

Past Forward: Healing the Trapped Inner Child Workshop Report

Ms. Shazia Shaikh and Mr. Swapnil Sinari, College Counselors attended one day state level workshop on “Past Forward: Healing the Trapped Inner Child” organised by GVM’s Gopal Govind Poy Raiturcar College of Commerce and Economics in association with GVM’s Dr. Dada Vaidya College of Education, Farmagudi – Ponda, Goa on 22/03/2024 at GVM’s Hall from 9.00 am to 5.00 pm.

Counselors and students from different colleges in Goa attended the workshop.

Dr. Sharmila Rao, Hypnotherapist was the resource person for the workshop.

The Key features of the Workshop were

- Enlightenment of the inner child.
- Expertise of the resource person.
- Experiential learning.
- Increased Self awareness

Dr. Sharmila Rao started the session with how the mind operates, the understanding of the mind and then focused on the types of inner child, father wound, mother wound, ancestral wounds and also engaged in hypnotherapy exercises during the sessions. Overall the workshop was very interactive, informative and knowledgeable.



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03/21/2024 04:08 PM GMT+05:30
Note : Captured by GPS Map Camera