



Deep Release Online
Professional Training for Counsellors

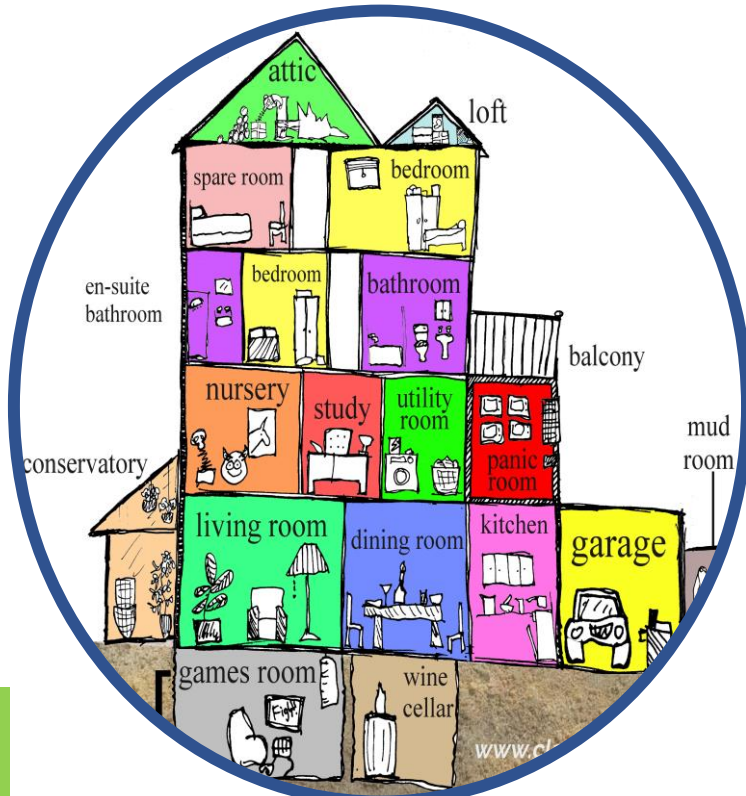
3 WAYS TO WORK WITH THE INNER CHILD



SilvioZ.

3 WAYS TO WORK WITH THE INNER CHILD

A Guided Journey



Working with Storyboards



Artwork





You can't go back and change the
beginning, but you can start where
you are and change the ending.

C. S. Lewis

“ quote fancy

Scene 1



Scene 2



Scene 7



Scene 8



Scene 3



Scene 4



Scene 9



Scene 10



Scene 5



Scene 6



Scene 11



Scene 12



Share in Buddy Groups

1. Have you ever experienced a Guided Visualisation yourself?
2. How do you react to the idea of Storyboards?
3. What questions do you have for Pauline & Hannah, later this morning?
4. Share your thoughts and feelings

15 minutes



DIFFERENT TYPES OF INNER CHILD ARTWORK

A scene that was happy



A scene that was painful

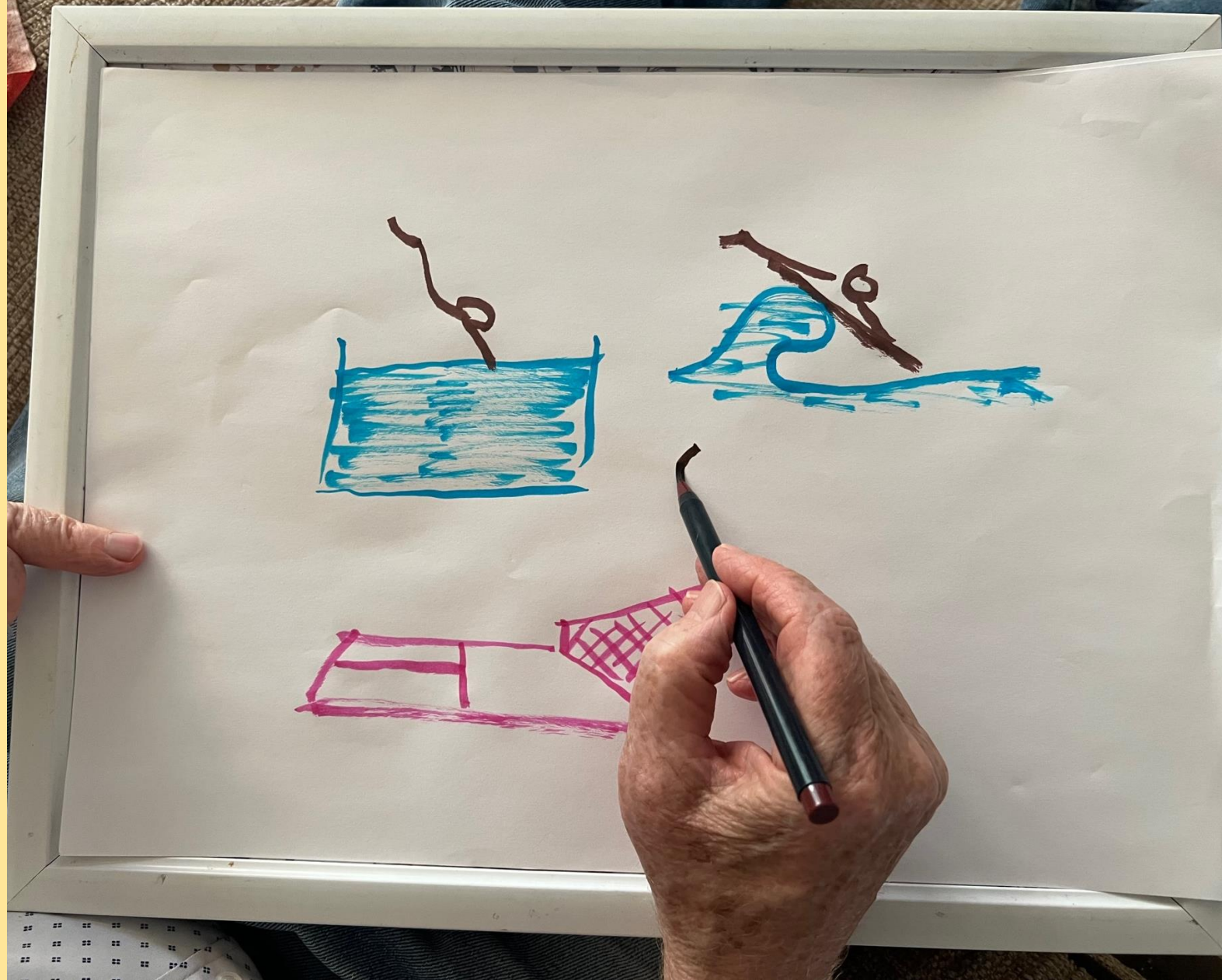


Something my Inner Child would have loved



- Invite the client to draw what they are seeing
- Right / Left hand drawing
- Add feeling words
- Add speech bubbles

DRAWING YOUR OWN SCENE



I HAVE QUESTIONS



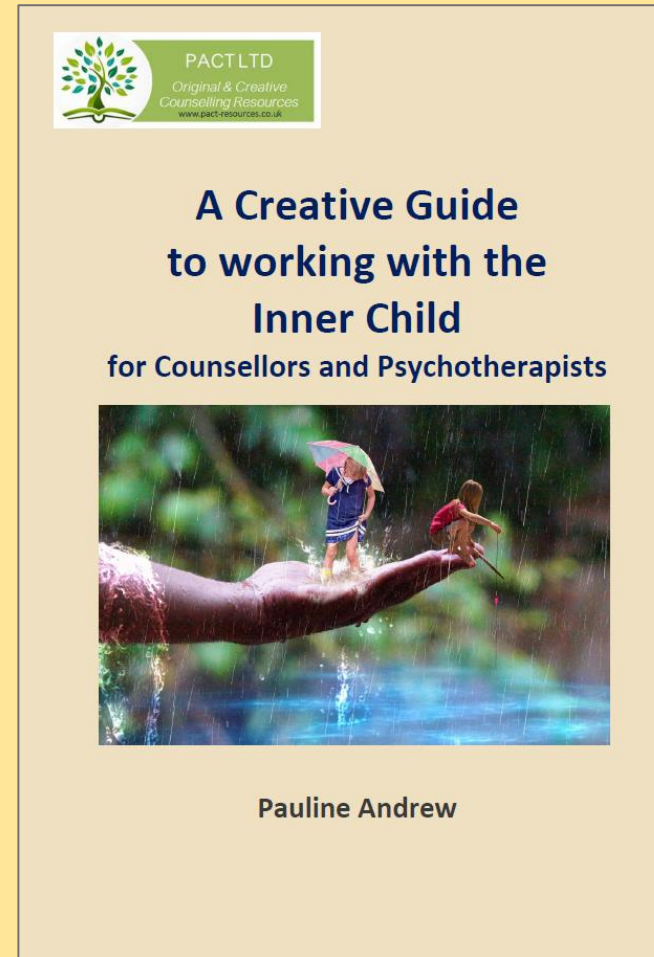
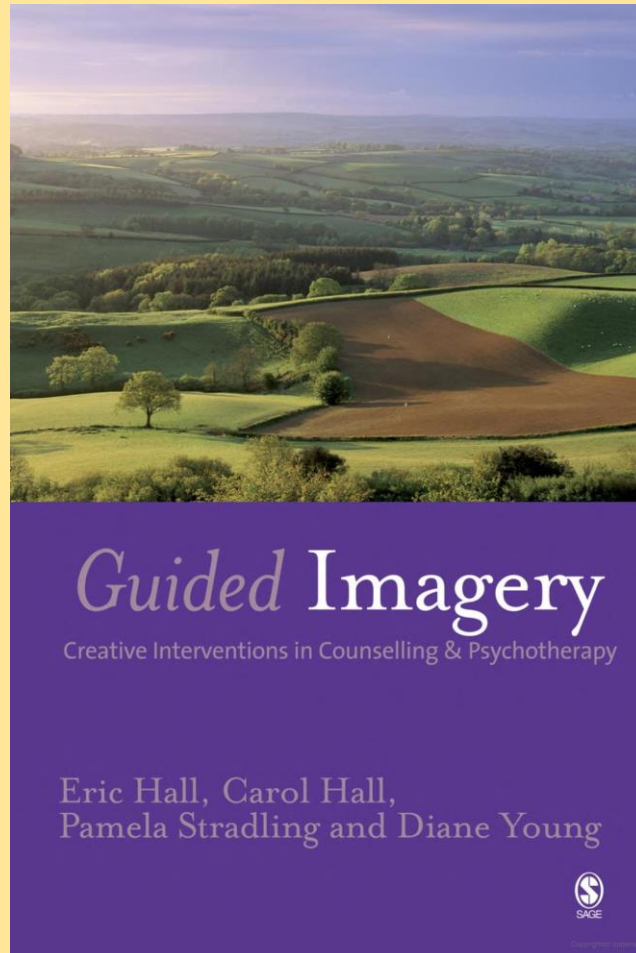
LOTS OF QUESTIONS

*Time for
Questions and
Comments for
Pauline and
Hannah*



Resources

RECOMMENDED READING





PACT LTD

Original & Creative Counselling Resources

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Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



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to working with the
Inner Child**
for Counsellors and Psychotherapists



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Overcoming Stress and Anxiety with Dr Chris

Sat June 18

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Thank you