

Erickson and the counsellor

If I listen to the baby in you, I wonder,
Will you trust me? Can I comfort you?
Hold you emotionally and give you
What you need?

If I listen to the younger child in you,
Might you expect me to tell you off crossly,
Confuse you, make you doubt yourself and
Fill you with shame?

The older child in you forgets about being creative and
Is made to feel guilty
About mess and the need to play and explore.
Do I know how to play alongside you and explore?

If I see the young adult in you,
Will I know who you are? Will I be able to tolerate your confusion?
Do I have the energy to stay alongside you?
Although you hardly recognise your changing body and powerful emotions,
Can I offer you the space to try?
Will I be embarrassed too?

If I sit with the adult in you,
Can I be patient enough to wade through the
Stagnated piles of stuff that have swamped you?
Can I help you find the passion and energy you crave?

If you are old, can I truly listen
In a way that appreciates your internal struggles and life experience?
Can I both share the despair and yet hold and believe
In the potential for your growth and wisdom.

Fiona Ferry
The University of Edinburgh, UK

Correspondence
Fiona Ferry, Burnside, Edinburgh, UK.
Email: fferry@btinternet.com

AUTHOR BIOGRAPHY

Fiona Ferry has been a therapist since 2006 and her work has included practising with both children and adults in various settings. Fiona's counselling training was at the University of Edinburgh where she was awarded a Master of Counselling with Distinction in 2010. Since then she has been practising both as a counselling supervisor and as a teaching fellow at the University of Edinburgh. Her theoretical approach is immersed in the dialogue between person-centred theory and the psychodynamic approach. Her academic and clinical interest is around being reflective in practice and the importance of this in counselling for the client, counsellor, student and supervisor. She believes that striving to be reflective in practice helps reveal meaning, understanding and discovery.

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