



Inner child healing

Course Objective:

To equip therapists with an in-depth understanding of the concept of the inner child and to provide them with the practical skills needed for facilitating inner child healing in their clients, addressing both current and past emotional wounds.

Day 1: Understanding the Inner Child

- ***Theory:*** Introduction to the concept of the Inner Child.
- ***Practical:*** Assessing one's inner child state through self-reflection exercises.
- ***Activities:*** Ice-breaker activity: Sharing personal experiences that shaped us.
- ***Case Studies:*** Review of seminal cases in Inner Child work.
- ***Role Play:*** Establishing trust with the inner child (therapist and client).
- ***In Session Practice:*** Identification of participants' inner child through guided meditation.

Day 2: Early Trauma and Its Impact

- ***Theory:*** How early life trauma affects development.
- ***Practical:*** Techniques for recognizing symptoms of unhealed trauma.
- ***Activities:*** Visualization exercise to connect with unprocessed childhood emotions.
- ***Case Studies:*** Discussion on attachment disruptions and their effects.
- ***Role Play:*** Interacting with a client presenting a case of early trauma.
- ***In Session Practice:*** Peer-to-peer practice of history-taking focused on childhood experiences.

Day 3: The Therapeutic Relationship

- ***Theory:*** Building rapport and fostering a secure therapeutic environment.

- ***Practical:*** Active listening and empathic responding
- ***Activities:*** Dyadic exercises on trust-building.
- ***Case Studies:*** Examining therapist-client dynamics.
- ***Role Play:*** Client distress and comforting responses.
- ***In Session Practice:*** Pair up for mutual sharing and reflection on therapeutic presence.

Day 4: Inner Child Communication

- ***Theory:*** Techniques for effective communication with the inner child.
- ***Practical:*** Creative expression exercises.
- ***Activities:*** Art therapy session for self-expression.
- ***Case Studies:*** Overcoming communication barriers.
- ***Role Play:*** Facilitating inner child dialogues.
- ***In Session Practice:*** Conducting a non-verbal communication session with a partner.

Day 5: Emotional Regulation

- ***Theory:*** Understanding emotional regulation and dysregulation.
- ***Practical:*** Techniques for emotional soothing and containment.
- ***Activities:*** Breathing exercises and emotional grounding techniques.
- ***Case Studies:*** Managing emotional outbursts in therapy.
- ***Role Play:*** Therapist role in co-regulating with the client.
- ***In Session Practice:*** Teaching a peer emotional regulation strategies.

Day 6: Reparenting the Inner Child

- ***Theory:*** Fundamentals of reparenting and its significance.
- ***Practical:*** Crafting personalized reparenting plans.
- ***Activities:*** Journaling exercise on what clients needed as children.

- ***Case Studies:*** Successful reparenting interventions.
- ***Role Play:*** Providing the client with what they didn't receive in childhood.
- ***In Session Practice:*** Reparenting dialogue exercises in pairs.

Day 7: Inner Child Integration

- ***Theory:*** Key concepts in inner child integration.
- ***Practical:*** Guided imagery and integrative techniques.
- ***Activities:*** Inner child affirmation and nurturing exercises.
- ***Case Studies:*** Integration and its effects on adult behavior.
- ***Role Play:*** Facilitating a conversation between the adult and inner child selves.
- ***In Session Practice:*** Guided integration sessions with peer feedback.

Day 8: Healing through Play

- ***Theory:*** Play therapy in inner child work.
- ***Practical:*** Introduction to playful activities in therapy.
- ***Activities:*** Engaging in playful activities that resonate with the inner child.
- ***Case Studies:*** Play therapy success stories.
- ***Role Play:*** Encouraging clients to playfully express emotions.
- ***In Session Practice:*** Simulated play therapy sessions.

Day 9: Grief and Loss

- ***Theory:*** Processing grief related to the childhood self.
- ***Practical:*** Facilitating grief work with clients.
- ***Activities:*** Letter-writing to and from the inner child.
- ***Case Studies:*** Complex grief and its resolution.
- ***Role Play:*** Attending to a client's unresolved childhood grief.

- ***In Session Practice:*** Experiential grief work in dyads.

Day 10: Ethical Considerations and Self-Care

- ***Theory:*** Ethical considerations in Inner Child Healing.

- ***Practical:*** Strategies for professional self-care to avoid burnout.

- ***Activities:*** Creating a personal self-care plan.

- ***Case Studies:*** Boundaries and transference issues.

- ***Role Play:*** Responding to ethical dilemmas in therapy.

- ***In Session Practice:*** Peer counseling with a focus on maintaining healthy boundaries.