

## 17. Heal your Inner Child

### COURSE FACULTY **Ms. Jayalakshmi Madhavan**

Counselor and Psychotherapist



#### Education:

M. Phil in English literature from Madras University, M.A in English literature from Jawaharlal Nehru University, B.A in English Literature from Queen Mary's College, P.G.Diploma in Journalism from Bharatiya Vidya Bhavan.

#### Experience:

Jayalakshmi Madhavan is a certified counselor, certified Yoga instructor with a private counseling practice in Chennai. A postgraduate from JNU, Jaya Madhavan is also a poet and a national award winning novelist. Works include Kabir the weaver poet published by Tulika and Sita and the forest bandits published by Children's Book Trust.

### CO-FACULTY

### **Ms. Shrinkhala Aren**

Associate Senior Faculty



#### Education:

Graduated from the Film and Video Communication department of National Institute of Design in 2005 and pursued post graduation in Design Management from Ecole Internationale de Design, France.

#### Experience:

Discipline Lead of Film & Video Communication. She has taught various courses on Film Language, Direction and Editing in the department. She has also been involved in some common courses - Design Process, Space, Form & Structure and Research Methodology.

### Keywords

Healing, Creativity, Connection, Nurture, Joy, consciousness

### Overview

There is a child within all of us – that is the holder of our core emotions of happiness, sorrow, anger, fear and core capacity for creativity, fun, resourcefulness and wonder! Did you know, our whole life is created around? this 'child'? When our inner child is angry, upset or irritated, it makes us agitated and when our inner child is happy and nourished, we feel safe and secure. But how many of us are consciously in touch with this precious inner child of ours? How many of us know how to establish a relationship with our own little self?

Course Code: **OE2017** | Seats: **12**

**CAMPUS: Bengaluru**

### Objective

The aim of this workshop is to facilitate a space that is safe and nurturing so that the participants can comfortably reconnect to their inner child, revive it and learn how to cultivate this relationship through regular self-care and through building safe relationships.

### Methodology

Exercises, interactions with the facilitator / trust group, creating a connect with oneself through activities, conversations around core emotions.

### Deliverables

A transformative experience for the participants and a free expression of the narrative / vision of the inner child through any chosen visual art medium.