

SHADOW WORK FOR KIDS

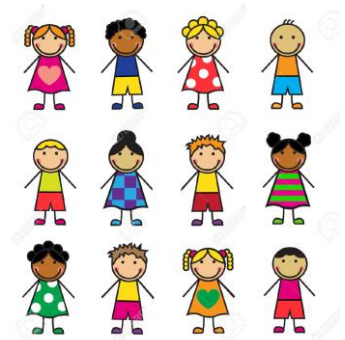
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The PERSONA

The persona is how we present ourselves to the world. The word "persona" is derived from a Latin word that literally means "mask." It is not a literal mask, however. The persona represents all of the different social masks that we wear among various groups and situations. It acts to shield the ego from negative images. According to Jung, the persona may appear in dreams and take different forms.

Over the course of development, children learn that they must behave in certain ways in order to fit in with society's expectations and norms. The persona develops as a social mask to contain all of the primitive urges, impulses, and emotions that are not considered socially acceptable. The persona archetype allows people to adapt to the world around them and fit in with the society in which they live. However, becoming too closely identified with this archetype can lead people to lose sight of their true self

With the shadow work specific to Kids – we work on what they think expectation of themselves are.... We dig deep to find which characteristics they are hiding because they are living with a PERSONA.



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What is the ShADOW?

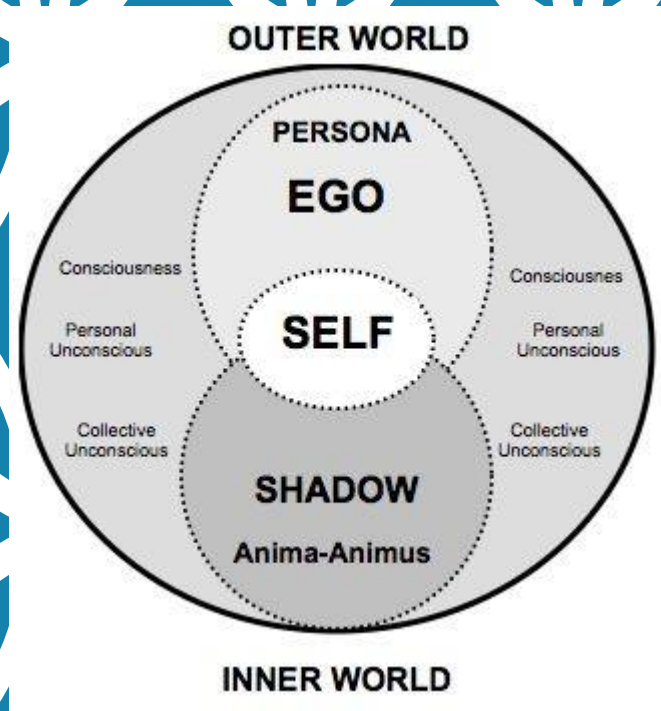
The shadow exists as part of the unconscious mind and is composed of repressed ideas, weaknesses, desires, instincts, and shortcomings. The shadow forms out of our attempts to adapt to cultural norms and expectations. It is this archetype that contains all of the things that are unacceptable not only to society, but also to one's own personal morals and values. This usually includes – PREJUDICE , HATE, ENVY, GREED, AGGRESSION.

This is our chaos, our unknown, our psyche. This is the part that we deny, yet project onto others.

With the shadow work as it is specific to kids, we will use archetype role play to discover those characteristics that are hidden in the subconscious. We find ways to talk with them so that we can have an open communication on how to either eliminate the shadow characteristic completely from our lives, or how to integrate them healthily into our daily lives. This is also when we work with dreams, and or recurring nightmares that the child may be experiencing.

SOME ARCHETYPES :

The Father (authority, stern, powerful), The Mother (Nurturing, comforting), The Child (Longing for innocence, rebirth), The Wise Old Man (Guidance, Knowledge, wisdom), The Hero (Champion, defender, rescuer), The Hero (Defender, Champion), The Trickster (Deceiver, liar; trouble-maker)



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for more info or with questions....
