



Deep Release Online
Professional Training for Counsellors

Special Introductory Workshop: The World of the Inner Child Cards



Why work with the Inner Child?

- Your Inner Child is the emotional part of you, who carries childhood memories, needs, joys, fears and wounds
- If your needs weren't consistently met, the consequences can persist into adult life
- Unresolved experiences (Gestalt: *Unfinished Business*) can contribute to our feelings of low self-esteem, anxiety, depression, perfectionism, people-pleasing, difficulties with trust and problems in relationships



Why work with the Inner Child?

- Exploring our Inner Child enables us to:
 - Recognise where patterns of behaviour originated in childhood
 - Understand the emotional roots of current struggles, rather than trying to manage symptoms
 - Develop greater self-compassion by viewing past experiences through kinder, more understanding eyes
 - Process unresolved emotions such as grief, fear, anger or shame in a safe therapeutic environment
 - Learn healthier ways of meeting emotional needs that weren't met in childhood
 - Build a more resilient and integrated sense of self



FREE



I am loved, I am safe,
I am happy, I am me.

CAREFREE



I am flying.

CREATIVE



I love to draw, to paint, to
colour in... I can be messy!

INQUISITIVE



I like being curious
and exploring.

THE LITTLE PROFESSOR



I get excited finding out
how things work.

DANCING



I love to dance.

FRIENDLY



I like being with my friends
and playing together.

CONFIDENT



I can be brave! I love
being on the stage.

CARING



I want to help.

SAD



Sometimes I want to cry
and cry... if I start, I might
never stop.

SAD



I feel sad when someone
I love goes away.

SAD



I feel sad when
something precious
to me gets broken.

SAD



I feel lonely when
I'm left out.

FEARFUL



I don't know what's
happening, but it's bad...

FEARFUL



I need to keep watching...
and listening... just in case.

FEARFUL



Where are you?

FEARFUL



I'm afraid of
the dark.

ANXIOUS



I keep imagining bad stuff
that might happen...

ANXIOUS



Please stop
shouting!

ANXIOUS



I'm a burden.

ANXIOUS



I want to make the people
I love happy. I'm not sure
what to do.

ANGRY



I don't know what to do
with my angry feelings -
I mustn't let them out.

ANGRY



Make some time for me!

ANGRY



You took something
precious away from me.

ANGRY



I don't understand -
It's not fair!

FROZEN



I can't move.
I can't speak.
I just disappear inside.

OVERWHELMING



My feelings are too big.

DISSOCIATIVE



I'm not really here...

ENMESHED



THE SECRET KEEPER



I mustn't tell.

LOST



I don't know who I am
or where I'm going
or where I belong.

THE CHAMELEON



I change who I am,
to be like the people
who are important to me.

THE GLASS CHILD



My sibling's needs are
bigger than mine;
they don't see me.

THE FIRSTBORN CHILD



I am the responsible one.

THE MIDDLE CHILD



I'm not really seen.

THE YOUNGEST CHILD



I never catch up.

GREAT EXPECTATIONS



THE ADULT CHLD



I have to be grown up and I
don't feel ready.

TWIN



We're the same.

THE STEPCHILD



Is there room
for me?

DIFFERENT



DIFFERENT



DIFFERENT



DIFFERENT



MISUNDERSTOOD



Demonstration 1

Introducing the cards to a client



Some of the Theoretical Bases for Inner Child Work

TRANSACTIONAL ANALYSIS

Eric Berne

Parent-Adult-
Child

GESTALT Fritz Perls

The whole is
different from
the sum of the
parts

PERSON CENTRED Carl Rogers

Configurations of
Self

ATTACHMENT THEORY

John Bowlby

Early experiences
form the Inner
Working Model of
Self

INTERNAL FAMILY SYSTEMS

The IC as an
'Exile' carrying
pain, protected
by Managers and
Firefighters

COMPASSION FOCUSED THERAPY

Paul Gilbert

Respond to
wounded younger
parts with
warmth

Polyvagal Theory : 3 Nervous System States

- As adults, we can find ourselves reacting far more strongly than a situation seems to warrant.
- A raised voice, a disappointed look, feeling ignored or criticised may trigger our nervous system, tipping us into survival mode, before our thinking brain engages.

SAFE AND CONNECTED Ventral Vagal NS state

When we feel safe we can:

- Think clearly
- Be curious
- Connect with others
- Learn
- Play
- Regulate our emotions



FIGHT, FLIGHT Sympathetic NS state

We may become:

- Anxious
- Angry
- Defensive
- Hypervigilant
- Controlling
- Restless
- Emotionally reactive



SHUTDOWN Dorsal Vagal NS State

We may experience:

- Numbness
- Hopelessness
- Exhaustion
- Dissociation
- Feeling disconnected
- *I don't feel anything*



Polyvagal Theory : Coregulation

- As counsellors, we model coregulation through a calm voice, steady presence, warmth, acceptance and emotional attunement
- This communicates the message to the client, *“I am safe with another human being...”*
- **When our nervous system feels safe enough it can move from survival to connection**
- **The thinking brain can then make sense, learn and heal, allowing us to reflect, process and integrate painful experiences rather than simply relive them**

But it can take a long time.....



Self-Regulation

As we model coregulation, this has the potential to release the client's own internal Nurturing Parent to soothe and release the dysregulated Inner Child.

Healing doesn't begin when the client understands their story.

Healing begins when our nervous system discovers that the story no longer has to be lived *as though it's still happening*.



don't make a fuss

Messages in my head

don't cry

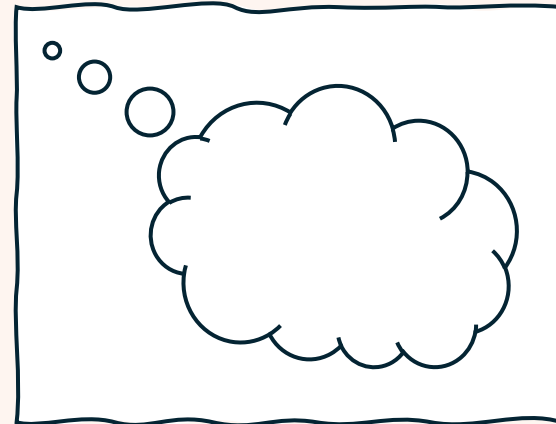
don't be sad

don't be a child

don't be different

don't show off

don't be angry



don't be needy

The TA Injunctions

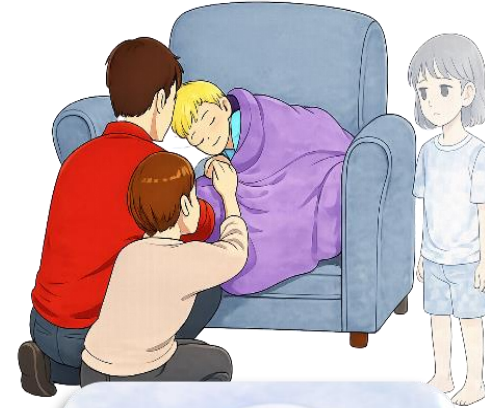
Identifying hard-wired 'don'ts'



don't show off



don't be different



don't make a fuss



don't be a child



don't be needy



don't be angry



don't cry

Demonstration 2

Using the TA Injunctions cards



Nurturing my Inner Child

Tell me how it feels...
I want to understand.

It's ok...
we'll work it out.

You don't have
to get it perfect.

You matter.
Your feelings are
Important.

You're allowed
to be angry.

That wasn't your fault.

You don't have to
hide this.

We'll be brave together.

It's ok to feel sad.
I understand.

Tell me how it feels...
I want to understand.

Take your time...
I'm proud of you.

I'm sorry that happened.
You didn't deserve that.



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Counselling Resources



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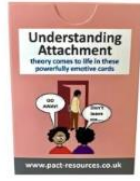
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Online cards subscription



Hard Feelings cards – by Katy Bodman



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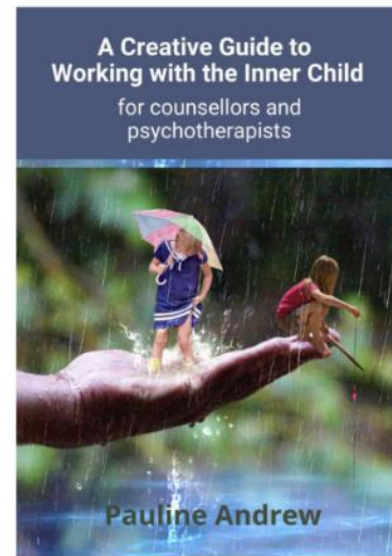


6 Ways of Working with the Inner Child – Training Video

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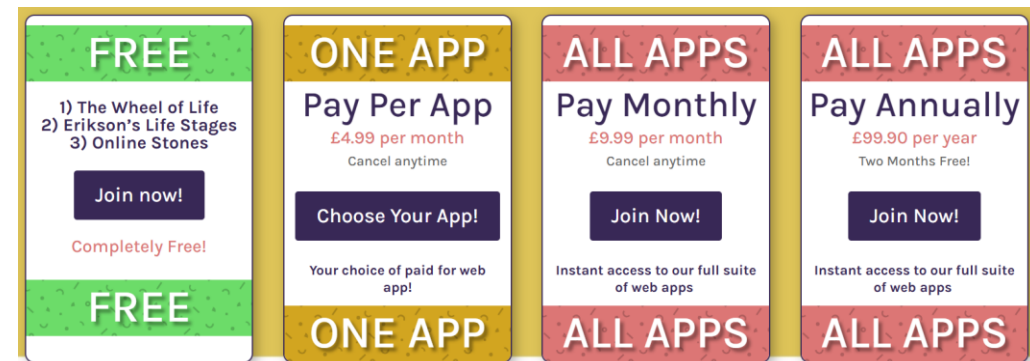
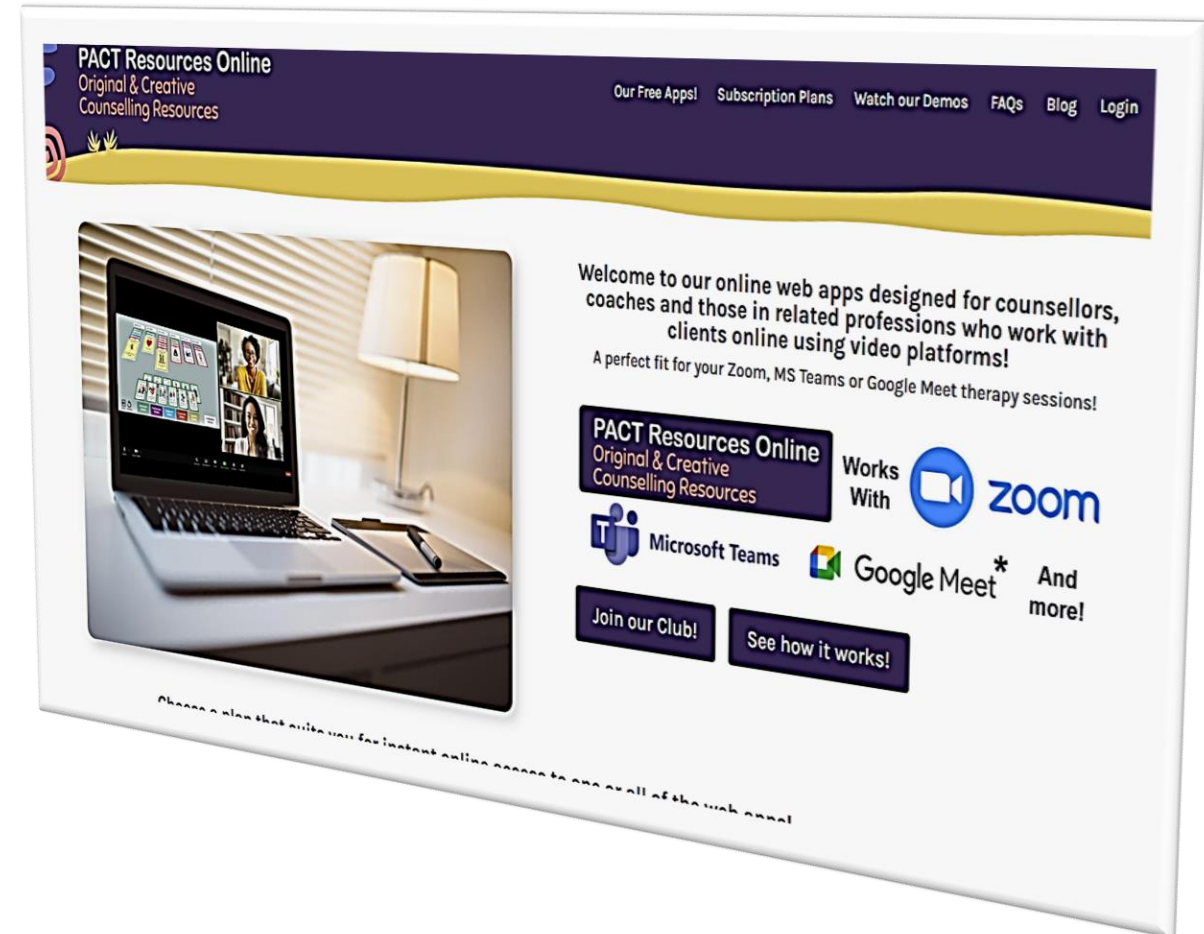
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