

Therapy helps discover inner child

By Heather Heinisch
Staff Reporter

Carol Ann Bedient considers herself more than just a therapist; she is a healer and teacher of the inner child.

Bedient, co-founder of the Center for Well-Being at 4630 Antelope Creek Road, said her philosophy is that the problems adults face are unresolved issues of childhood, when they didn't feel lovable.

"I help people feel safe enough to look inside and see what's good, strong, and lovable and to lift away layers of fear about themselves," she said.

Bedient said she is not like other therapists because of how she does her work, by reading her client's energy.

"I don't think of it as reading the aura, she said. I just know things, through non-verbal body language and an intuitive hunch.

"I've learned to trust it because it has been validated time and time again," she said.

Intuitive work is not unusual, Bedient said, a lot of people can do it if they just trust themselves.

She said one common example of intuition is when the phone rings and someone knows who is calling before picking it up.

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Bedient,
co-founder
Center for Well-Being

When I'm working with a client I couldn't turn off my intuition if I wanted to, Bedient said.

Outside of the office, however, she said she doesn't try to see how others are feeling. That's intrusive, she said.

Bedient said with therapy she helps her clients solve their problems on all levels: mental, physical, emotional and spiritual.

She said that just talking about problems, like most therapies, does not get at the root.

Emotional problems are not in the mental, thinking level she said. To solve an emotional problem, you have to work through your emotions.

Adults have problems not because they are sick, she said, but because the way they solve them is not working.

All the experiences in a person's life are important, she said, especially the first five or six years.

That is a very traumatic time for a child because their intellectual capacity is not developed yet and they make illogical assumptions, she said.

If a child gets lost in a department store, Bedient said, it is very traumatic. When the child is found by his parents, they say "you're safe." Maybe that child has decided in order to be "safe" he has to always be with someone, Bedient said.

I help my clients pinpoint the times they didn't feel safe and secure, she said.

When a person feels worthiness and lovable, she said their esteem changes, and the risks they take are bigger.

"They know they are lovable whether or not they fail," Bedient said.

I teach people to love themselves, she said. Her clients come from all sta-

tions in life, she said. It is rare to have a client who has never been to a therapist, Bedient said.

Either they weren't satisfied or have decided what they want to work on. They don't want a therapist to give them the answers, but rather work it out themselves, she said.

The therapy I do is very empowering, she said, my clients get the ability to know themselves.

Bedient got her undergraduate degree in human development and social work at the University of Nebraska-Lincoln and completed advanced Hakomi training at the Hakomi Institute in Boulder, Co. She also attended Washington University in St. Louis, Mo. with graduate work in social work.

Hakomi training is body-mind therapy, she said. It teaches people to track their emotions, and to feel safe. A lot of those principles come out in my work, she said.

The intuitive portion is her own, she said.

"I went a non-traditional way based on my own experiences and interests," she said.

Bedient holds both individual therapy and workshops. One workshop concentrates on training other therapists how to do this kind of treatment.

She said a therapist doesn't have

to work as hard with her methods, because they don't have to supply all the answers. The client finds his or her own answers, Bedient said.

Bedient is holding a one-day workshop, Healing the Inner Child, Saturday March, 2 at the Center for Well-Being.

She said the workshop helps people re-parent themselves. I help identify what's good about childhood. It is a time for self-discovery, Bedient said, not just to bring up problems but to see ourselves in new ways.

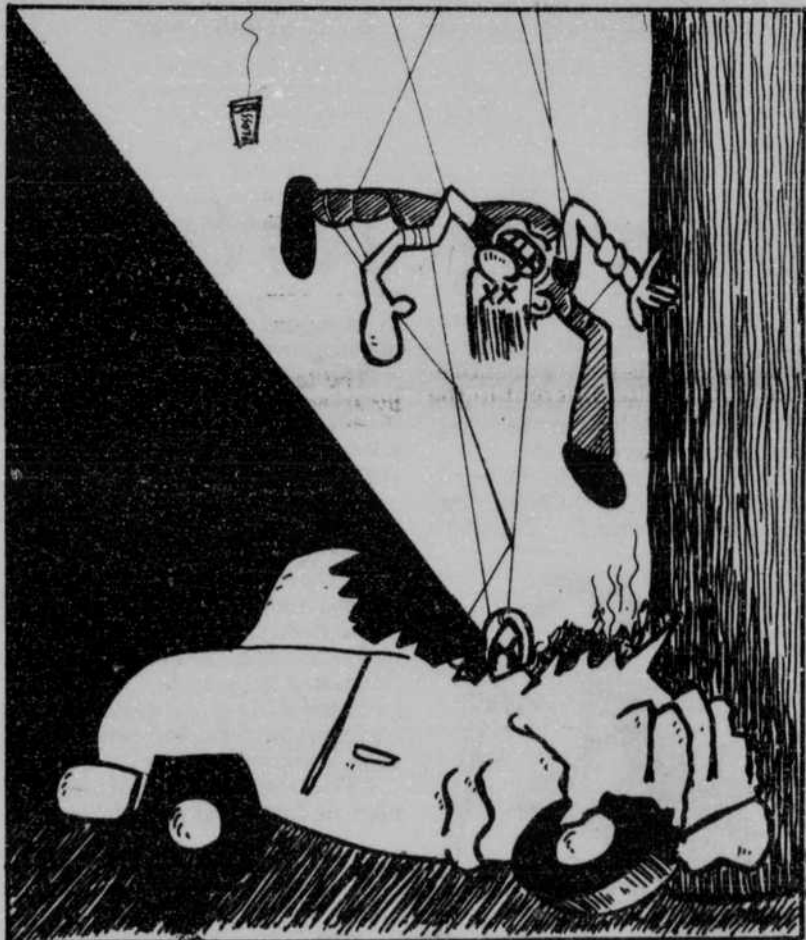
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