

CASE STUDIES (all names and some case details have been changed to preserve confidentiality).

### **Relationships with Children**

**Helen** was worried about her relationship with her eldest son. She felt he did not respect her, did not listen to her and his critical comments really hurt her. Exploring the dynamics of the relationship revealed the inner conflict Helen was facing – she really missed being independent, yet she felt that she must stay at home and be a “perfect mother”. Therefore she never felt she was doing enough and any critical comment really hurt.

Our therapeutic journey focussed on finding out Helen’s “Real Self” and discovering her suppressed needs and feelings. By allowing herself to do what she really wanted, she was then able to accept her children’s emotional needs, without feeling deprived herself.