



FOUR DIRECTIONS CONSULTING

“First Nations “Inner Child” Workshop

“Healing Through A First Nations Perspective”

Workshop agenda: this workshop will focus on the following topics

- Four aspects of the “Inner Child”
- “Inner Child” 1 & 2, sign and symptoms.
- Parent & “Inner Child” Influences.
- Healing from childhood abuse.
- Re-parenting.
- Residential schools influence, their cause and affects!
- Grief and loss.
- Forgiveness, self-forgiveness.
- Changing attitudes and behaviors.
- Reclaiming exercise.
- Emotions, anger and denial (what are emotions?)
- Self-defeating behaviors.
- Anger, where it comes from (what is anger?)
- What is shame and guilt?
- Building self-esteem tools, skills and exercise.
- Self-acceptance of self and others.
- Critical thinking stages.
- Challenging old beliefs.
- Boundaries; acceptable & unacceptable behaviors.
- Defense mechanisms.
- Taking responsibility for your thoughts, feelings and actions.
- Recovery, support systems and aftercare.
- Making peace with your past and others who affected your life.
- Letting go and forgiveness ceremony.
- Daily sharing circles, as well as doing daily journal work.

This is a traditional healing workshop where, if permissible, a daily morning smudging ceremony, with an opening & end of day prayer. If one wish’s to enhance & attain a better understanding & awareness of themselves, one will greatly benefit if one fully commits for the full duration of the workshop.

Traditional Teachings & Healing from a First Nations perspective!