

# Why Inner Child Work Matters

A Zoom Workshop with Thom Rutledge

FEE: \$125

Saturday • May 17, 2025

10:00 AM – 1:00 PM Central Time

TO REGISTER, EMAIL [thomrutledgeauthor@gmail.com](mailto:thomrutledgeauthor@gmail.com)



The inner child metaphor has often been misunderstood, or more accurately, understood in a multitude of ways – which can be confusing. I do not claim to have “the right way” to do inner child work; I only have my way, a way that I have been developing and using for more than 30 years. With the work Allen Berger and I are doing with Emotional Sobriety, it seems like an excellent time to revisit this powerful metaphor in that new context.

Inner child work has most definitely been some of the most healing therapy I have experienced in my personal work and that has also been the case in my professional work with others. It is a powerful way to get to the core of our woundedness and a highly effective way of addressing those wounds.

My definition of being an adult became,  
“I am the adult who takes excellent care of the child within me.”

-from *Simple Truth*



---

Thom Rutledge has been working with clients individually and in groups for over 40 years. His style is interactional and collaborative. Thom does use demonstrations with participants in his workshops but be assured that no one ever has to do anything they do not want to do in his groups. He is the author of several books, including *Simple Truth*, *Embracing Fear*, *The Self-Forgiveness Handbook*, *What Love Is* and he is the co-host of **The Emotional Sobriety Podcast**. To subscribe to Thom’s weekly-ish emailing, *Emotional Sobriety in a Nutshell*, go to his website and enter your name and email address.

WWW.THOMRUTLEDGE.COM