

## **An Introduction to Resource Therapy: A Creative, Brief Intervention**

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The multitude of trauma, neglect and suffering children and adolescents of all spheres of life experience during these times, begs for creative, effective and short term therapeutic interventions. This presentation will serve the purpose of presenting Resource Therapy, created by Gordon Emmerson. The forefront of Resource Therapy is Ego State Therapy, developed by John and Helen Watkins, which has shown clinical significance in treating trauma. Resource Therapy is a trauma informed, strength based psychotherapy based on the understanding that the personality is composed of parts.

Although personality is not fully developed in childhood, some parts of the personality do start to take form – these parts become our resources. According to Resource Therapy, the part that presents itself in therapy, is often not the part that needs change. The parts that need change are parts that feel rejected, afraid, confused and disappointment.

Resource Therapy's simplified understanding of pathology, diagnostic framework and specific, creative treatment regime allows the therapist to address the part that needs change, with the utmost respect, empathy and compassion. This results in faster, deeper, empowering and lasting change.

*Key words: trauma; ego-states; interventions*