



## About Smart Love™

Smart Love™ is an innovative approach to child development, counseling and parenting that is based on a well-established theory called [Intrapsychic Humanism](#). The basis of this theory is that everyone is born happy and with a desire for well-being and positive relationships and that there are specific ways to foster this innate well-being and avoid the pitfalls of negative life choices.

### Smart Love: Where Science and Love Meet

Smart Love is smart because it embodies the most accurate understanding of the phases of child development; protects children from their immaturity positively and without either permissiveness or harsh discipline.

Smart Love is loving because it recognizes that imitation is the most powerful form of learning, with the result that abundant love and the positive acceptance of all feelings is the most effective way to raise happy, functional children who will become happy, functional adults.

Smart Love is unique and effective because it explains why some children and adults suffer from an addiction to unhappiness, and shows how the addiction to unhappiness can be replaced by inner well being and constructive choices in Inner Humanism therapy.

Our therapists, teachers, tutors, and consultants apply the Smart Love approach across all of our services.

### The Smart Love Principles

Our principles are the cornerstone of all we do and are based on the following findings:

- Everyone is born with a capacity for happiness and inner well-being.
- Children have a natural desire to copy the care they receive from their parents and will seek out relationships and experiences that make them feel the same way throughout her life.
- Seeing the world through a child's eyes helps parents, caregivers, and teachers understand the meaning behind a child's behavior and respond in a way that ensures his safety while maintaining a close, positive relationship with him.
- Acknowledging and accepting a child's feelings helps her grow up treating herself and others with compassion and respect.
- Feelings of being accepted and understood are crucial in order for children to develop the ability to care for their bodies, work productively, have stable inner happiness, and sustain enjoyable relationships.

## **Why Smart Love?**

The Smart Love approach focuses parents' attention on maximizing their positive influence on their child by focusing on the long-term effects of parenting instead of only on their responses to their child's current behavior. Smart Love helps parents guide children away from missteps without adding to their unhappiness or interfering with their positive and loving feelings about themselves or their relationship with their parents. This gives children a strong foundation of self-esteem and resiliency that ultimately leads to making positive life choices and reaching their full potential in life.

## **How Smart Love Works**

Instead of viewing unhappiness and inner conflict as an inevitable aspect of human nature, Intrapsychic Humanism offers a more compassionate, optimistic, and attainable goal—one that helps people take charge of their moods and feelings and their everyday choices and decisions. By doing so, people can enjoy more fulfilling lives and healthy relationships with loved ones and peers.