



DEPARTMENT OF COUNSELLING PSYCHOLOGY



LOYOLA COLLEGE, CHENNAI

REPORT ON WORKSHOP

Healing the Inner Child

Anugraha

Date
**22-28 April
2022**

Medium: English

Venue
**Anugraha
Campus**

Healing

Releasing

Dreaming

Smiling

Forgiving

Serving

Course Description	Major Threads
<ul style="list-style-type: none"> • Do you have high stress or addictive behaviour? • Are you having chronic sicknesses or nervous break-down? • Do you have excess anger and hatred? • Are you paralysed by fear and anxiety? • Do you have depression, lack of energy or low self-esteem, fatigue, or no life motivation? • Do worry and stress manifest as physical symptoms, insomnia, or phobia? • Are you having repeated failures and frustrations? • Are you dealing with physical challenges such as chronic pain, immune diseases, or fatigue? 	<ul style="list-style-type: none"> • Stress to flow • Sickness to health • Anger to serenity • Hatred to forgiveness • Fear to courage • Sadness to happiness • Depression to enthusiasm • Low energy to high energy • Low self-esteem to high self-esteem • Insomnia to good sleep • Addiction to liberation • Low to high motivation

Date
**22-28 April
2022**

*Covid 19
Vaccination & PCR
Documents Needed*

Fee
₹4,000

*For Registration Visit
www.anugraha.info
ISO 9001: 2015
Certified*

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TOPIC : HEALING THE INNER CHILD

DATE : 22.04.2022 to 28.04.2022

VENUE : ANUGRAHA CENTRE, DINDIGUL

BENEFICIARIES: I ST YR STUDENTS OF COUNSELLING PSYCHOLOGY

NO OF BENEFICIARIES: 24

The workshop was conducted for 7 days as in-house training, in which practical sessions and theoretical sessions were administered to the students . The students underwent healing psychotherapies in the process of addressing their inner wounds ,emotional damages and suppressions. The therapies were supplemented by group activities and expressive arts and cultural events to integrate and help the healing process.

The outcome of the Inner healing workshop was that the students reported relief , release and freedom from long pending ,stress loaded and evoking intense issues in their past. They were better prepared to help other people handle their emotional crisis and concerns.







