

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**

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**