



Exploring My Childhood Past

Integrating your experience as a child through creative expression

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Identify and express important aspects of yourself felt and experienced in your past.
- Express your experience by making it visible through this form of creative expression.
- Liberate yourself from past wounds and rekindle deep life in you by becoming more aware of the best in you.

WORKSHOP OUTLINE

- *Each day unfolds the same way:*
 - A theme proposed by the educator to prepare for the creative expression on the following day
 - A time for in depth creative expression
 - A time for distance taking and analyzing your works
 - A time for sharing your day's work
- *The proposed themes:*
 - Visualizing my self-image as a child
 - Feeling and expressing what wounded me during my childhood (persons, events, surroundings)
 - Becoming aware of the traces of my painful past in my life today
 - Reconnecting with what was constructive in my childhood
 - Discovering the best of what was already alive in me
- *Action plan and final inventory*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS DE PARTICIPATION

It is recommended to have taken the *Who Am I?* workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity*, and one workshop on PRH analysis. It is not required to have specific competencies for drawing or painting. It is not recommended for psychologically vulnerable individuals, or for individuals in therapy, except with approval from their therapist.