



Webinar

An Introduction to Healing Using Inner Child Work

by Phoebe Rogers
The Relationship Space



The Relationship Space

Welcome

I'm so glad you're here.



My story

Hi! My name is Phoebe.

I struggled with relationships. I tended to self-sacrifice, people-please and date emotionally immature partners. I became resentful and lost myself.

Things finally changed when I began Schema Therapy and Coaching. I healed these patterns & found love. I want to share what I learnt with you.



Today's Points



- 01** We all long for love
- 02** Schema Therapy for healing
- 03** Schemas & Core Needs
- 04** Understanding The Inner Child

Today's Points



- 05** Why Inner Child Work
- 06** Ways To Connect To The Inner Child
- 07** Inner Child Imagery
- 08** Women's Group & More



Humans Long For Love and Connection

- Connection, and a longing for love is a survival need
- Most of my clients have relationship concerns
- Healing our own wounds allows us to have a healthier relationship
- Schema Therapy and Inner Child work offers a way to heal those wounds

Schema Therapy


- Schemas are pervasive, repetitive belief systems that have roots in childhood
- Schemas are comprised of beliefs, thoughts, memories, emotions, and sensations
- Schemas are triggered by situations that touch on our wounds from earlier life
- Common schemas that show up in our relationships are:
 - Fear Of Abandonment
 - Emotional Deprivation
 - Defectiveness/Shame
 - Mistrust/Abuse
 - Self-Sacrifice
 - Emotional Inhibition

Schema Therapy and Core Needs

- Schema Therapy proposes that there are five core needs of childhood, and trauma comes about when these needs are unmet
- Five Core Needs of Childhood:
 - Secure Attachments to Others
 - Autonomy, Competence
 - Freedom to Express Valid Needs & Emotions
 - Spontaneity & Play
 - Realistic Limits & Controls
- Our Inner Child often longs for these needs to be met
- In Schema Therapy, and with Inner Child work, we get these needs met.




Understanding The Inner Child

- When our schemas are triggered, we can experience emotional distress
 - Our Inner Child (Vulnerable Child) is the most sad, vulnerable, anxious, insecure part of us
 - When our schemas are triggered it can feel as if we are that scared little girl; worried that we will be abandoned or rejected, or alone forever. As if we're not enough
 - We can truly struggle to have hope and regulate our emotions in this state
 - We can be reactive and overwhelmed in Inner Child mode, which can impact our intimate relationships
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Why Inner Child Work

- Inner Child work truly transformed my life, and guided me to have a healthy relationship
 - Inner Child work is healing and empowering
 - Inner Child work uses self-healing via accessing your Healthy Adult
 - Most of us have resources of internal wisdom and compassion that can be accessed to heal ourselves
 - Learning to soothe the Inner Child improves emotion regulation, our ability to be present and to communicate effectively in our relationships
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Ways To Connect To The Inner Child

- Start with tuning inwards
- Validate your internal emotional world
- Accept all emotions and understand their origins and message
- Offer listening and connection to your Inner Child
- Seek safety and security for her
- Remind her of her strengths and unique gifts
- Allow space for play and fun
- Nurture with routine and boundaries
- Think of what 'little you' missed out on and talk to her about that



Inner Child Imagery

Close your eyes, come to a comfortable position. Focus on the movements of your breath. Now lets go back in time, back to a time when you were a child. A time when your needs weren't met.....





Curious About Healing Further?

- Women's Group For Healthy Relationships
- Individual or Couples Work
- 1 on 1 Relationship Coaching using Schemas & Inner Child work

Thank you for your time and presence



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