

# HEALING THE INNER CHILD:

– PSYCHODYNAMIC PSYCHOTHERAPY PROCESS –

A NEW 3-HOUR LIVE WEBINAR

## PROGRAM/LECTURE

### First Hour:

#### INNER CHILD WORK with CLIENTS

- What is Inner Child Work?
- Overview, Benefits, and Effectiveness
- Is the Inner Child a Pseudoscience?

#### THE INNER CHILD

- The Wounded Inner Child
- The Inner Child Archetypes
- What Does the Inner Child Know?

#### INNER CHILD WORK FROM VARIOUS PHILOSOPHIES

- Psychology, Eastern & Western Philosophies
- Enlightenment and The Inner Child

### BREAK (15 MINUTES)

### Second Hour:

#### UNSAFE RELATIONSHIPS

- Early Learning, Attachment & Trauma
- Invalidating Environments & Triggers
- Adverse Childhood Experiences (ACE)

#### SHAME and INVALIDATION

- Signs of a Wounded Child
- Signs of Internal Conflict
- Injustices, Love Deficits and Traumas

### BREAK (15 MINUTES)

### Third Hour:

#### THE CHALLENGE OF SELF-ACCEPTANCE

- Releasing Blocked Emotions
- Reparenting: Where to Begin?
- Inner child work with CBT

#### THE PROCESS OF INNER CHILD WORK

- Client-centered Therapy
- Inner Child Work: Past Affects Present
- Soothing Skills for Healing the Inner Child
- Life Skills that Were Never Taught (Or Learned)
- Steps for Healing: Inner Child Work in Counseling

### CONCLUDING THOUGHTS

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) define what an "inner child" is and what "inner child work" is as a psychodynamic-oriented approach.
- 2) compare "inner child work" from various philosophies: psychology, Eastern, and Western.
- 3) differentiate safe vs. unsafe environments and the effects on early learning, attachment, invalidation, and trauma.
- 4) review the challenges faced in self-acceptance and the releasing of blocked emotions.
- 5) explain the process of "inner child work" and where to begin with re-parenting.
- 6) describe the life skills never learned and the relearning processes for inner child re-parenting.

## INSTRUCTOR

Dr. Samara C. Kezele Fritchman (LMHC, EJD, PhD) is a Washington State licensed mental health counselor (LMHC), a national certified counselor (NCC) through NBCC (National Board for Certified Counselors), a Certified Employee Assistance Professional (CEAP), and a Critical Incident Responder as a Certified Clinical Trauma Professional. Dr. Fritchman holds a doctoral degree (PhD) in educational psychology and an executive juris doctorate (EJD: a law degree for those individuals who do not intend to become practicing attorney) from Columbus University. In addition, she obtained a master's degree in counseling psychology from St. Martin's College, and has been in private practice for 30 years. In her professional career, Samara has provided consulting, counseling, and professional-development services. She has over 40 years of experience working with all levels of staff, spanning a variety of job classifications, ethnic backgrounds, and educational levels within a wide variety of industries providing consulting, counseling, and professional development services. Dr. Fritchman currently provides tele-therapy for Employee Assistant Programs (EAP). Dr. Fritchman is the presenter of several INR programs: "Ethics/Legal Issues for Mental Health Professionals," "Suicide Assessment, Treatment & Management, and Collaborative Management with Health Professionals," and "Diversity and Cultural Competence." Samara's presentations are derived from her work with complex clients, which includes "Inner Child Work." Samara's "Ethics" program is one of the longest-running national ethics seminars in the United States. Samara's use of humor, relevant examples, and the ability to elicit lively audience interactions help make a tough subject fun and the day fly by.