

## INNER CHILD WORK

**NOTE: LINKS CHANGE without notice – if LINKS do NOT work then GOGGLE the document**

### FOLLOW LINK...

[https://fit.sanfordhealth.org/resources/mindful-moments-printable?gclid=EA1aIQobChMI0fiUhbyf\\_AIVIPhRCh3n0wvaEAAYAyAAEgJ3N\\_D\\_BwE](https://fit.sanfordhealth.org/resources/mindful-moments-printable?gclid=EA1aIQobChMI0fiUhbyf_AIVIPhRCh3n0wvaEAAYAyAAEgJ3N_D_BwE)

or GOOGLE: *Fit Sanford 20 Printable Mindfulness Activities for Kids*

### Screenshot of where above link should take you to...



### FOLLOW LINK...

[https://mind.betterme.world/en/first-page-generated?flow=1240&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=search\\_recurring\\_f1240\\_cid18626778193/260&utm\\_content=628842697147&utm\\_term=inner%20child%20healing%20exercises&gclid=EA1aIQobChMI0fiUhbyf\\_AIVIPhRCh3n0wvaEAAYBCAAEgLSrfD\\_BwE](https://mind.betterme.world/en/first-page-generated?flow=1240&utm_source=google&utm_medium=cpc&utm_campaign=search_recurring_f1240_cid18626778193/260&utm_content=628842697147&utm_term=inner%20child%20healing%20exercises&gclid=EA1aIQobChMI0fiUhbyf_AIVIPhRCh3n0wvaEAAYBCAAEgLSrfD_BwE)

or GOOGLE: *Mind Better Me Inner Child Exercises*

### Screenshot of where above link should take you to...

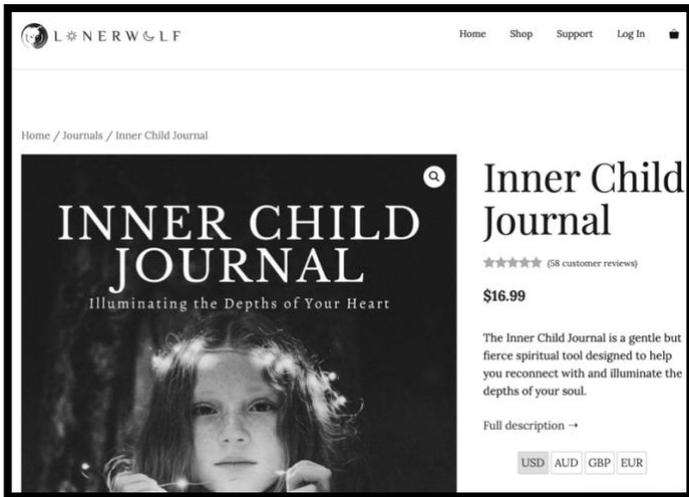


**FOLLOW LINK...**

[https://shop.lonerwolf.com/product/inner-child-journal/?\\_gl=1\\*q981kt\\*\\_ga\\*MTYxMzg5ODA5Ny4xNjcyMzQxNzg0\\*\\_ga\\_MM9W42X808\\*MTY3MjMjM0MTc4My4xLjEuMTY3MjMjM0MjAxOC4wLjAuMA..](https://shop.lonerwolf.com/product/inner-child-journal/?_gl=1*q981kt*_ga*MTYxMzg5ODA5Ny4xNjcyMzQxNzg0*_ga_MM9W42X808*MTY3MjMjM0MTc4My4xLjEuMTY3MjMjM0MjAxOC4wLjAuMA..)

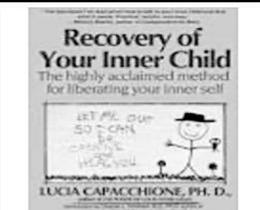
or GOOGLE: *Inner child journal Lonerwolf*

**Screenshot of where above link should take you to...**



**BOOK Suggestion—GO TO AMAZON.COM and search by title...**

|  |   |  |  |
|--|---|--|--|
|  <p>Inner child healing worksheet<br/><b>\$5.00</b><br/>Etsy ▾ Ad</p> |  <p>Healing the Inner Child Worksheet, ...<br/><b>\$2.50</b><br/>Etsy ▾ Ad</p> |  <p>Express yourself &amp; heal your inner...<br/><b>\$12.95</b><br/>Google Play ▾ Ad</p> |  <p>Inner child healing journal   Trauma...<br/><b>\$6.67</b><br/>Etsy ▾ Ad</p> |
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|  <p>Express yourself &amp; heal your inner...<br/><b>\$12.95</b><br/>Google Play ▾ Ad</p> |  <p>Inner child healing journal   Trauma...<br/><b>\$6.67</b><br/>Etsy ▾ Ad</p> |  <p>Recovery of Your Inner Child: The...<br/><b>\$5.99</b><br/>Used<br/>Thriftbooks.c... ▾ Ad</p> |
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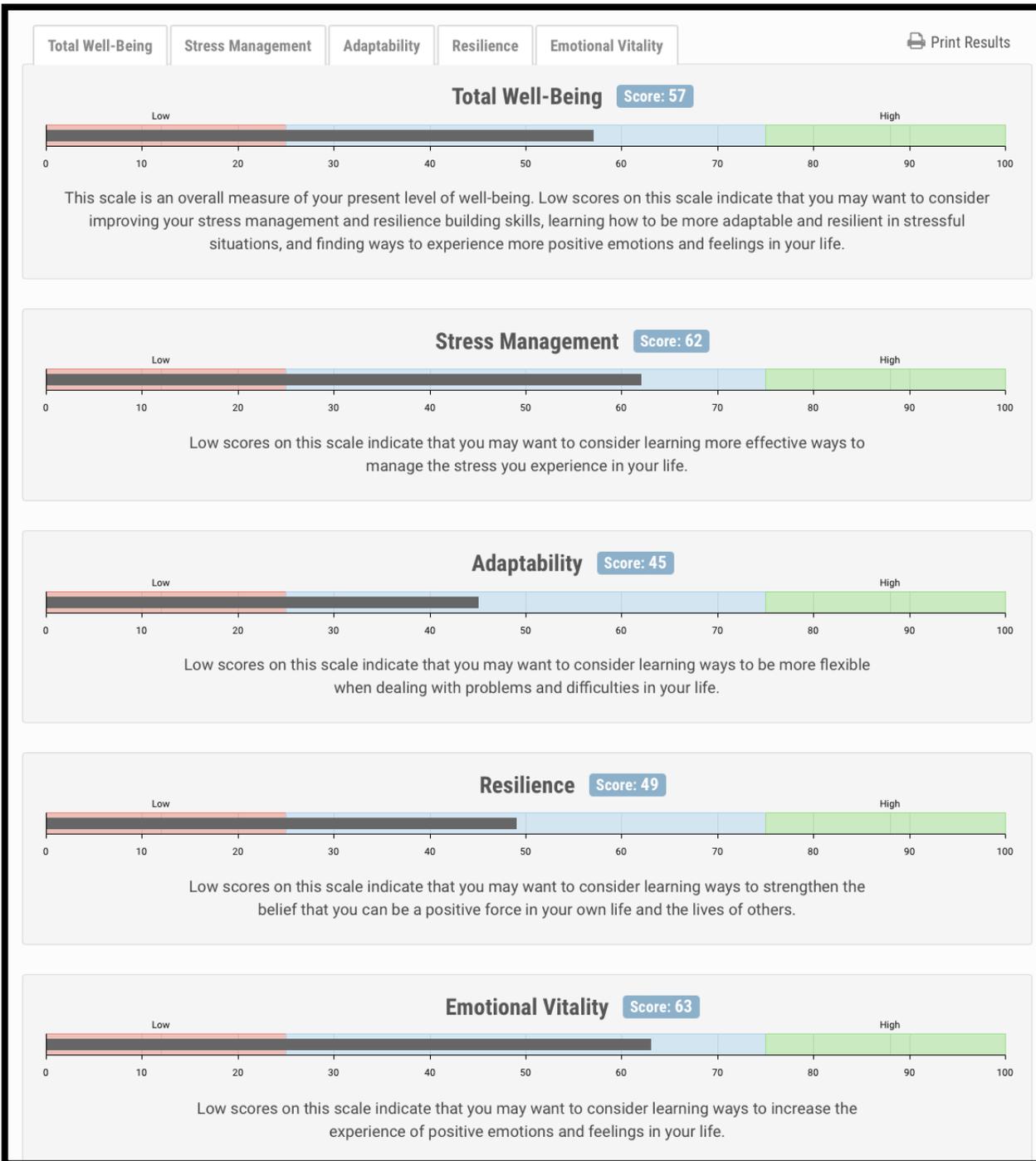
# PERSONAL WELL BEING SURVEY

[www.heartmath.org](http://www.heartmath.org)

OR...

<https://www.heartmath.org/resources/personal-well-being-survey/?sq=s>

## TEST RESULTS WILL LOOK LIKE...



# THERAPY AIDS

<https://www.therapistaid.com/therapy-worksheets/anger/none>

## DOWNLOADABLE SHEETS ON A VARIETY OF TOPICS

Screenshot of where above link should take you to...

The screenshot shows the Therapist Aid website interface. At the top, there is a navigation bar with the logo 'Therapist Aid' and a brain icon, followed by 'Log In' and 'Sign Up' buttons. Below the navigation bar are menu items: Worksheets, Interactive Tools, Guides, Videos, Articles, and Search. On the left side, there is a sidebar with two sections: 'Filter by Demographic' (listing Children, Adolescents, Adults) and 'Filter by Topic' (listing Anger, Anxiety, Art, CBT, Communication, DBT, Depression, Education, Emotions, Goals, Grief, Parenting and Behavior, Positive Psychology, Relationships, Relaxation, Self-Esteem, Stress, Substance Use, Values). The main content area is titled 'Therapy worksheets related to Anger'. It displays four items:

- Anger Iceberg worksheet**: Includes a diagram of an iceberg with 'ANGER' above the water and various emotions (SADNESS, SHAME, LONELY, OVERWHELMED, EMBARRASSED, HURT, HELPLESS, PAIN, FRUSTRATED, INSECURE, HUNGRY) below the water. Description: 'The Anger Iceberg represents the idea that, although anger is displayed outwardly, other emotions may be hidden beneath the surface. These other feelings—such as sadness, fear, or guilt—might cause a person to feel vulnerable, or they may not have the skills to manage them effectively. By exploring what's beneath the surface, clients can gain insight into their anger, such as other possible treatment avenues. For...'
- Anger Stop Signs worksheet**: Includes a diagram of a stop sign. Description: 'Anger Stop Signs introduces children to anger warning signs through simple writing and fun activities. Warning signs are clues that your body uses to let you know your anger is growing. When kids learn to identify their own anger warning signs, they can intervene before their anger grows out of control...'
- Customizable Worksheets membership feature**: Includes a diagram of a pencil writing on a document. Description: 'Become a member of Therapist Aid to unlock customizable versions of worksheets. Our subscribers use customizable worksheets to tailor examples for their unique populations, add professional branding and contact information, and make small tweaks to better suit their personal counseling style.'
- Deep Breathing worksheet**: Includes a diagram of a person breathing. Description: 'Deep breathing is a popular relaxation technique that helps to control the...'

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**POSITIVE TALK COLORING PAGES**

GOOGLE: *positive self talk coloring pages*

GOOGLE: *Kids Activity Book in PDF - Coloring Pages - Download PDF*

GOOGLE: *positive affirmation coloring pages printable free*



**CONTINUED ON NEXT PAGE...**

## SELF-HAVENING WEBSITE

<https://drtrutt.com>

<https://drtrutt.com/services-psychological-therapy-treatment-pasadena-california/>

### Neurofeedback & Biofeedback

Neurofeedback Training optimizes brain functioning by rebalancing the brain's electrical patterns, and it's non-invasive and non-pharmaceutical.

Our at-home Neurofeedback Training Program is conducted entirely via electronic means, giving you the greatest access available.

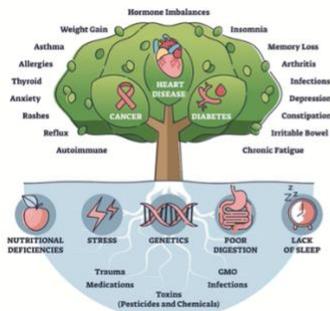
**Notice:** During the Coronavirus Pandemic Stay-at-Home orders our in-office Neurofeedback Training Program and our Biofeedback Program are not available.

[LEARN MORE](#)



### FUNCTIONAL MEDICINE

LOOKS FOR THE ROOT CAUSE



### Functional Health and Traditional Naturopathy

Life is for living, but that is difficult to do if you're not functioning at 100%. Symptoms like low energy, brain fog, gut issues, stubborn weight gain, joint pain, anxiety, and/or depression all suggest you're losing function in one or more systems.

Instead of focusing on your symptoms, start asking the question "Why?"

Our Functional Health Approach helps you identify root causes that are impeding your health and causing imbalances in your body.

[LEARN MORE](#)

## Services at Dr. Kate Trutt & Associates

### Individual Therapy

- Expert Trauma Treatment
- Depression Therapy Informed by Neuroscience
- Anxiety, Phobia & Panic Treatment
- Pain Management
- The Havening Techniques®
- Treatment for Stress & Burnout
- Mindfulness-Based Treatment
- Exposure and Response Prevention for OCD and Anxiety
- Couples Therapy and Relationship Counseling
- LGBTQIA+ Affirming Therapy
- Addiction Treatment
- Parent Coaching
- Sports Performance & Executive Coaching

[LEARN MORE](#)



### Group Therapy

**THRIVE**  
An Online Therapy Group for Living Beyond Anxiety

**RISE**  
Recovery Insight & Survivor Empowerment Group

**LIFT**  
Men Lifting One Another Through Change

**CONNECT**  
Pain Management: People Living With Pain & Illness

[LEARN MORE](#)

**TAPPING  
EMOTIONAL FREEDOM TECHNIQUE**

<https://www.tappingsolutionfoundation.org/howdoesitwork/>

**SCREENSHOT OF WHAT ABOVE LINK SHOULD TAKE YOU TO..**



**PHONE APP: Tapping Solutions**



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## **ADDITIONAL WEBSITES**

**NOTE: LINKS CHANGE without notice – if LINKS do NOT work then GOGGLE the document**

### **The wounded inner child**

<https://cptsdfoundation.org/2020/07/13/the-wounded-inner-child/>

### **Do you have a wounded inner child?**

<https://www.mytherapyassistant.com/blog/do-you-have-a-wounded-inner-child-here-are-7-key-signs>

### **Wounded child archetypes**

<https://janblencowe.com/which-inner-child-archetypes-do-you-have-jan-blencowe/>

### **Wounded child archetypes: 7 types**

<http://innovativeliteracy.com/character-archetypes-joseph-campbell/>

### **Inner child work with CBT**

<https://psychotherapy.psychiatryonline.org/doi/full/10.1176/appi.psychotherapy.20180008>

### **How inner child work enable healing**

<https://www.betterup.com/blog/inner-child-work>

### **Steps for healing your inner child**

<https://www.masterclass.com/articles/inner-child-work>

### **Inner child: 35 effective tools—growing beyond your past**

<https://positivepsychology.com/inner-child-healing/>

### **Inner Child Work: Reparenting your inner child to love yourself**

<https://fractalenlightenment.com/55737/self-development/inner-child-work-reparenting-your-inner-child-to-love-yourself>

### **EPIC Therapeutic approach**

<https://www.4kids.us/4kidsepic>