

Remembering Your Child Within

Remembering Your Child Within Project is an experiential based therapy that allows you to utilize the *positive memory* of one or more childhood experiences in a relaxed and meditative setting to facilitate deep, lasting internal stress free states. These memories are often over- shadowed by a lifetime of stressors that trigger unnecessary responses, keeping us “stuck” in patterns that interfere with productivity, happiness, and ease.



Our brain and body become “wired” in these experiences by automatic responses to various triggers. The result is an inner tension that hovers deeply within to cause a repeating over-reaction in triggering situations, or even worse, result in a continuous inner tension even when life is going well.

As social beings, we rely on interactions with another to orient our place in community. Current research in neuroscience and psychology link the importance of the body’s autonomic nervous system to mirror neurons in the insula of the superior temporal cortex, mid pre-frontal cortex of the brain and the primary site of human empathy. These neurons communicate with neurons from the autonomic nervous system that run through our body’s neurofibers of the vagus nerve. When significant stress occurs, as a means of self-preservation, the body goes into a fight or flight response. This response is re-triggered without rational cause.

Remembering the Child Within Project teaches a simple technique to recognize tension-causing responses and switch them to calmer and centered states of presence.

Healing that you may experience:

- Grounding in a comfortable way
- Listening to the language of your body
- Feeling safe to open to what arises
- Being supported in your self-discovery
- Learning new tools for self-exploration
- Sharing your positive memories with others

This is a three part series. Due to the nature of this work enrollment is limited.

Contact [Joshua’s Place](#) to Register: 631-287-4100

Date: Tuesdays - September 20, September 27, October 4, 2016

Time: 7:00 – 8:30 PM

**Cost: Sliding scale \$25 - \$40/session
or pre-paid Package for all 3 - \$85**

Follow-up available as a group session or individually.



Kathleen Hendrickson, M.A. Educational Psychology and Counseling

Living with Heart – the expression of one’s true self, is the key theme of Kathleen’s 30+ year career path. She brings to her practice new advances in the neurobiology and psychology of the mind/body integration in combination with metaphysical understanding of our being within one unified consciousness. She is in private practice in Southampton.