

Inner child work

This is an experiential weekend workshop to be held over two days in which adopted adults will have a safe environment to explore aspects of their childhood experiences through connecting with their Inner Child. This workshop will help participants to work towards identifying their own issues with a view to accessing their healing resources.

Guided meditation, sand tray work, play, writing and drawing exercises will be used to help participants to connect with past and present experiences in a safe and self-empowering way. Since quite painful memories may surface as a result, it is essential that everyone attending the workshop feels emotionally ready to embark on what might be a challenging journey.

Facilitators: Maeja Raicar and Jason Oddi

- Saturday 25 and Sunday 26 September 2010
- 10am – 4.30pm
- North London

It is strongly recommended that applicants should have had some counselling at PAC before attending this workshop.

PAC subscribing local authorities	£150 (£176.25)
PAC non-subscribing local authorities	£165 (£193.88)