



# **Healing The Self: The Search for and Rescue of Your Inner Child**

**A Powerful, Life-Enhancing Experiential Workshop**

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## **Mission Statement:**

**It is my sole intention to present powerful, empowering and energising workshops that enable people to break free of old habits, patterns and problems and to live radical, joy-filled and fulfilling lives.**

**Taking part in my workshops will enable you to challenge yourself, show you ways to change ineffective thinking and I will share with you strategies to enhance your life-experience. Your role in the workshops is to participate fully, openly, respectfully and authentically and incorporate your learning into your everyday life – repetition creates habits! I invite you to be responsible for your own learning. This is YOUR time to grow, so take your place, use this space and add your voice. Let us do it now!**

## **Disclaimer:**

**This workshop, offered in good faith, will radically enhance and empower your life! However, it should be noted that you are engaging in the workshop and exercises out of your own free will and are responsible for yourself and for your complete well-being. If you find the content distressing, or it brings up issues for you, it is your responsibility to look after yourself seek professional therapeutic support. If you are experiencing any type of mental or emotional distress or disorder, I suggest you seek therapeutic advice and support. This workshop is not intended to be a substitute for therapy under any circumstance. By taking part, you agree to the above and take absolute responsibility for your personal mental well being. I do not assume any responsibility for your emotional or mental wellbeing as a result of this workshop.**

## **Intent:**

**This healing workshop is for Me, for every beloved part of Me. It is to heal every part of Me, my mind, body, emotions, thoughts and feelings. This healing workshop will empower Me and teach Me to learn from yesterday, live wonderfully today and dream for joyous tomorrows, filled with abundant love, light and peace. I will give my all, and my all will give to me. I love and approve of Myself and I am ready to meet my Inner Child! And so it is.**

## **Goals: The aim of this workshop is to:**

- a) enable delegates to become more truthful with themselves again
- b) widen your perspectives of your selves and the world around you
- c) find clarity for your future by learning from your past and living a more fulfilled, creative and valuable present
- d) to live more joyful, abundant lives
- e) to have enriching and enriched relationships with yourself and others
- f) to positively expand your experience of adventure and informed (non-threatening) risk-taking

*(a-c adapted from van Duerzen 1990:157 in McLeod 2009:277)*

## Healing The Self – The Search for and Rescue of Your Inner Child

We are all bound by our thought patterns, emotions and behaviour both past and present to a lesser or greater degree. How much we allow ourselves to be bound is of significant interest. The damage done in our pasts cannot be changed, manipulated or erased. However, what can be changed through enquiry and exploration is our self. Our life is a movie through which we can learn about ourselves and our behaviours, and one which we can choose to view from a different perception as we learn and grow and thereby reduce or negate its impact on us. Have you seen the movies with a number of different endings? Your life can also have a different ending to the one you have imagined or expected and this is very much dependent on the positive, affirming and empowering choices you make today.

**Study the past if you would define the future.”**  
**[Confucius](#)**

The aim of this workshop is to increase self-awareness and releasing of blocked and denied thoughts and feelings. Through various exercises, greater awareness and self-acceptance, it is expected that there will be a development and accepting of a positive attitude towards the self. When this occurs, it will enable each individual to experience a sense of new empowerment.

The Inner Child is the vital, gregarious, free spirit inside each one of us that plays and laughs and finds awe and magic in the most mundane. It is that part of us that believes in fairytales and Santa Clause. It is that part of us that observes life through magical eyes and sees wonder, beauty and possibility everywhere and in every thing. It is that part of us that simply wants to play, love and live happily ever after. The Inner Child never grows up, and doesn't ever have to. Each human being yesterday, today and tomorrow has and will have an inner child – most don't even know it! Reading this may be their very first exposure to the term 'Inner Child'. Yet, if we look carefully under the surface and ask some simple questions of ourselves, it becomes abundantly clear, sometimes painfully so, that at some juncture in our lives, our darling little Inner Boy or Girl was stifled through punishment, rebuking, ridicule, child mistreatment, abuse and neglect. It may be very difficult, if not impossible, for some people to acknowledge, let alone love their Inner Child. Remember she / he has done no wrong and needs your love. It is important to be aware that your adult logic may find the whole Inner Child concept ridiculous. However, adult logic dictates awareness of innocence, whilst the Inner Child's primary language is that of feelings. The Inner Child is the very core of the self.

**“Today you are You, that is truer than true. There is no one alive who is Youer than You.”**  
**— [Dr. Seuss](#),**

**“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”**  
**— [Marcus Aurelius](#)**

What is the self? It is the essence of every living being, that part of you that makes you 'you' – the divine, capable, radical, unique being inside with boundless energy, potential and creativity to grow and achieve. It is your very own uniqueness, a combination of genetics and experiences throughout your life journey to date that makes you who you are. However, does that mean that what you are right now, is *all* that you can be? You may well be happy and settled in living a life of your dreams. Or, you may be struggling with aspects of your life and may not know why you feel the way you do. Every individual has travelled on their own journey, some willingly, happily, skipping along the life's lanes, enjoying the views. Some have travelled unwillingly, tripping over the stones and getting entangled in the roots on the dusty path, as they have been dragged to this moment by 'well-meaning' others; the mothers, fathers, parent-substitutes who all believed (rightly or wrongly) that they were doing the best they could by you.

The self has been described as the purest, most beautifully unique and capable part of the human being. This pure, beautiful, untainted part of the human being is the 'true self'. We are all thought to be born with the capacity to learn and grow to 'be all that we are capable of becoming' if the right conditions are present. However, many issues affect this capacity as we grow, interact and develop our unique sense of the world around us. How we develop and grow physically and emotionally is often initially and primarily dependent on our parents' level of emotional maturity and their interaction with us as small, impressionable sponges of unlimited potential. As babies, we are completely reliant on them for safety, security, love and nourishment both physical and emotional. If our parents have had inadequate parenting themselves, it is highly likely that this inadequacy will affect their ability to raise their offspring adequately. As we grow and develop, we are then affected by our interactions with extended family and other social relationships, both formal, i.e. teachers, work colleagues, and informal, i.e. friends and same-age social groups.

Damage to the self occurs from a very early age, sometimes even through neglect from birth. Many parents for example, who have never been shown unconditional love and acceptance, had to learn to care for themselves and very early on, learnt conditions of worth. It is at this significant point in their development that they learn the IF/THEN rule: IF she/he is a good girl/ boy and helps mummy look after the other children, clean the house, cook the dinner, THEN she/he will be loved/ accepted/ approved of or allowed (to play, see friends, do something of their choice, etc). They learnt that they only receive love or affection IF they do what they are told, IF their behaviour or submission meets their parents' demands. If they go against the parents' wishes, they may be reprimanded, ridiculed or in many instances punished harshly and cruelly.

These children realise very quickly that their survival, emotional and physical depends on acquiescing to their parents' demands however outrageous. Such demands may vary from mild requirements of following others' rules and laws within the house and in society to the most extreme levels of physical, emotional and sexual abuse. The emotionally wounded parent passes this 'programming' onto their child most often without ever being aware (for example, by being constantly angry, aggressive within and outside the family, arguing with their spouse, being an absent parent, infidelity, etc). Consider generational behaviours being passed on regardless of their potential to cause harm. These individuals may find that they struggle in maintaining close relationships, jobs or keep financial commitments.

**“Why fit in when you  
were born to stand out?”**

**[Dr. Seuss](#)**

When a child experiences a significant trauma, they will often stop developing emotionally, they become 'stuck' at that point and sometimes even regress to earlier child-like behaviours. Remember a child does not have the maturity to process and understand what is going on as an adult might. They do not have the vocabulary to understand or be able to explain what happened, and so they express and process the incident(s) as feeling; pain, hurt, fear, rejection, confusion, etc. These feelings *travel in their original state* with the person as memories throughout their development perhaps leading to the term 'emotional baggage'. As their body matures into adulthood, they may give the *impression* of having matured and of having left those child-ish behaviours behind. However, for some, it isn't until they are exposed to a stressful situation, that the full extent of their arrested development and reversion to child-like hysterics and reasoning may be evident. Most adults grow up with the expectation of having ideal parents, the mother who is loving and nurturing and the father who is the strong super-hero of the perfect family. However, the reality is very different.

Dr Whitfield (1989), a pioneer in the field of dysfunctional relationships in families writes: ‘when this vital part of us is not nurtured and allowed freedom of expression, a false or co-dependent self emerges’. The false, or co-dependent self include for example, overachievers who will work till they drop in the hope of proving their worth to anyone who will pay attention, but secretly trying desperately to win the approval of their parents – to be loved and approved of. Similarly, workaholics who hide behind overstuffed appointment diaries, insurmountable workloads and living on air and prayer in the hope of some small acknowledgement to justify their existence. Many people live deluded lives – having delusions about themselves, because it appears, according to Dr Alice Miller that ‘the truth seems too unbearable to bear’. However it is this same truth and its necessity in our lives that causes, it is suggested, the majority of the illnesses in humans beings. It is logical, one would assume, that to hide and / or deny the pure vitality of living our own truths would lead to dire consequences and so we should avoid it. However, it is that very word ‘should’ that places the unbearable burden of meeting unachievable goals and unacceptable expectations that causes the individual to crumble. So in order to merely survive, the self begins to learn new ‘rules of being’.

**“I’m afraid that  
sometimes you’ll play  
lonely games too.  
Games you can’t win  
'cause you’ll play  
against you.”  
— [Dr. Seuss](#)**

The prisons in which many find themselves living daily, were created though unfulfilling and damaging interactions, rejections and rebuttals from those most significant to one’s intrinsic development. Each individual requires and desires to be loved and valued by themselves and others. Each also desires to become all that they are capable of becoming. The need for this love and achievement have been seen as basic survival needs in the field of Person Centred Counselling.

Having a relationship with self carries the ideal of first having been unconditionally loved and accepted by parents and significant others. This form of love, primarily from the parents or other primary care-givers (e.g. foster parents or carers) enables the child to learn, grow and accept their inner feelings. Such feelings include being valued, achieving an intrinsic sense of ‘I am good and I am lovable because my parents love me’. This development in the child is the ideal of healthy parenting.

However, in situations where love is withdrawn and made conditional, the child soon learns that its value is conditionally tied to its own actions and resultant reactions from significant others. Thus the child soon learns to

**He who makes a beast  
out of himself gets rid of  
the pain of being a man.”  
— [Dr. Seuss](#)**

identify itself with the value-based opinions of its parents and adapts to become a product of their surroundings. The child will subconsciously take onboard feelings of lack of worth often attached to thought patterns that point towards their being bad, unworthy, deserving of the abuse or punishment. Many children grow up with crippled self worth and self-confidence because they genuinely believe that they were bad and that it was their fault for being punished and hurt, that they even asked

for or orchestrated it. Even as adults, these individuals are unable, despite their adult logic, to identify that they were little, defenceless children who were dependent on their carer for love and safety and that they deserved to be loved and cherished irrelevant of their actions. At no point, no matter what the circumstance, is a child ever responsible for anything an adult **chooses** to do or say – they are the child and therefore entitled to be nurtured and protected no matter what is going on for the adult!

The lack of adequate parenting and nurturing causes unmet needs for love, attention and safety leading to chronic feelings of lack in the child which it seeks to fulfil throughout its life. This is often seen in the development of

addictions, addictive behaviours, eating disorders and other forms of self harm from cutting, gambling, sexual addiction, getting into regular debt etc. Addictive behaviours are thought to be formed as a result of significant losses in our lives, often as a method to alleviate pain, frustration and discomfort. The addiction gives temporary relief from the frustration by reducing or anaesthetising the impact of the pain. Unfortunately, if this process is repeated a few times, the brain associates the behaviour with the (temporary) outcome of ‘relief’ and the individual is fooled into believing that the addiction is making a significant difference. The other aspect of an addiction is that it will continue to produce the same effect (albeit milder each time) so the person involved begins to feel that their crutch is the only thing they can trust completely.

**“I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've bought a big bat. I'm all ready you see. Now my troubles are going to have troubles with me!”**

— [Dr. Seuss](#)

The need to play and playing is an essential part of positive mental health. Play is an essential activity that regardless of age, caste, colour, creed, socio-economic status etc., enables the player to relax, recharge and re-evaluate their world and experiences emotionally, physically and physiologically. Healthy aspects of play include laughter – the greatest of all healers – exercise, communing with family and friends, and generally (re)gaining a balance and being able to switch off from the rigours of everyday life.

Dr Miller (1989) states that ‘in order to become whole, we must try...to discover our personal truth – a truth that may cause pain before giving us a new sphere of freedom’. The journey to our personal truth is indeed difficult, but not impossible. In recent decades, on top of possible parental oppression, we have found that the governments have become more oppressive. The nanny state has taken away individuals’ ability to think for or rely on themselves and dismembered their ability to figure out creative ways to find workable solutions. We are prevented from taking control of our own destinies as this nanny state creates insidious dependency that is destroying society.

**It does not matter how slowly you go so long as you do not stop.**  
**Confucius**

It is essential, now more than ever to believe in yourself. You do have the skills and abilities inside you, you are ‘fearfully and wonderfully made’. Believe in yourself more than anyone else believes in you because that is when miracles align themselves behind your faith in you. You are a spark of the Universe, consider what you are made from and what you are – energy and matter, the same stuff that makes up the sun. It is OK to think for yourself, to decide what you want or don’t want. It is OK to take risks in making choices, if it doesn’t work, make another choice!

What is the worst that can happen? Start small and build on your successes; in doing so, you will grow in confidence from the fruits of your labour. Remember also, that trouble WILL come, be ready for it, prepare as best as you can and then go with the flow.

When you are told you cannot do something that you know you can, then do it anyway (as long as it is legal and does not harm another!). Consider the giants in the fields of science, technology and philosophy, inventors who were told ‘it will never work’. Had Da Vinci not drawn the prototype for the helicopter, or the Wright brothers not believed in their magnificent flying machine, we would not be jetting around the world.

When you are able to sit quietly and have the luxury of time to contemplate and listen to that quiet voice inside without wanting to fill your time so you do not feel, then you will be able to think your own thoughts, make your own choices, and grow beyond your wildest dreams.

Remember that whatever remains in your memories, are just that: memories. You have lived through and after the event until now, and you shall continue doing so more abundantly as you grow and free yourself from your past.

Share your thoughts and ideas or ideals! Look for that spark of brilliance inside. Trust in yourself. Accept yourself as a masterpiece in process. Give whatever you do your very best in spite of the outcome – you just never know! Be unique, be different, be your true self – you are not a lemming. Do what you need to, not what to think others expect of you. Expect to be rejected and scorned when you speak your truth, for by speaking it you will rattle the shackles of those bound by ignorance and laziness. Be the very best you can be, not what others think you ‘should’ be. Above all else, love your Inner Child and by doing so, you will love your *self*. Believe in you.

**“We are all a little weird  
and life’s a little weird,  
and when we find  
someone whose  
weirdness is compatible  
with ours, we join up  
with them and fall in  
mutual weirdness and  
call it love.”**  
— [Dr. Seuss](#)

The aim of the exercises below (and throughout the workshop) is to enable you to consolidate, inasmuch as is possible, your personal history, reclaim your present and live an enriched and rewarding life. Please feel free to explore these in your own time and at your own pace. There are no right or wrong answers. If anything is upsetting, then leave it and come back to it later.

#### EXERCISES:

Please find some time to contemplate the following thoughts. It doesn’t matter how much or how little time you put aside – as a guide, perhaps an hour or two once a week would allow you to explore and process your response.

- What do you hope or want to find, get and achieve from today, this week, this month, in the next six months?
  - Be detailed, be crystal clear about your intent, give yourself time
- What would you like to achieve in your life and what stops you from doing so?
  - Again, put down everything that comes to mind,
  - How much of your response is rational?
  - How much of it is irrational?
  - What can you do about taking action to reach your goals?
  - What help do you need?
- Who had the most significant impact on your life as a child?
- What was your relationship with this person?
- How did they impact your life? How does that affect you today? What evidence is there that this individual still affects your life? (consider how you might react to others like them, how you feel when attempting to do something they praised or criticised you for, etc)
- Describe a snapshot of your life either in writing or by drawing a picture. Share this someone, a friend or partner (if it feels safe enough to do so)
- Who are you? How would your autobiography read so far? What changes would you make to it?
- What songs would be the soundtrack of your life? Why?
- What songs would you add, change for the soundtrack for the rest of your life? Why?

Resource List:

**Self Confidence and Self Development:**

- Bancroft, L., (2003), **Why Does He Do That? Inside The Minds of Angry and Controlling Men**, Berkley Publishing Group
- Bernstein, A. J., (2002), **Emotional Vampires: Dealing with People Who Drain You Dry**, McGraw Hill
- Bradshaw, J., (1997), **Homecoming, Reclaiming and Championing Your Inner Child**, Piatkus / Bantam Books
- Chapman, G., (2004), **The Other Side of Love – Dealing with Anger**, Moody Publishers
- Clegg, B., (2000), **Instant Stress Management**, Kogan Page Publishers
- Cloud, H., and Townsend, J., (1992), **Boundaries: When to Say Yes, When to Say No**, Zondervan
- De Board, R., (1998), **Counselling for Toads**, Routledge
- Dickson, A., (1982), **A Woman in Your Own Right: Assertiveness and You**, Quartet Books
- Dunn, M., (2000), **The Good Grief Guide**, Pathways, How To Books Ltd
- Forward, S., (1998), **Emotional Blackmail**, Harper Paperbacks
- Forward, S., (2002), **Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life**, Bantam Publishers
- Hay, L. L., (2000), **You Can Heal Your Life**, Hay House Publishers (also available as an audio-book/ self help format)
- Hay, L. L., Jeffers, S., Northrup, C., and Myss, C., (1997), **The Empowering Women Gift Collection (4 CD Set)**, Hay House Audio
- Jeffers, S., (2005), **End the Struggle and Dance with Life**, Vermillion Publishers
- Jeffers, S., (2007), **Feel the Fear and Do It Anyway**, Vermillion Publishers
- Krystal, P., (1991), **Cutting the Ties That Bind**, Sawbridge
- Leaf, C., (2008), **Who Switched Off My Brain?**, Switch on Your Brain Publishers
- Lindenfield, G., (2000), **Managing Anger**, Thorsons Publishing
- Lindenfield, G., (2001) **Assert Yourself: Simple Steps to Getting What You Want**, Thorsons Publishing
- Meyer, J., (2002), **Battlefield of the Mind**, Faith Words Publications (see also joycemeyer.org)
- Meyer, J., (2006), **Managing Your Emotions**, Faith Words Publications
- Miller, A., (1995), **The Drama of Being a Child, The Search for the True Self**, Virago Press
- Parks, P., (1994), **Rescuing the Inner Child, Therapy for Adults Sexually Abused as Children**, Souvenir Press
- Parkes, C. M., (1998), **Bereavement: Studies of Grief in Adult Life**, Penguin
- Simon, G. K. (2010), **In Sheep's Clothing: Understanding and Dealing With Manipulative People**, Parkhurst Brothers Publishers Inc
- Vanzant, I. (1999), **Don't Give It Away**, Simon and Schuster Publications
- Whitfield, C. L., (1991), **Healing the Child Within**, Health Communications
- Williams, M, Teasdale, J., Segal, Z., & Kabat-Zin, J., (2007), **The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness**, Guilford Press
- Audiobooks/ Lectures:**
- Dyer, W. W., (2002), **The Wayne Dyer CD Collection**, Hay House Audio
- Hay, L. L., (2004), **I Can Do It – How to Use Affirmations To Change Your Life**, Hay House Audio



Hello!

It is an honour, a privilege and a great blessing to be able to do what I do, so I **Thank You** for sharing this experience and for enhancing the vibration of growth and change today by choosing to join me for this incredibly powerful workshop – I hope you enjoy every second of it!

I enjoy running workshops and watching people grow before my eyes. I have a varied background – I was born in East Africa and grew up in the East End of London during the 1980's – an 'interesting' experience! I studied Psychology and Counselling at university and realised that people have so much potential that is stunted or completely destroyed by others.

I decided in my early 20s that I wanted to do something about it and help people reclaim themselves! Since then I have been teaching Psychology, Counselling and Self Development at various colleges around London and Cornwall and of course my Counselling through which I have been blessed to work with thousands of wonderful people of all ages and all walks of life.

I am passionate about self development – there is nothing more exciting for me than to read about a new approach, or explore a new way of thinking and to incorporate it into my work and life. I enjoy meeting new people and see every day, even every hour as an opportunity to learn, grow and appreciate the abundance around. After all, we can **never** grow too much!

My dream is to speak all over the world and empower both men and women of all ages to reach within themselves and grow to be **everything** they are capable of becoming – and more! I have always said 'Dream big dreams' and I am living mine right now. I know what is possible if you just believe! So here is my message to you '**dream very big dreams, build magnificent castles in the air (despite what your mother says!) – for these will be the blue-prints on which you shall build your exquisite reality!**' Above all this, believe in yourself, in your beautiful Inner Child, and in that Power higher than yourself, that created this magnificent Universe... and YOU!

Love and blessings,

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