

WORKING CREATIVELY WITH THE INNER CHILD IN COUNSELLING

APRIL 26-28 2024

WHAT TO BRING:

1. New request!

Please bring an item that represents something about your teenage years. This could be absolutely anything – lyrics to a song that was significant for you, a physical item, a photo, or even a picture from the internet of something that evokes that time. Feel free to be as creative as you would like to be about this!

- Inner Child Doll: Please look for a doll or figure that represents your inner child (under the age of 12). Ideally this should be in human form (try charity shops or eBay!). Choose one that resonates as deeply as possible.
- Photos of Your Younger Self: Bring a photo or two of yourself from your childhood, particularly under the age of 15.
- Felt Tips or Colouring Pencils.
- Scissors