

The College of Holistic Counselling presents

Learning to Love Your Inner Child

Facilitated by Sabina Rabold

The "Inner Child" is a way of understanding the part of us who feels, thinks and responds as we did in childhood. We think this is hidden and under the control of our adult self, but often this is not the case.

When we find ourselves uncontrollably:

- *in love with someone who hurts us*
- *enraged when we don't know why*
- *sabotaging ourselves*
- *being hostile*
- *feeling lost and empty*

we can look to the inner child for an explanation. When we separate the adult from the inner child the adult can function more effectively – particularly when that adult learns to love and nurture the inner child so that we are in loving relationship with ourselves.

This experiential two-day retreat will give participants an opportunity to connect with and listen to the needs of their inner child.

Learning to honour and respect the pain and "games" of the part of us whose needs have not been met is the focus of this workshop.

Creative visualisation, drawing and movement will be used on the weekend. The aim of this is to create a safe space in which the inner child can tell their story and be acknowledged. We will be exploring the healing potential of the hidden and shamed child within.

We also offer:

Holistic Communication Skills Courses
– 30 hours that could change your life!

Counselling Courses (nationally accredited)

Low fee Holistic Counselling

Please check out:

www.collegeofholisticcounselling.com.au

for more information or email us on:

cohc@pacific.net.au

2-DAY RESIDENTIAL RETREAT

Dates:

24 - 26 August 2007

Time: 7.00pm Friday to 4.00pm Sunday

Cost: \$465

Place: Maria Tal Cottages, 3 Valley Road, Wentworth Falls

A \$100 non-refundable deposit is required to reserve your place in the workshop.

Participants will be limited to 10.

These workshops fill quickly – please contact Heather at the College with preference of dates.

Cheques should be made payable to:
The College of Holistic Counselling
Suite 1/Level 4, 44 Hampden Road
Artarmon NSW 2064.

Over the phone credit card facilities available.

Phone: **02 9904 6748**

Further information will be mailed to you regarding the workshop once you have registered.



**College of
Holistic Counselling**

...the road less travelled

Please register me for the Inner Child Workshop on:

Date: _____

Name: _____

Address: _____

Phone: _____ (Home) _____ (Work)

Mobile: _____

Email: _____

I have enclosed my deposit for \$100.00 and look forward to receiving more information on what to bring.