

HEALING THE INNER CHILD - BACK TO THE BEGINNING SELF-GUIDED TRAUMA HEALING PROGRAM

WEEK 1 - MODULE 1

Your personal access to our week 1 program guide

Topics to cover

INTRO VIDEO TUTORIAL

- **WHAT IS TRAUMA** (Audio tutorial part 1 online)
- **Understanding the concept of trauma looping and ancestral trauma bonds and why they occur** (Audio tutorial part 2 online)
- **Understanding triggers** - Looking at moments that trigger us and identifying the difference between real threats or bonded threats created by trauma loops and stuck / inherited behavior patterns (Audio tutorial part 3 online)
- **OBJECTIVE FOR WEEK 1** - Understanding what is trauma and childhood trauma - Understanding triggers - Understanding the basics of where our disconnect comes from - Creating safe spaces to explore our timelines and memories - Understanding the true sacred beauty of childhood - Moving into reconnections and memory recall - Re-introducing ourselves to our inner child - Documenting our journey from an emotional perspective and an insightful perspective
- **ROOT CAUSE SLIDES** - Online assignment 1 - 15 mins
- **CREATING SAFE SPACES** - Why we need to create safe zones before we move any further forwards. Memory recall, exploring past experiences safely, sitting with certain

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emotions and feelings about these experiences, journaling your feelings about memory recall that comes into your mind

- LISTEN TO (READ) THE AUDIO INTRO FOR ASSIGNMENT 1 -
- A LOOK AT CHAPTER 1 TOPICS to reflect over various most common trauma types and considerations that are highlighted within the chapter
 - Parental trauma stemming from systemic abuse
 - Emotional trauma during our developmental years from teachers, parents, elders, peers and more
 - Neglect from an emotionally unavailable parent
 - Sexual trauma or emotional / physical abuse trauma
 - SLIDES ON EMOTIONALLY UNAVAILABLE PARENTS
- A 15 MINUTE CONSIDERATION FOR THE SACRED CHILD - Here we look at the magic of childhood and how that magic gets damaged and 'painted black' and how we need to tap back in and reconnect to our inner child and little self in order to reignite the spark that you once had and find your way back to that version of you
 - Return to innocence reels
 - Bless the beasts and the children reels
- ENDING WEEK 1 WITH A FEW EXTRA TIPS AND TRICKS TO GO DEEP INTO THE CREATIVE CONNECTIONS AND WAYS TO EXPAND YOUR JOURNEY BACK TO SELF)
 - What is needed - safe space, journal, online access to pinterest or alternative timeline creation board
 - An example to mine for reference

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- **FINISHING UP WITH AN INTRO INTO WEEK 2 + TRAUMA RESPONSES IN THE BODY BRAIN SLIDES** - Audio link where we will also introduce MODULE 2 CHAPTER 2's topic on EMOTIONS and THE BODY BRAIN CONNECTION - Looking at the Body Brain connection, Emotions and PTSD Childhood trauma disorders, loops, bonds etc
- Ending with a couple of movie / book references
- **MOVIES**
 - Peter pan
 - Mary Poppins
 - Alice in Wonderland
 - The Adam Project
 - The time traveler's wife
 - The Kid
 - The shape of water
 - The glass castle
 - The Florida project
 - An education
 - The wizard of Oz
 - The beginning of life (documentary)
- **BOOKS**
 - The little prince
 - Charlottes web
 - The secret garden
 - The lion the witch and the wardrobe
 - A wrinkle in time
 - Harry potter

A farewell poem and thanks - See you next week

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