



Trauma Counselling for People Affected by Crime
Registered Charity No. 1144081

CPD Training 2025 - Monday 10th November 2025 9:45am – 4pm

‘Inner Child Freedom Exercise’

Parks Inner Child Therapy

PICT Inner Child Basic Principles of Resolution Exercise:

This second PICT workshop provides the therapist with a unique way to enable the client to access their Inner Child seamlessly.

Negative childhood experiences create negative, mistaken beliefs, resulting in unwanted behaviour and negative feelings. These beliefs are resident in the part of the unconscious mind where the childhood experiences are catalogued but continue to influence our ‘today’ perspectives. Changing negative beliefs requires contact with the belief core to provide accurate information that can alter the original perspective.

It is recognised that children often blame themselves for things that grown ups do/say. This is an exercise providing the basic information needed to assist the Child part to begin to process the concept that grown ups make mistakes and display unwanted behaviours as a result of their own problems. Therefore, the grown up’s mistakes and behaviours are not really *about* the child- *the child is not at blame*.

At a core level, this realisation assists people to begin to step away from guilt, blame and shame. However, further more focused work would need to be done on specific major issues before full resolution is achieved. This exercise covers the basic principles of resolution.

For further info on PICT pls see www.pennyparkstraining.co.uk

Course Trainer – Susan Osborne

As well as being one of the Directors of Penny Parks Training, Susan is a Senior PICT Trainer, Therapist and Clinical Supervisor. With over 30 years of experience working in the therapeutic world, Susan brings extensive knowledge of working compassionately with clients in therapy whilst achieving effective and sustained resolution for the client.

20% EARLY BIRD DISCOUNT

book before 22.10.2025 to qualify

****Spaces are limited****

Bookings and enquiries:

MOB: 07761050975

Email: contact@rubiconcares.org

Terms and conditions:

- Our courses are priced at £100 per person or £80 for early bird discount.
- Payment is required to confirm a place on a course and is non refundable.
- Training venue – MCSC, 39-48 Marsham St, Maidstone, ME14 1HH
- Please note lunch is not included. Please check the venue website for food options available onsite. Tea/coffee will be available



Training Application Form

<u>Delegate details:</u> please complete all details	<u>Payment method:</u>
First name.....	☐ By invoice
Surname.....	<i>Please include details of who and where to send our invoice:</i>
Job Title.....	
Organisation.....	
Address.....	
.....	
.....	☐ By cheque
Tel:.....	<i>Please make cheques payable to : Rubicon Cares</i>
Email.....	
Special requirements: (large print, disabled access etc).....	☐ By BACs transfer:
.....	<i>Please make the payment to the following account and use your name as the reference.</i>
	Bank Account Name: Rubicon Cares
	Account number: 00032047
	Sort Code: 40-52-40

Bookings and enquiries:

Post: Rubicon Cares, Maidstone Community Support Centre
39-48 Marsham Street, Maidstone, Kent ME14 1HH

TEL: 01622 230736

MOB: 07761 050 975

Email: contact@rubiconcares.org

Terms and conditions:

The events provided by PPT, and facilitated by Rubicon Cares, are based on the Advanced Specialist Psychotherapeutic Skills of Parks Inner Child Therapy (PICT) and are designed for either students or practicing professionals working in the mental health field. The nature of the content of the Events touches on sensitive issues, particularly childhood abuse, and are not designed for access by the general public. It is therefore the responsibility of each participant to ensure they are suitably qualified and able to handle such issues, and they have their own appropriate support network in place to assist with any issues that may arise from participation in these events (eg supervisors). PPT or Rubicon Cares accepts no liability for any issues arising from the content covered and discussed in these events.

- Our courses are priced at £100 per session or £80 early bird discount. Supporting materials and a certificate of attendance may be included.
- Payment is required to confirm a place on a course and is non-refundable.
- Please note lunch is not included. Please check the venue website for food options available onsite. Tea/coffee will be available