

Highlights from April Success Path to SER Discussions
“Meeting your Inner Child for the First Time”, interview with Carolina Joos

4-30-24

1. Inner child work involves exploring and healing, unresolved childhood events and traumas.
2. Creating a safe and supportive space is crucial for clients to be willing to meet their inner child and remember an event from the past.
3. Participants shared personal experiences and insights of themselves and client sessions, describing as re-parenting oneself and claiming lost parts of the self.
4. Mindfulness, emotional intelligence and self-awareness are important in this work.
5. Setting boundaries and prioritizing the clients' emotional well-being are emphasized. There was an example of a client with PTSD and how to use or not use SER.
6. Emphasized the importance of using compassion, curiosity and willingness to explore these deep-seated emotions and memories.
7. We all shared our point of view on the psychological benefits of working with an inner child in a SER session.
8. Next group calls are May 28 and May 30, re-visiting the inner child archetypes and SER.

5-2-24

1. The importance of feeling safe and trusting the process before engaging in dialogue with the inner child.
2. The significance of personal experiences in therapy and the role of the therapist's own inner work in facilitating dialogue with the inner child.
3. The importance of being an integrated therapist, having diverse experiences, and developing a personal style of practice.
4. Practical examples of dialoguing with the inner child, such as creating a safe space, building a connection emotionally and visually, and exploring past experiences to uncover hidden emotions and beliefs.
5. The concept of Completion of Biological Processes as taught in SER2, allowing clients to choose their starting point and creating a safe environment for healing.

6. The significance of showing up for oneself, listening to the body, and developing new patterns to break old cycles.
7. The transformative power of inner child work in therapy to explore and heal past traumas.
8. Next group calls are May 28 and May 30, re-visiting the inner child archetypes and SER.