

Committing Myself to Inner Healing

Methodically exploring your past experience

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Help in progressing on your healing journey.
- Learn to use the various mini-tools in a methodical, personal, and autonomous way.
- Foster your healing.

WORKSHOP OUTLINE

- *Part 1 – Two direct approaches to the past*
 - My childhood past
 - How I went about surviving my wound of non-existence
- *Part 2 – The after-effects of my past today*
 - My disproportionate and recurrent reactions
 - My legitimate needs as a child still present in my adult life
 - My defence system with regard to others
- *Part 3 – Synthesis and final inventory*
 - My inner invitations
 - Final inventory

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is accessible to all adults. It is required to be involved in the Personal Methodical Training Program and to be involved in a healing journey. The workshop is not recommended for deeply perturbed individuals or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.