

# Re-parenting The Inner Child



## **Weekend workshop (max group 4)**

The concept of the inner child has been thoroughly explored by psychologists, psychotherapists, spiritual, and religious healers throughout time. Carl Jung called it the "Divine Child," Sandor Ferenczi the "Wise Child," Emmet Fox the "Wonder Child," and Charles Whitefield the "Child Within."

The Inner Child resides in every adult person. When we were overcome by guilt as children, we climbed inside of ourselves to avoid the feelings of not being 'good enough.' Or when we were little our family rules required that we present an image of a happy, healthy family, even if we wasn't. So we repressed our Inner Child to appear more responsible, serious and achievement driven. When we suppress the Inner Child we risk never

learning how to play and have fun, how to relax, we never really learn how to appreciate life. We take ourselves too seriously.

In "re-parenting" ourselves, we can give the child-we-were another opportunity to fulfill the developmental needs which our real parents failed to give us; these unmet needs might include unconditional love, guidance from a wise adult, acknowledgment of the right to be who we really are, emotional support, freedom to grieve at our previous frustration and disappointment, sadness and hurt -- and a sense of trust, dignity, will, safety, and personal boundaries and limits. The workshop will foster a creative approach to help participants to re-parent their own inner child...no experience in art is required just an openness to explore and have fun with art, sandplay, music and puppets

**Dates:** Friday 23<sup>rd</sup>, Saturday 24<sup>th</sup>, Sunday 25<sup>th</sup>  
March 2012

**Time:** Friday evening 7-9pm  
Saturday and Sunday  
10.00am – 4.00pm

**Venue:** Art Therapy Works  
Carrickfergus Co Antrim

**Fees:** Earlybird rate £275 paid  
6weeks in advance full  
price £300 paid one  
week in advance.

Email [jean@art-therapy-works.com](mailto:jean@art-therapy-works.com) to book a place or visit [www.art-therapy-works.com](http://www.art-therapy-works.com) to book a place on line.