

Healing the Inner Child

A Creative Attachment-Informed Workshop for Emotional Healing and Adult Self-Empowerment

A 5-hour immersive therapeutic workshop using attachment theory, object relations, art, sand tray and clay work

Some parts of us grow up with the body, while other parts still carry the tenderness, fear, longing or hurt of earlier experiences.

You may notice this through people-pleasing, fear of rejection, emotional overwhelm, self-criticism, difficulty trusting others, or a quiet feeling of “not being good enough” — even when your adult self knows you are capable, strong and worthy.

This 5-hour immersive workshop offers a gentle, creative and reflective space to meet those younger parts of yourself with compassion. Together, we will explore how early relationships may shape the way we see ourselves, relate to others and move through the world.

Grounded in attachment theory and object relations, the workshop will support you to understand your inner child wounds, reconnect with your emotional needs, and strengthen the adult self within you — the part that can offer protection, nurture, steadiness and care.

Through art, sand tray work, clay work, guided reflection and compassionate group process, you will be invited to explore what your inner child may still be carrying, and what your adult self may now be ready to offer.

What We Will Explore Together

During the workshop, you will be gently guided to:

- Understand how early attachment experiences may influence adult emotions, relationships and self-worth.
- Explore developmental wounds in a safe, contained and compassionate way.
- Notice repeated relational patterns linked to earlier experiences.
- Use creative methods to express feelings that may be difficult to put into words.
- Begin developing a kinder and more compassionate relationship with your inner child.
- Strengthen your adult self as a protective, nurturing and grounded inner resource.
- Create a personal healing and integration plan to support you beyond the workshop.

Creative Therapeutic Activities

The workshop will include:

- Inner Child Art Mapping
- Sand Tray: "My Inner World"
- Clay Work: "Shaping the Protective Adult"
- Guided Imagery and Self-Compassion Reflection
- Letter Writing to the Inner Child
- Integration Ritual: "Bringing the Adult and Child Self Together"

No artistic skill is needed. This is not about making beautiful artwork. It is about using creativity, symbol, image, texture and reflection as gentle doorways into self-awareness, emotional expression and healing.

Who Is This Workshop For?

This workshop is for adults who are interested in personal growth, emotional healing and deeper self-understanding.

It may feel especially relevant if you experience:

- Low self-worth or self-criticism
- Fear of abandonment or rejection
- Difficulty setting boundaries
- Emotional overwhelm
- Relationship difficulties
- Childhood emotional neglect
- A sense of disconnection from yourself
- A longing to feel more grounded, confident and compassionate

The workshop may also be valuable for counsellors, trainee counsellors, helping professionals, foster carers, wellbeing practitioners and anyone interested in attachment-informed personal development.

What Makes This Workshop Different?

This is not simply a lecture. It is an experiential and reflective space where you are invited to learn, feel, create, pause, notice and integrate.

The workshop combines psychological understanding with creative therapeutic practice. Rather than only thinking about the inner child, you will be invited to encounter these parts of yourself through image, symbol, body, texture, memory and relationship.

The intention is to support a gentle movement from understanding your wounds towards responding to them with compassion, protection and adult empowerment.

You Will Receive

- A 5-hour facilitated therapeutic workshop
- A participant workbook

- Reflective worksheets
- Creative experiential exercises
- Guided inner child healing activities
- A personal integration and aftercare plan
- A safe and supportive group environment
- Certificate of participation
- Refreshments, including coffee, tea and cakes

Workshop Details

Title: Healing the Inner Child: A Creative Attachment-Informed Workshop for Emotional Healing and Adult Self-Empowerment

Duration: 5 hours

Format: In-person

Facilitator: Chris Gresch

Date: 3rd August 2026

Time: 10:30am – 4:30pm

Venue: Regus Barking, Jhumat House

Address: Jhumat House, 160 London Road, Barking, Greater London, IG11 8BB, United Kingdom

[Click here for a map](#)

Fee: £125

Booking email: chriscounselling@ifoundhelp.uk

A Gentle Note

This workshop is designed for personal development, therapeutic reflection and creative self-exploration. It is not a substitute for individual psychotherapy, crisis support or trauma therapy.

You will be encouraged to participate only at a level that feels safe and manageable for you. There will be no pressure to share more than you feel comfortable sharing.

Invitation

You are warmly invited to give yourself permission to meet the younger parts of you with compassion, tenderness and curiosity.

This workshop is an opportunity to allow your adult self to become the safe, steady and nurturing presence that your inner child may have always needed.

Spaces are limited to support emotional safety, containment and meaningful participation.

To book your place, please contact:

Chris

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