



IN-PERSON WEEKEND

WORKING WITH THE INNER CHILD

further insights, skills
interventions & self-discovery



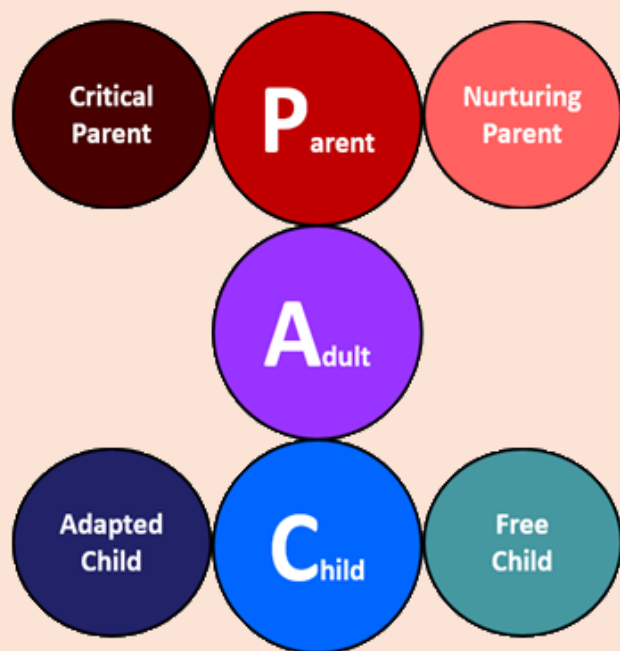
Deep Release Online
Professional Training for Counsellors

Working Creatively with the Inner Child in Counselling

A Bit of Theory

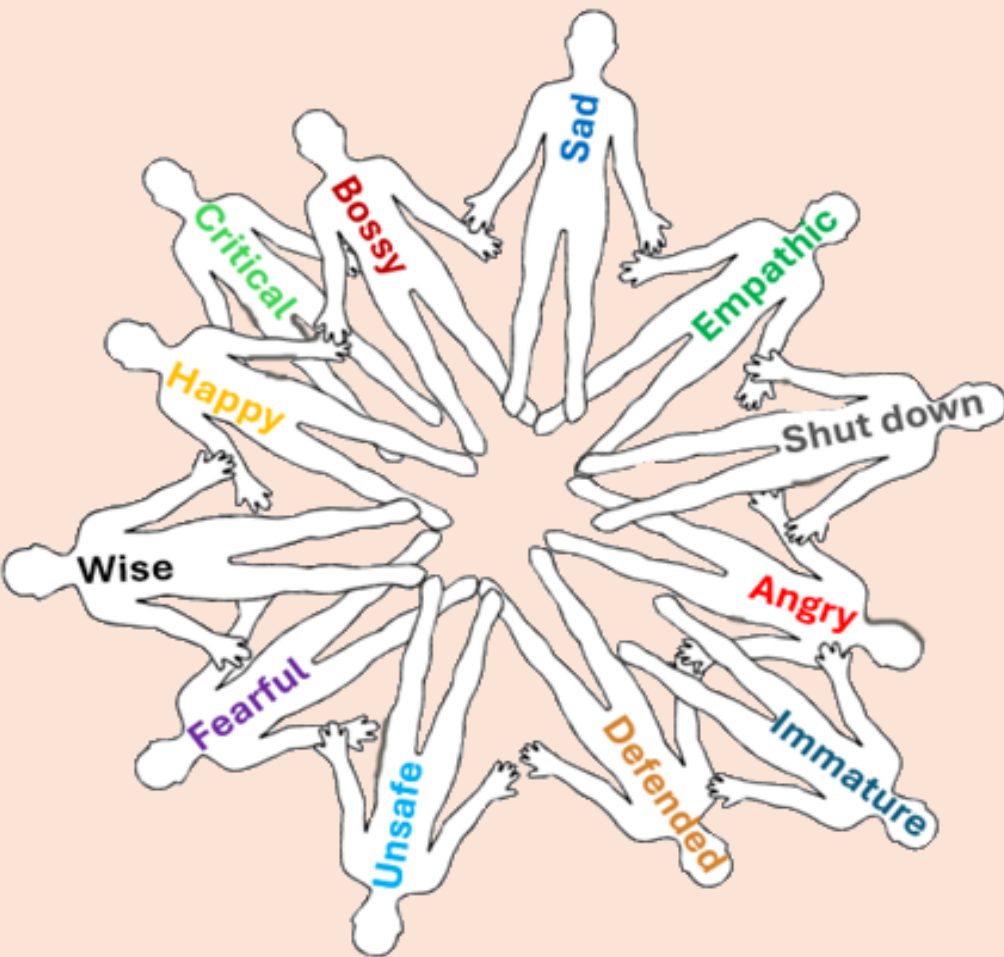


Transactional Analysis



*Parent-Adult-Child
Ego States*

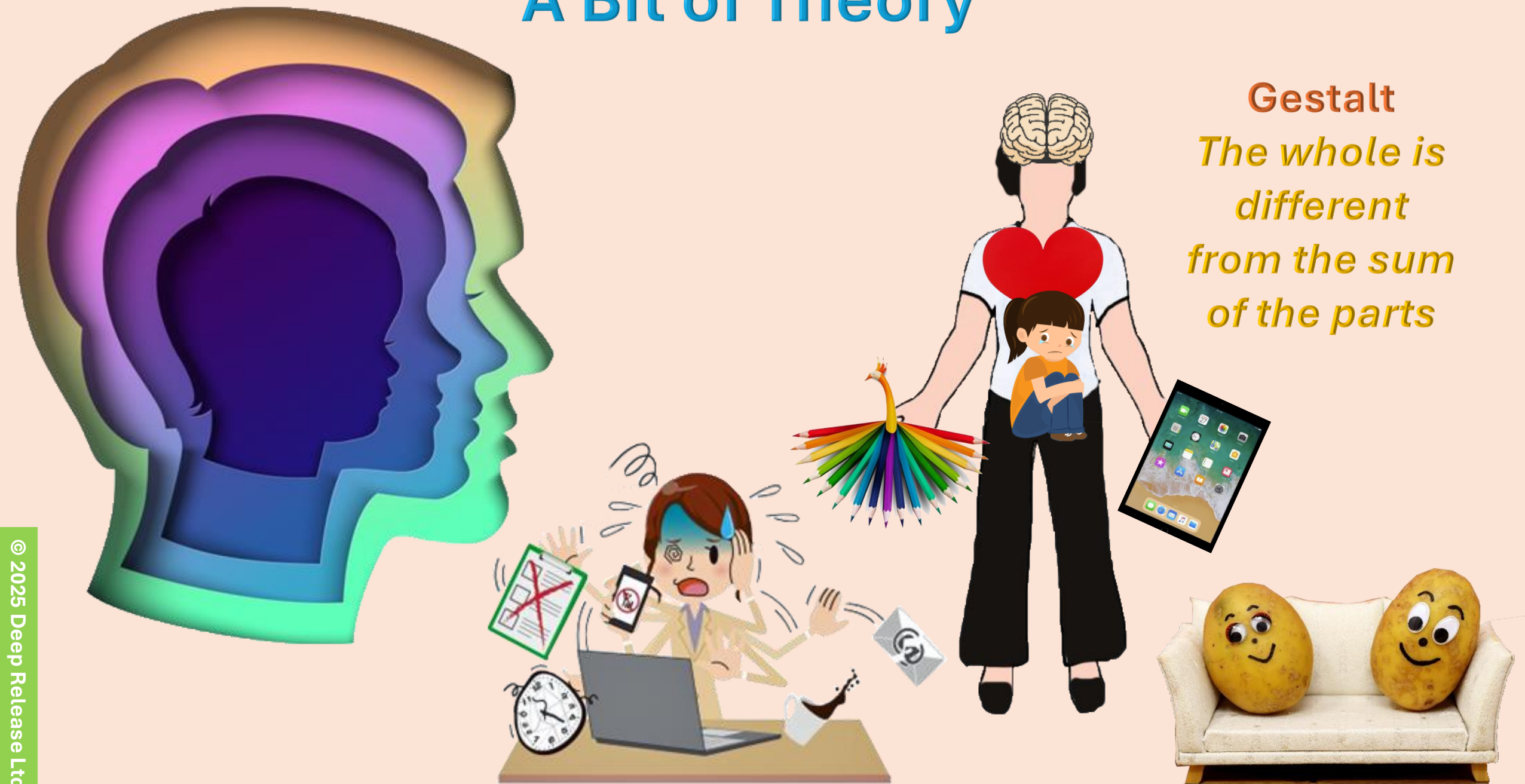
Person Centred Counselling



*Configurations
of Self*

A Bit of Theory

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



The Search for your Inner Child



Configurations of the Child Self

The Free,
Playful Child



The High Achiever/
Hero Child



The Caretaker/
Peacekeeper Child



The Rebel / Angry
Child



The Reverse Role
Parent Child



The Missing
Childhood Child



Configurations of the Child Self

The Abandoned
Child



The Neglected
Child



The Wounded
Child



The Lonely
Child



The Glass
Child



The Chameleon
Child



Disconnected from our Inner Child

You weren't
wanted

It was all
your fault

You
constantly
messed up

You were
the problem

You were
too needy

You were
too
emotional

You were
too
sensitive



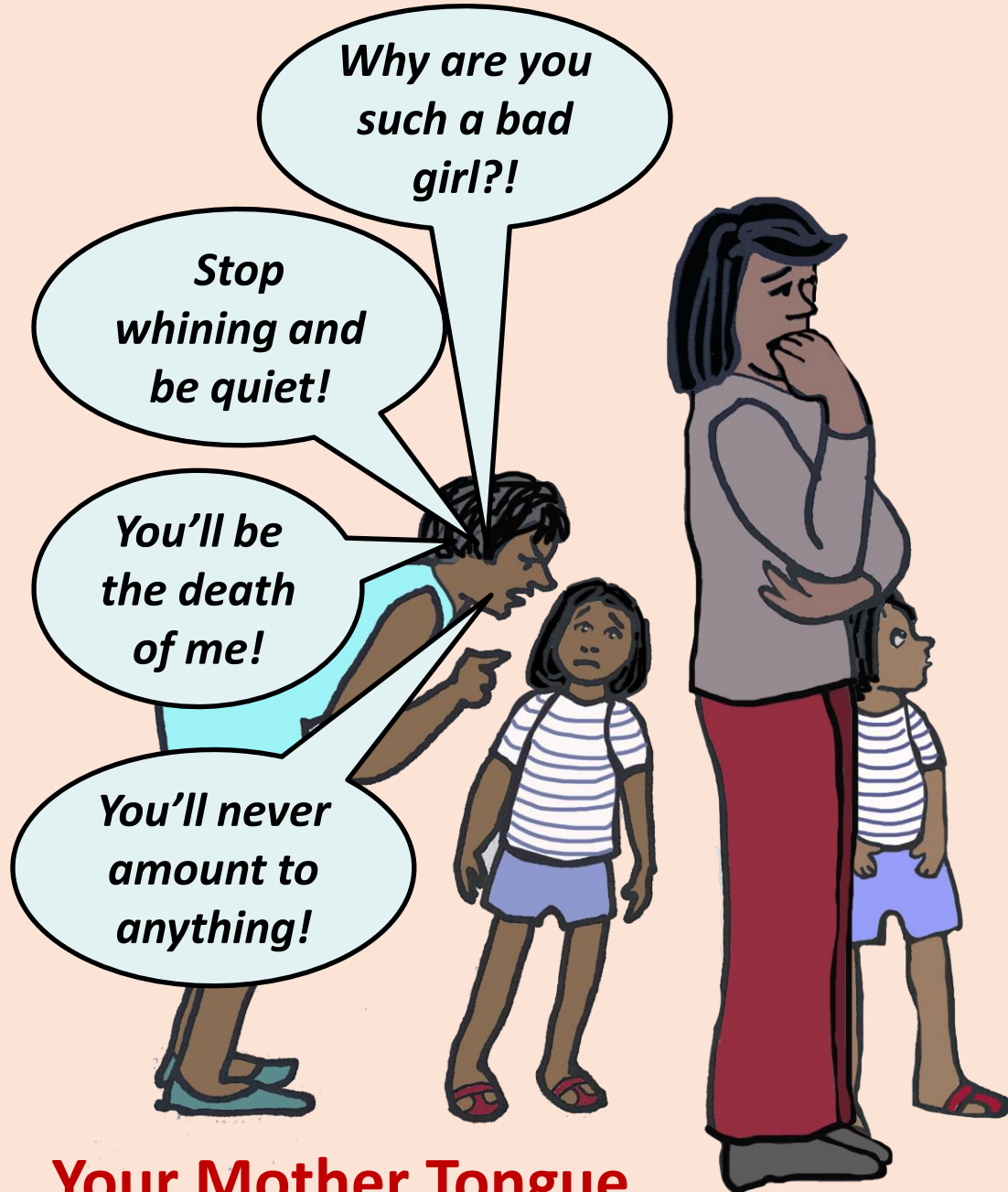
Unloved

Blamed and Shamed

A Nuisance

Wrong

*It is easier to reject the inner child than to sit with the
shame and fear they represent*



Your Mother Tongue





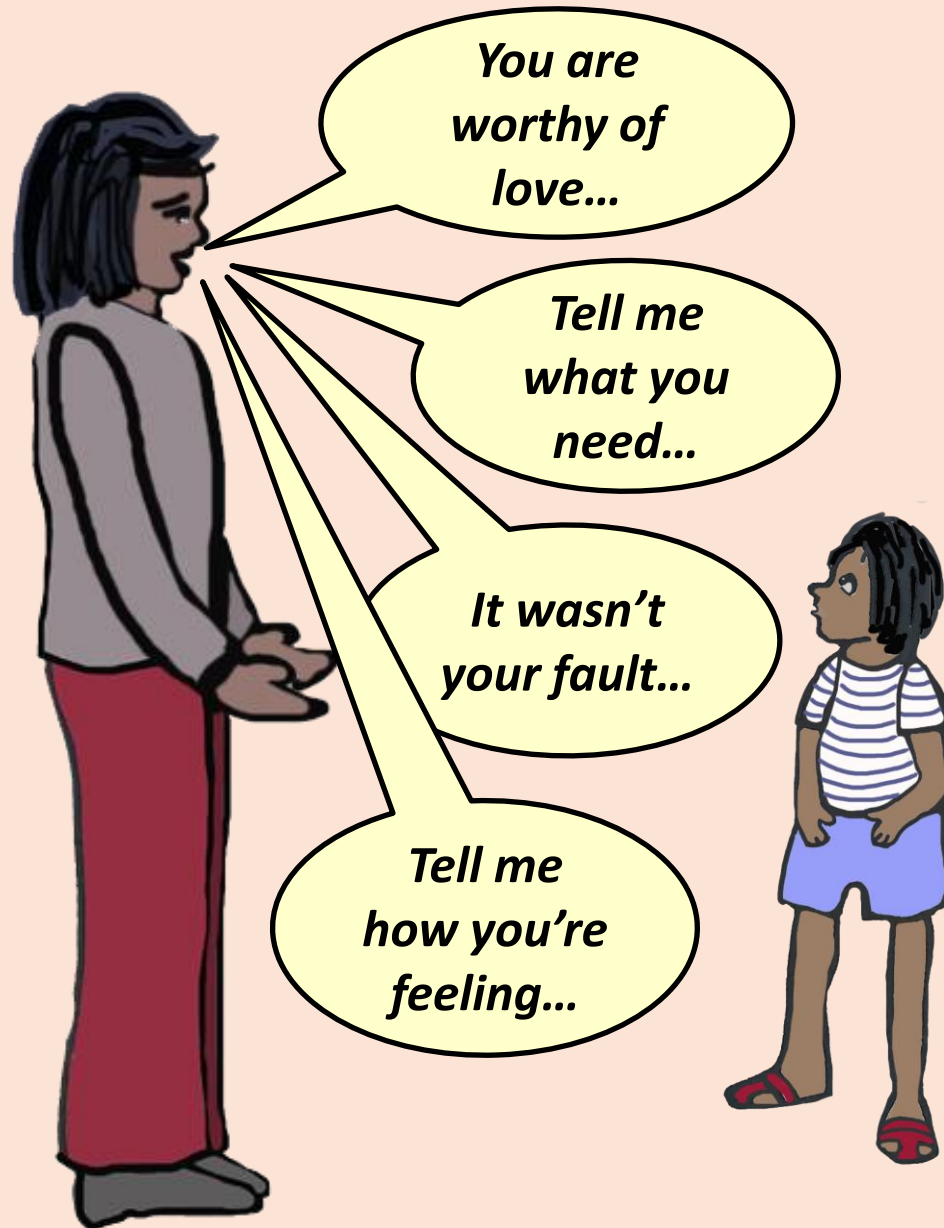
*You are
worthy of
love...*

*Tell me
what you
need...*

*It wasn't
your fault...*

*How are
you feeling
right now?*





Connected to our Inner Child





The Dressing Room

A Poem