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INNER CHILD HEALING GUIDE

APPROACHES, TECHNIQUES, EXERCISES

- Introduction to Inner Child Healing
- Recognizing Inner Child Wounds
- Creating a Safe Space for Healing
- Practicing Self-Compassion
- Connecting with Your Inner Child (Gestalt Therapy)
- Exploring Unmet Needs (Attachment Theory)
- Building Inner Dialogue (Gestalt Therapy)
- Reparenting Your Inner Child (Internal Family Systems)
- Challenging Negative Beliefs (CBT)
- Healing Through Creativity (Expressive Arts Therapy)
- Rediscovering Playfulness (Play Therapy)
- Mindfulness Practices for Healing (MBT)
- Overcoming Resistance and Fear (Trauma-Informed)
- Integrating Insights into Daily Life
- Tracking Progress and Self-Reflection
- Seeking Professional Support and Next Steps

The Gift Of Inner Healing

Ying-Ying Zheng



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