



Working Creatively with the Inner Child
Saturday 24th June 2023, Moor Hall, Cookham SL6 9QH
PROGRAMME

09:00 **Arrivals and Coffee**

09:30 Welcome

Session 1 : Working with your IC doll/figure PART 1

09.55 **Session 2: Artwork** – Leaders’ Demonstration then small group work

- *Draw a scene showing either a happy memory of something that actually happened, or use your imagination to draw a scene showing what you think your IC would have loved*
- *L/R dialogue*
- *Make any changes to the picture your IC requested*

10.05 Move into groups

10.10 Both participants draw their picture (10 mins)

10.20 Work 1st way around (15 mins)

10.35 Work 2nd way around (15 mins)

10.50 Feedback

11:00 **Coffee, then return to your groups**

11:25 **Session 3: Guided Inner Child visualisation using pictures**

- *Choose a picture from the selection, which interests or intrigues you*
- *Counsellor asks client if they are comfortable closing their eyes*
- *Breathe down into the scene – picture your IC with you*
- *Allow the client to engage with what is happening*

11.30 Group leader demonstrates with one of the group

11.40 Work in pairs 1st way around

12.00 Work in pairs 2nd way around

12.20 Feedback

12.30 **Plenary Session in Room 8**

PTO

12:30 Session 4: Working with your IC doll/figure PART 2

13:00 Lunch, then return to your groups

Volunteers for 2pm session meet with their group leaders at 13.45pm

13:55 Session 3: Working with the Roles Played in Families cards

14.00 Group leader demonstrates with one of the group

14.10 Work in pairs 1st way around

14.30 Work in pairs 2nd way around

14.50 Feedback

15:00 Tea, then return to your groups

15:25 Session 4: Nesting dolls : Layers of my Inner Child

15.30 Group leader demonstrates with one of the group

15.40 Work in pairs 1st way around

16.00 Work in pairs 2nd way around

16.20 Feedback

16:30 Session 5: Summary and Feedback

17: 00 Finish