

My Approach to Helping People

Theresa Qualls Counseling

Many of us were taught to ignore our hearts. As children almost all of us endured instances of overwhelming emotional pain. And if emotional pain was frequent enough, or severe enough, eventually we learned ways to shut down our hearts. We also deduced things about our hearts that weren't necessarily true. Things like: expressing my feelings does no good; no one knows how to help me when I'm afraid; my tears are a burden to others; I'm too sensitive.

Anxiety, depression, self-hatred, uncontrolled anger, addiction and other mental health symptoms are the archeological remnants of our young, emotional selves? These symptoms are remnants of our hearts, our inner child. The young, sensitive 'you' was shut down in childhood, but not completely. The mental health symptoms you now experience are evidence that your heart is still crying for the attention it needs. The little, emotional 'you' still needs care and explanations. Your heart needs to know that you got it wrong, that its emotions are welcome and wanted. & desires.

I believe psychotherapy is uniquely equipped to help us find our hearts. As we sit with a professional and allow them to know us, our younger parts and shut off emotions get to be re-parented. Then our hearts hear a different truth— that our desires matter, that our feelings give us data that we need to make good decisions and to form healthy relationships. As we receive care in the therapeutic relationship, unacknowledged hurts get validated, lost parts of ourselves get reintroduced, and unwanted symptoms lessen and even dissipate.