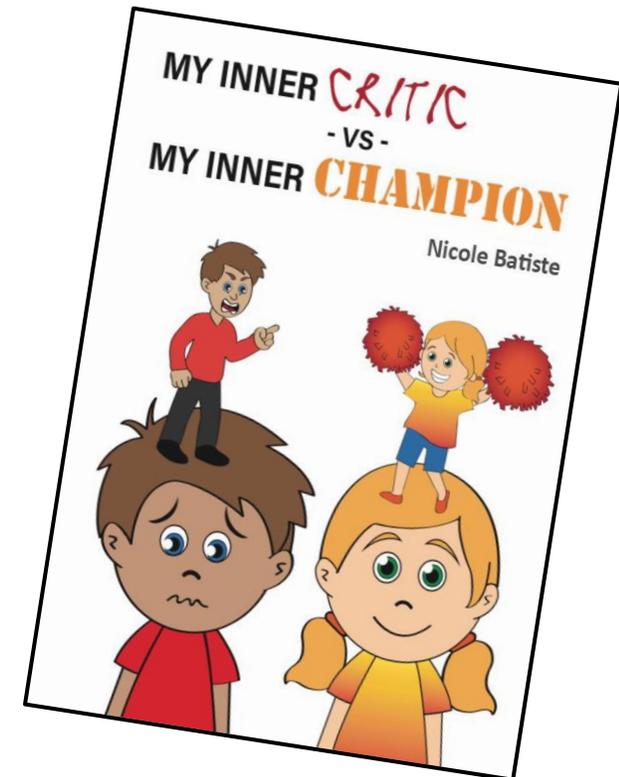
The Inner Critic is to be befriended and transformed

Jan Early and Beth Weiss, Internal Family Systems

“When you go inside and actually get to know an Inner Critic part ... it’s surprising to learn that it is actually trying to help you (even though it is really causing trouble). This makes it possible to make a personal connection with a Critic rather than fighting it, and this helps it to let go of its judgments.”



Find your
Inner Champion!



UNDERSTANDING AND HAVING COMPASSION FOR THE INNER CRITIC

“In IFS, you never have to fight with a part or try to get rid of it. You can develop a trusting relationship with it and help it to relate to you more constructively.

Through [building a] relationship with our Critic, it can soften and become less harsh.”

“Hearing its concerns and pains might lead to your Inner Critic needing to express itself less.”
(Katz)



BEING COMFORTABLE WITH YOUR INNER CRITIC

- We can be more comfortable with negative messages than positive ones
- We develop a kind of security with the Inner Critic – it's familiar and can be weirdly 'safe'
- It is actually keeping us 'safe' – but it is really **over-control at the expense of our true self**
- Changing is scary
- Stepping into believing –
 - **we are actually doing fine**
 - **we are actually ok**
 - **it's healthy to receive and believe praise**
 - **it's healthy to have balanced self-worth**
- can be a long journey that can feel risky



Share in Buddy Groups

1. In your own experience, have you found it most helpful to dismiss, or to get to understand your Inner Critic?
2. Explore your responses to Jackie's testimony and how you relate to it

15 minutes



Take a Break



See you in 5 minutes!

WHEN? HOW? WHERE? WHO?
WHAT? WHEN? WHERE? WHAT?
When? WHERE? ANY WHERE? WHERE? When?
When? WHERE? ANY WHERE? HOW? WHEN? What?
QUESTIONS? What? When?
When? WHY? WHEN? WHERE? What?
HOW? WHY? WHAT? When? Where?
HOW? WHEN? WHAT? Why? WHEN? WHERE? When? Why?
HOW? WHEN? WHERE? When? Why?

CREATIVE INTERVENTIONS : USING ANIMALS

**WALLY THE
WOUNDED
DOG**



*How COULD
you?*

*You're in
SSSSOOOO
much trouble*

**SSSID THE
SSLITHERY SSSNAKE**



*Aaarrgh!!!
What were you
THINKING!!!*

**DILLY THE
DILOPHOSAURUS**



IDIOT!!!!

**LEONARDO
THE LION**



WORKING WITH CLAY

Please Stop your Video for
better sound and sync –
thank you




Unmute


Start Video

"GHOST" REVISITED!



- What is your Inner Critic saying?
- What sort of situations trigger it?
- Where did it come from?
- How do you feel about it?
- If you could change something what would you change, and how would you do that?
- What does your Inner Critic need?
- What is that part protecting?
- Is there a worry that that part has?



Your Turn!

Please use your phone to send a photo of
your Clay Inner Critic to:
jeremyacott@gmail.com



Share in Buddy Groups

1. Share your clay Inner Critics with one another
2. How do you feel about the creative intervention Jackie shared?
3. Be as honest as you can

15 minutes



Take a Break



5 minutes

RELATIONSHIP MATTERS!

The Importance of the Counsellor-Client Relationship

- Encounter, not Invasion
- Working at the client's edge of awareness
- Work with what comes up

NOT: "Ooh, I think I can see an Inner Critic in there!"

The 'felt sense' of what is just becoming accessible to them

"I feel like giving up...."

"Something in you feels like giving up?"



Working at relational depth in counselling and psychotherapy, Dave Mearns, Mick Cooper (2005)

Gendlin – Focusing – Edge of Awareness

RELATIONSHIP MATTERS!

The Importance of the Counsellor-Client Relationship

The client is a person, not a project

- We don't call the client's world into question when they don't see it that way yet
- Beware of being 'clever'
- Work on our own stuff – touchstones of experience
- Timing is everything – we earn the right to express our opinion



Share in Buddy Groups

Say goodbye

Exchange details if you wish

5 minutes





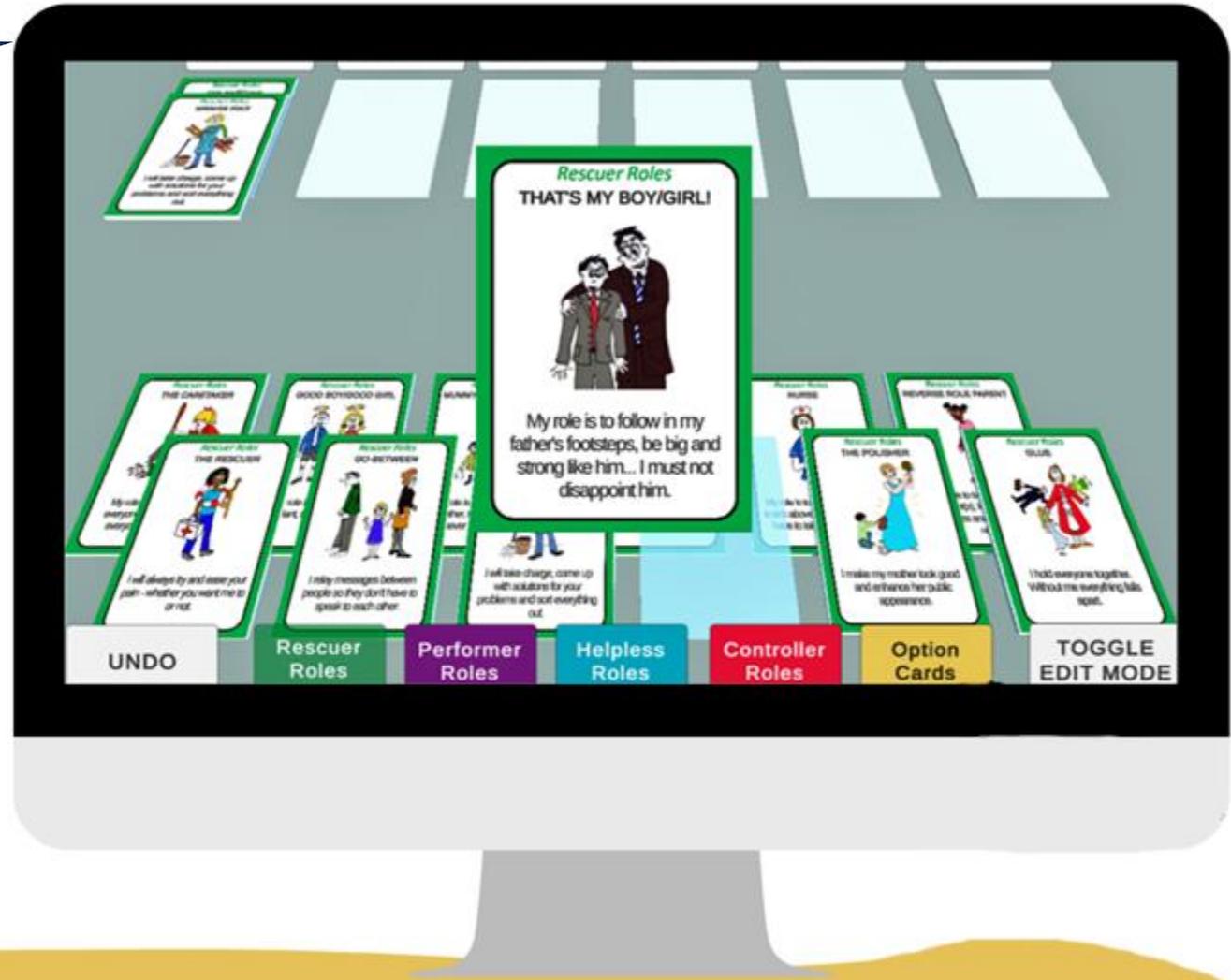
Resources

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

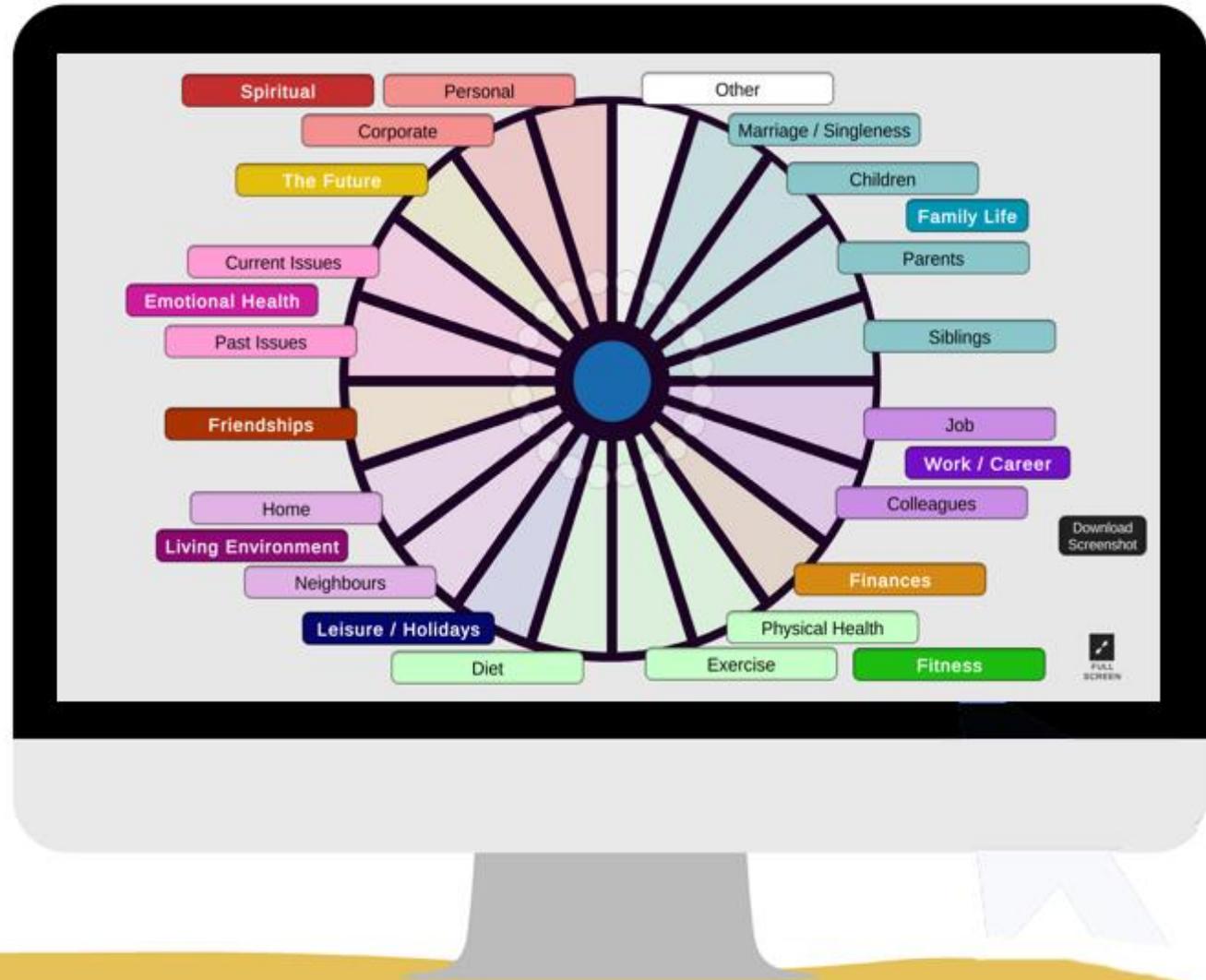
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& other cards
online!



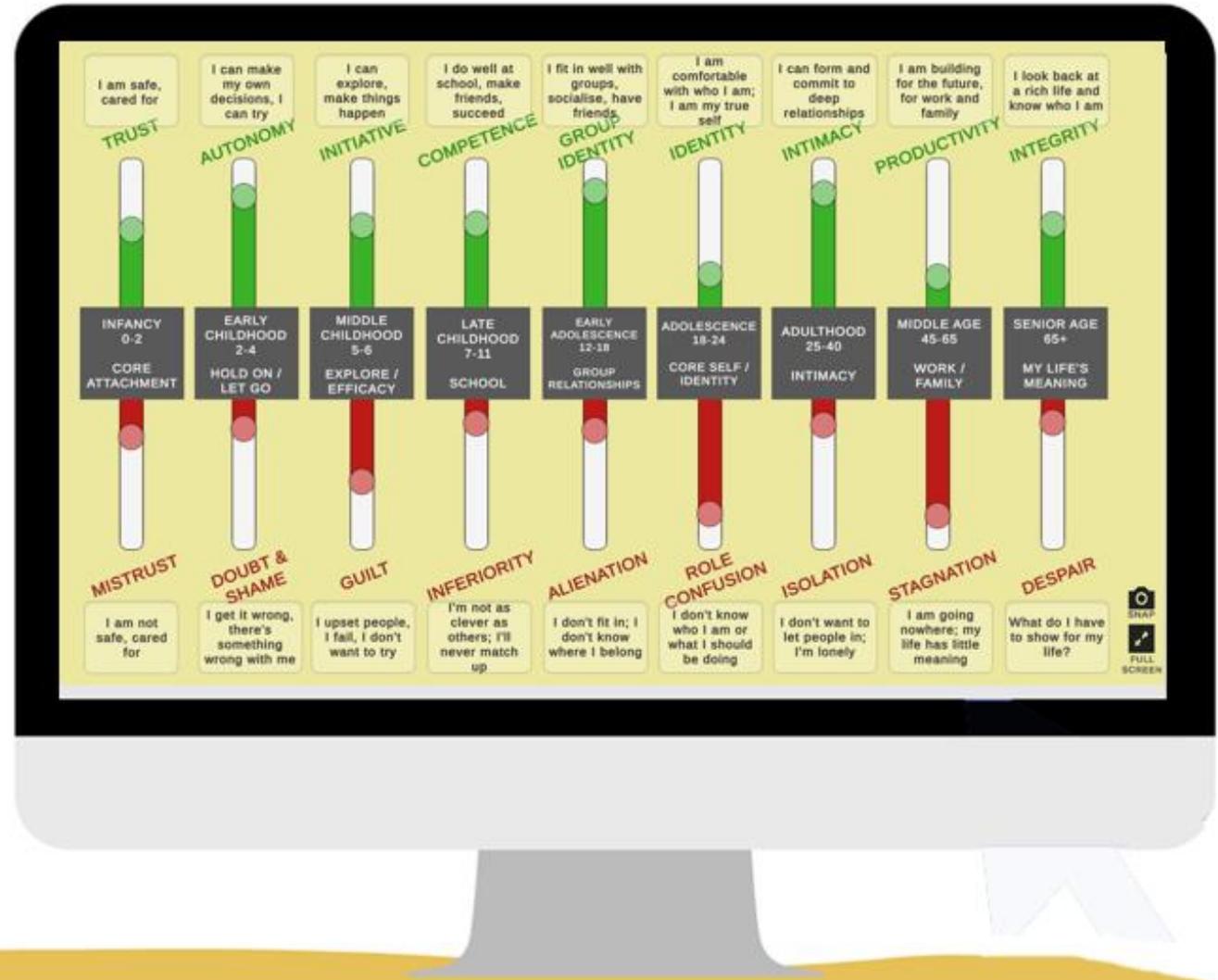
pact-resources-online.co.uk

The Wheel of Life
Web App will soon
be available for you
to use!



pact-resources-online.co.uk

Coming soon! Erikson's Life Stages Web App!



Cards

e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal Figures Online Pack



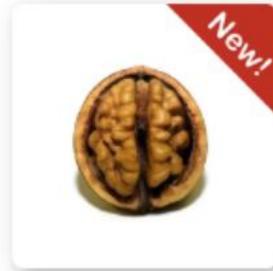
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Neuroscience in a Nutshell
£30.00



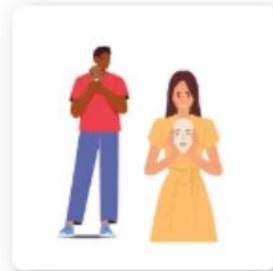
Using Erikson's Life Stages
in Counselling
£30.00



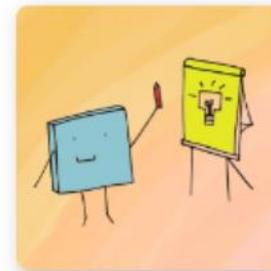
6 Ways of Working with
the Inner Child - Training
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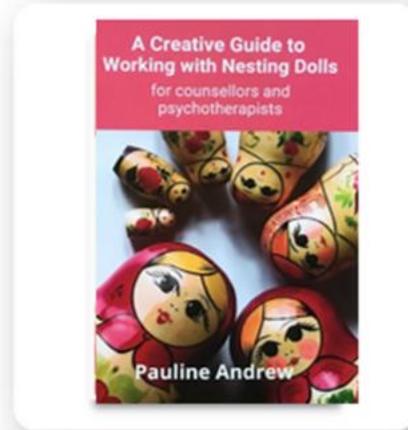
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

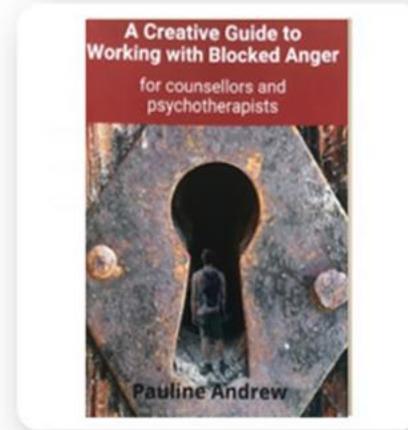
Books



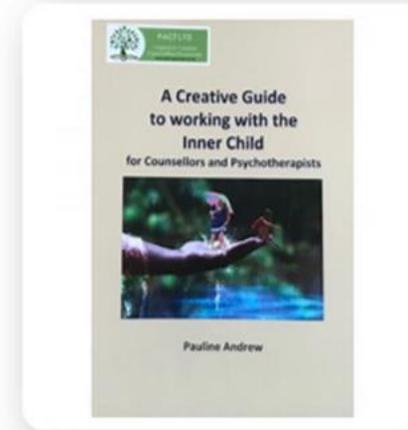
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A Creative Guide to
Working with the
Inner Child
£11.50

Also available on Kindle

pact-resources.co.uk

What's up next?

13
FEB



Online Event

**Attachment Behaviour in the Counselling Room –
Tues Feb 13**

Price Starts from: £10.00

📅 February 13, 2024
9:30 am - 1:00 pm

06
MAR



Online Event

**Disordered Eating and Attachment –
Wed Mar 6**

Price Starts from: £10.00

📅 March 6, 2024
9:30 am - 1:00 pm

15
MAR



Online Event

**Psychoeducation – Face to Face and
Online – with Dr Chris
Fri Mar 15**

Price Starts from: £10.00

📅 March 15, 2024
9:30 am - 1:00 pm

23
MAR



Online Event

**When Mothers Wound –
Sat Mar 23**

Price Starts from: £10.00

📅 March 23, 2024
9:30 am - 1:00 pm

10
APR



Online Event

**Unlocking Group Dynamics –
Wed Apr 10**

Price Starts from: £10.00

📅 April 10, 2024
9:30 am - 1:00 pm

17
APR



Online Event

**Working with Loss and Grief –
Wed Apr 17**

Price Starts from: £10.00

📅 April 17, 2024
9:30 am - 1:00 pm



Deep Release
training counselling

Booking now open!

**Moor Hall,
Berkshire**

**27-29
sept**



**2024
COUNSELLORS
CONFERENCE**

26

APR



**Working Creatively with the Inner Child
in Counselling Weekend**

Fri Apr 26 - Sun Apr 28, 2024

Moor Hall Conference Centre, Cookham

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**Search on Facebook:
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

YouTube

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- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

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Thank you