

Your Inner Child, Family and Relationships...

Collins English Dictionary; "Inner Child",

Noun - The part of the psyche believed to retain feelings as they were experienced in childhood



We were all once children and still have that child dwelling within us, but most adults are unaware of this. This lack of conscious relatedness to our own inner child is precisely where so many behavioural, emotional and relationship difficulties originate.

By the end of this two-day experiential workshop, you will have started to take your inner child seriously and will communicate with that child within, to listen to how they feel and identify what they need from you in the 'here and now'.

On Day 1 we will explore the theory on Inner Child ranging from the work of Piaget through to Internal Family Systems, using this as a framework we will explore our own inner child(ren) and their experiences. On Day 2, we will consider our families and the experiences of secrets, shame and loss, along with the journey towards increased acceptance and healing.

This workshop is aimed at individuals who want to engage further in working with their own inner child, family history and relationships. In turn this will support you to heal and therefore better support the work you do with others who want to heal their own inner child(ren).

Dates: Weekend – 19th and 20th October 2024

Venue: Your Space Your Time Counselling Centre, 3 Albion Court, 72 Attleborough Road, Nuneaton, CV11 4JJ

Time: 9.30am - 4.30pm (9.00am Registration and Coffee)

Cost: £180.00 for the Two Days (Students £120.00)

CPD Hours: 12 Hours

Book your place via website <https://www.beallofyou.co.uk/courses/>