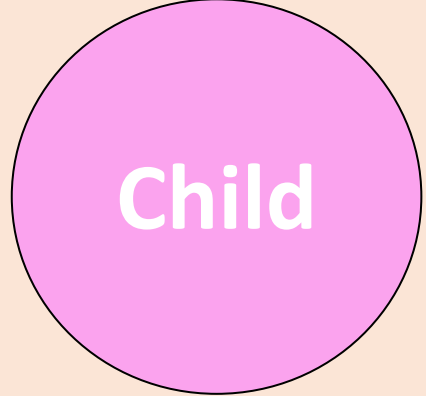
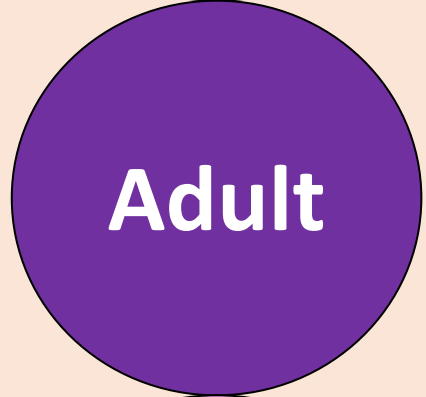
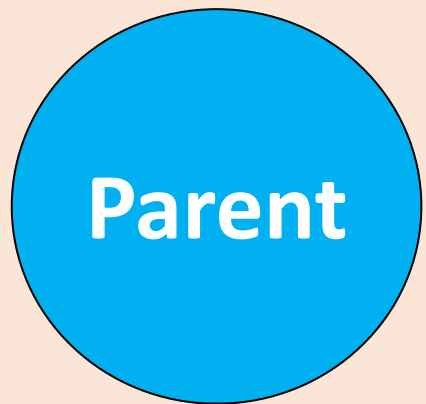


WELCOME

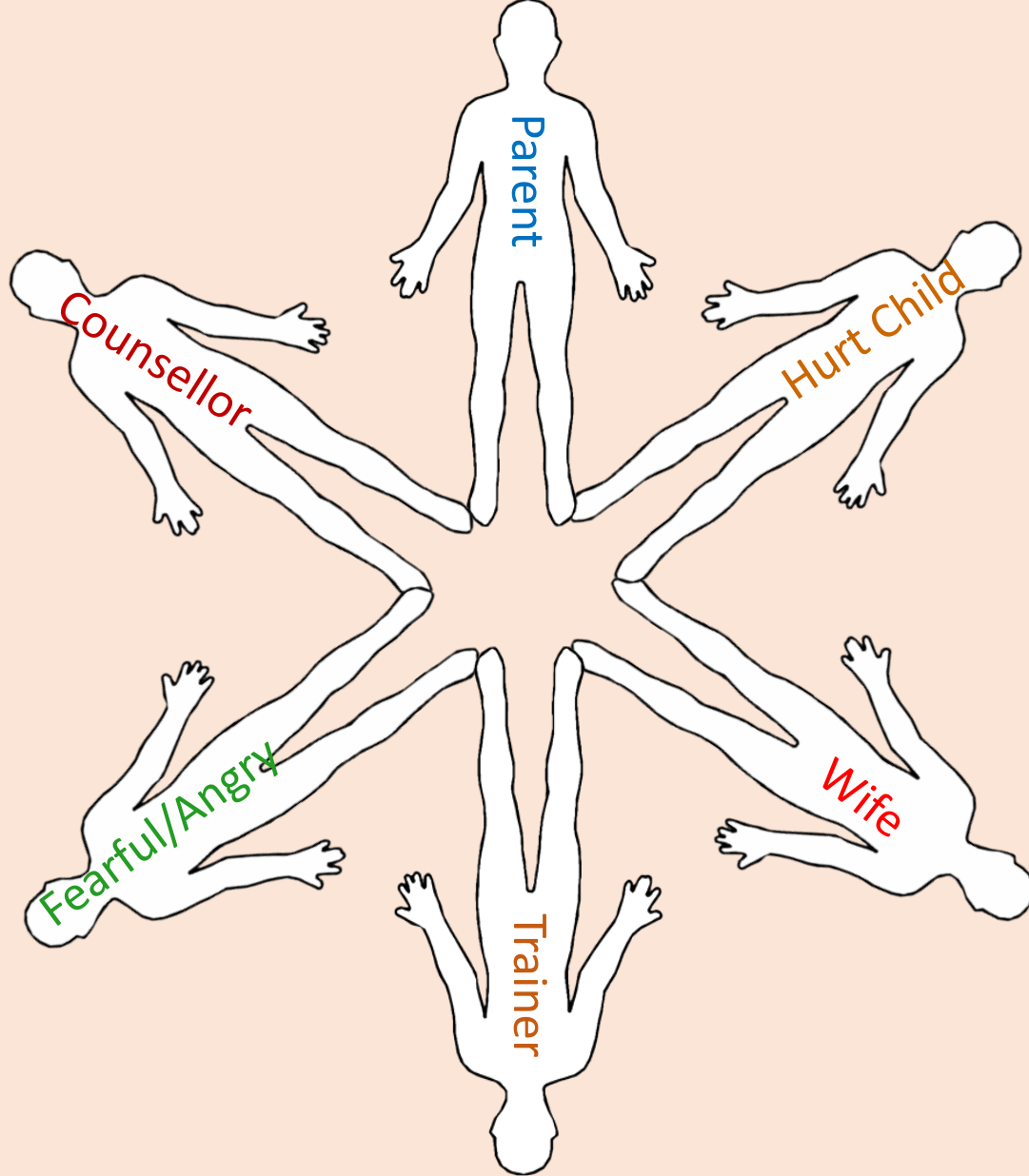


The Search for our Inner Child

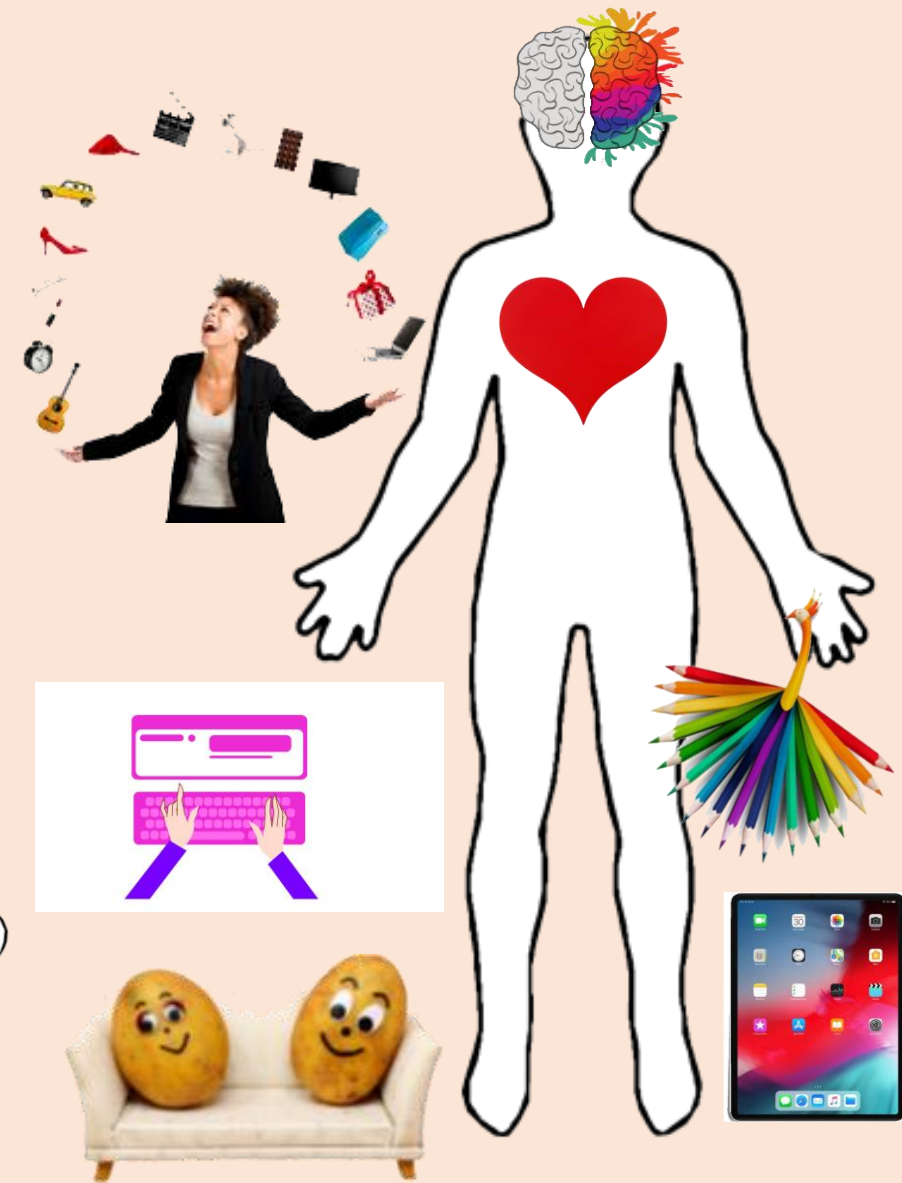




**Transactional
Analysis**



**Person Centred
Configurations of Self**

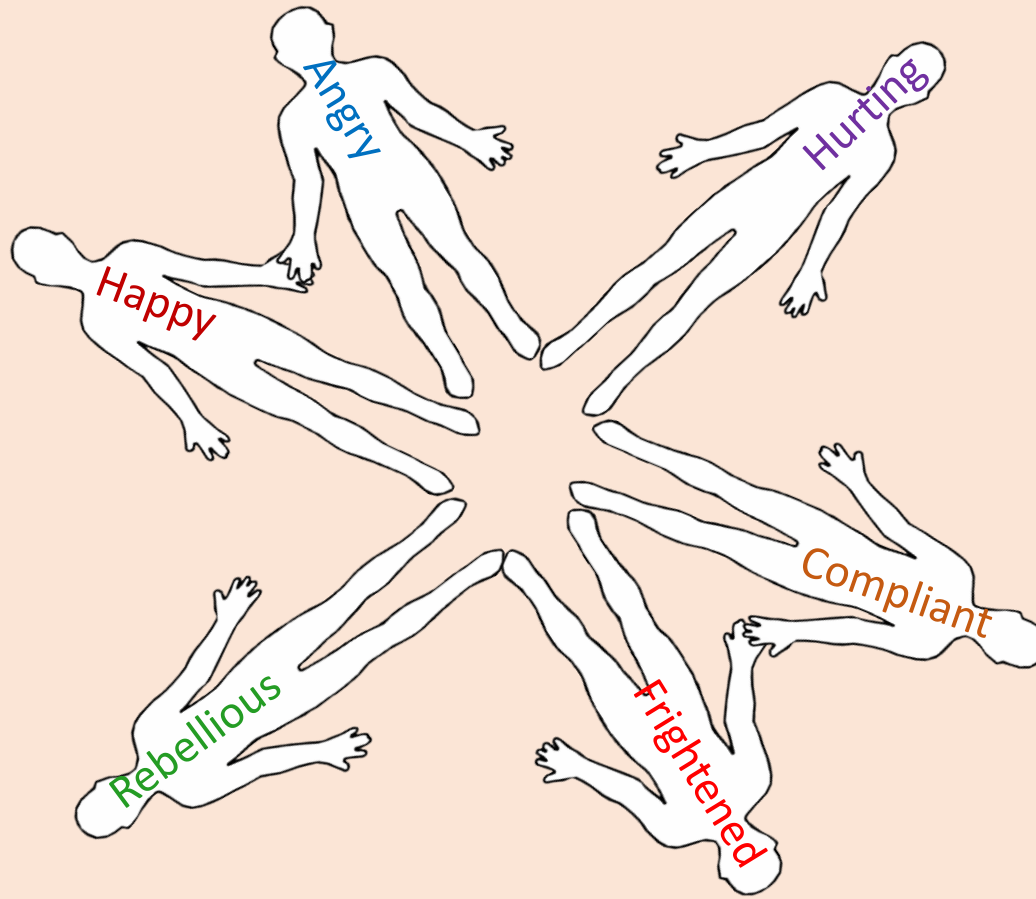


Gestalt
*The Whole is different
from the sum of the parts*

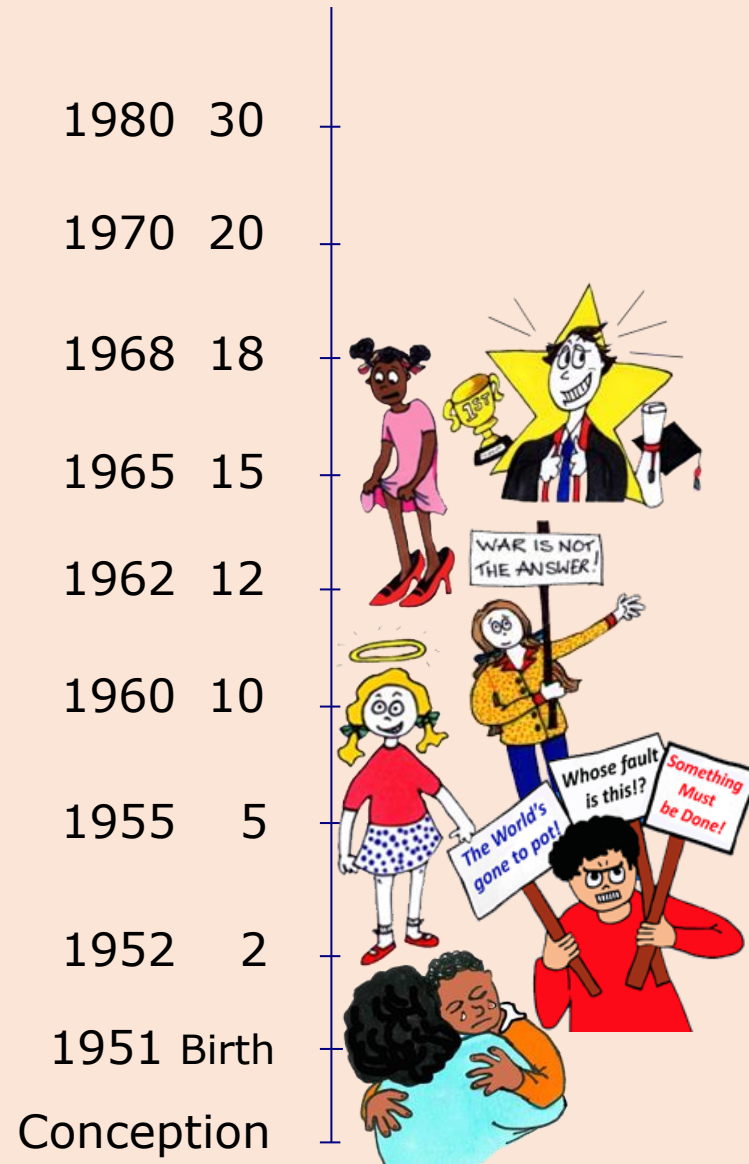
*Awareness
of child-like
emotions*

*Several different
configurations – many
come from the child self*

*Dissociative survival
mechanism for
trauma*







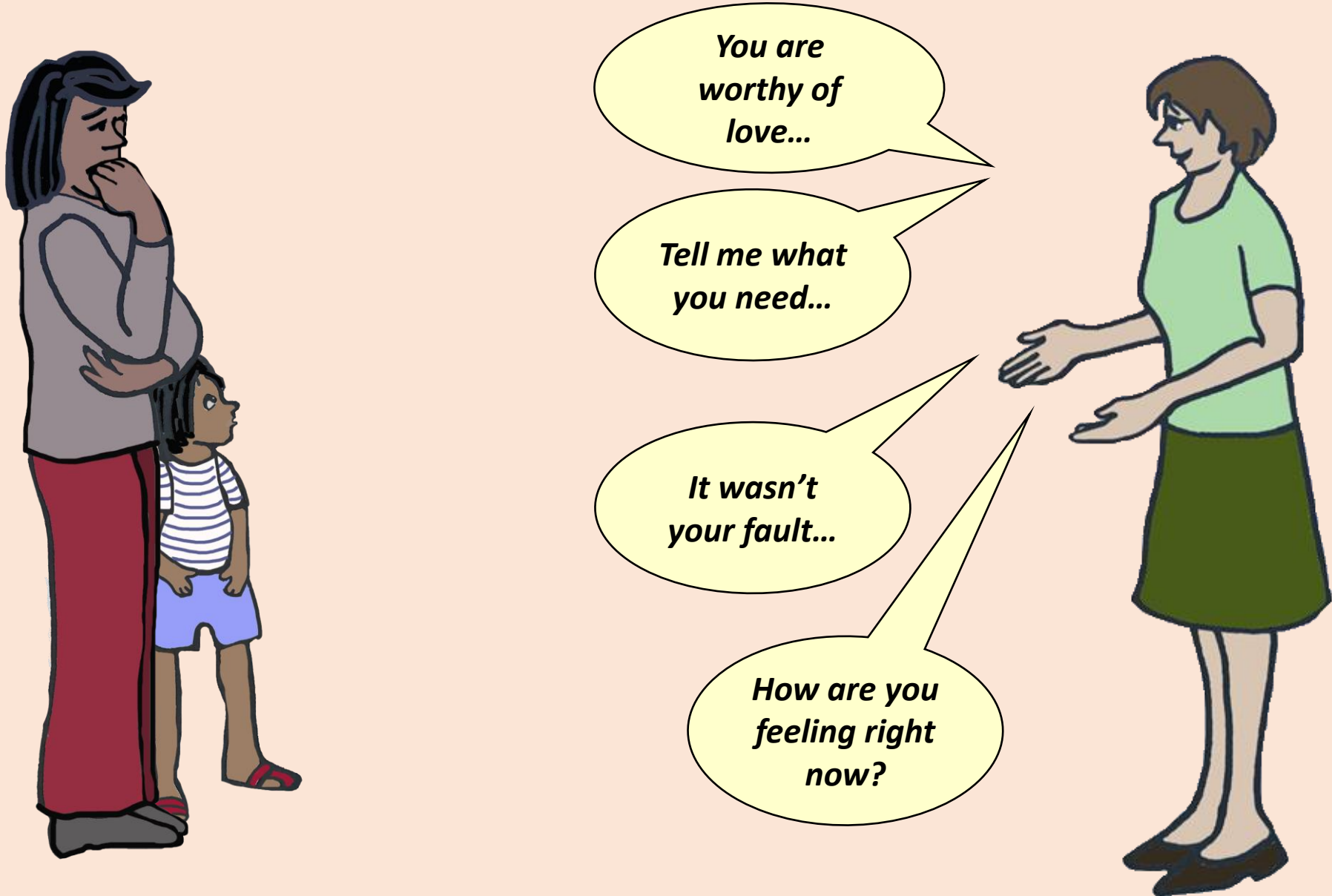
- *Take care of others (put yourself last)*
- *Be successful – (don't fail)*
- *Be a peacemaker (meddle)*
- *Be good (compliance)*
- *Don't make people angry (fear)*
- *Hugs are comforting (longing)*



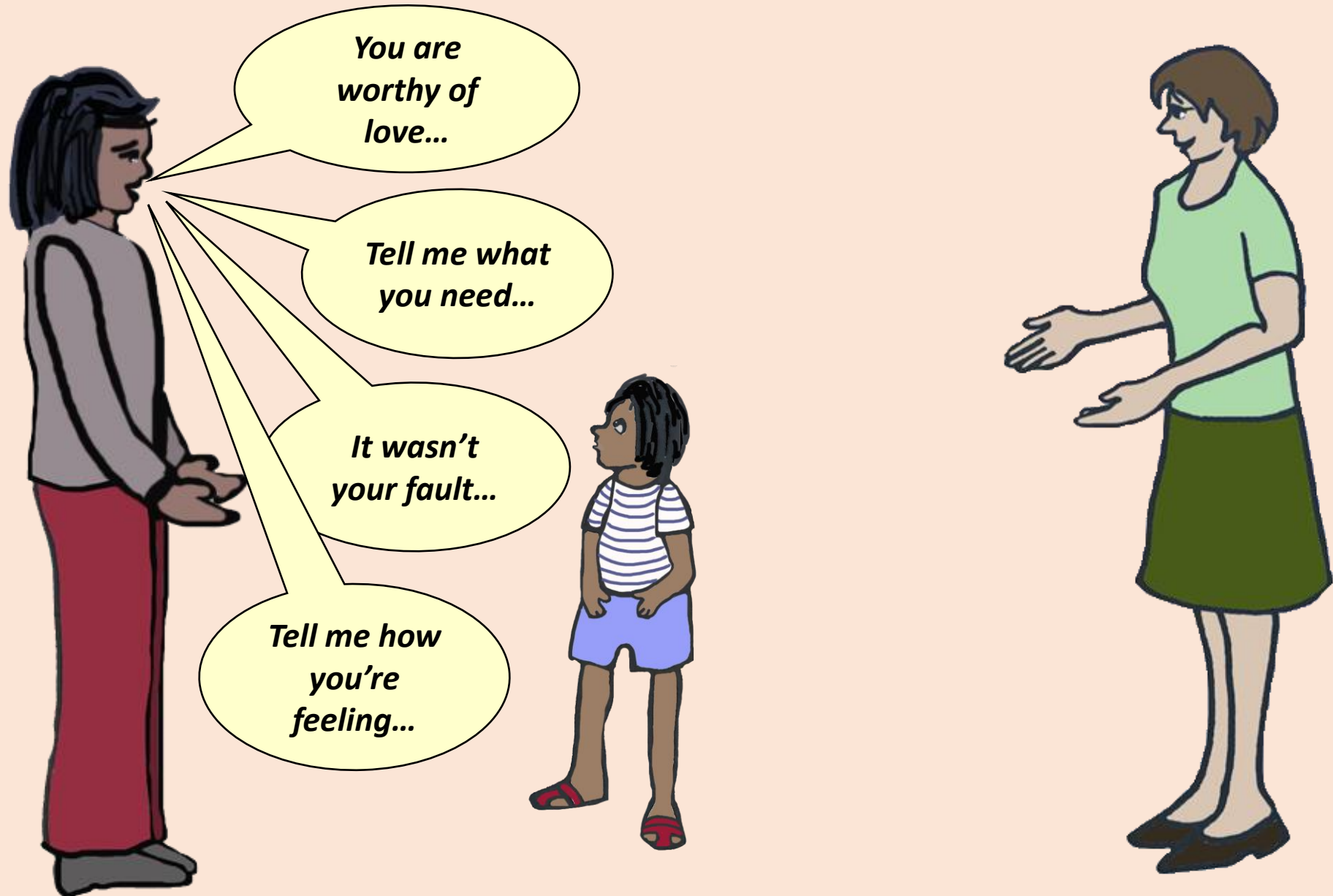
Your Mother Tongue



Restructuring the Attachment System



Restructuring the Attachment System



Dialoguing with our Inner Child

“How are you feeling about being here?”



1. Open the conversation with your dominant hand and ask the question to your Inner Child. Think about what they should be called – what is their name?
2. Write the answer from your child self using your non-dominant hand. Try not to censor.
3. Continue the dialogue.