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Healing The Child Within Discovery

In Healing the Child Within, Dr. Whitfield guides us through four steps to rediscovering your true self: 1. Learn to be 'real' by practicing being 'real' with safe others. 2. Identify your healthy human needs. 3. Grieve your unrieved hurts, traumas and

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loses. 4. Work through your core recovery, ...

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Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families by Charles L. Whitfield (28-Jan-1991) Paperback Unknown Binding - April 1, 1987 by Charles L. Whitfield M.D. (Author)

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Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Paperback - April 1 1987. by Dr. Charles Whitfield MD (Author) 4.5 out of 5 stars 368 ratings. See all 10 formats and editions.

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Dr. Whitfield describes the journey of discovery and healing our fears, confusion, and unhappiness. This book begins where many others describing adult children of alcoholics have left off.

Healing the Child Within: Discovery & Recovery for Adult ...

Inner child work is the process of contacting, understanding, embracing and healing your inner child. Your inner child represents your first original self that entered into this world; it contains your capacity to experience wonder, joy, innocence, sensitivity, and playfulness.. Unfortunately, we live in a society

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that forces us to repress our inner child and “grow up.”

Inner Child Work: 4 Healing Techniques to Overcome Trauma ...

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One might call this defense “false observer self” since its awareness is clouded. It is unfocused as it “spaces” or “numbs out.”. It denies and distorts our Child Within, and is often judgmental.”. — Charles L. Whitfield, Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families.

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Healing the Child Within Quotes by Charles L. Whitfield

Other writings on this topic have come and gone, while Healing the Child Within has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma. Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery.

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Charles Whitfield dubbed the inner child the "child within" in his book Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (1987). Penny Park's book Rescuing the Inner Child (1990) provided a program for contacting and recovering the inner child.

Inner child - Wikipedia

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