

Clean Slate's Courses & Programmes for September 2022

All courses and programmes can be booked online – www.cleanslate.org.uk

Start Date	Time	Training and link	Format	Description
Any date	Anytime	Healing the Inner Child Healing the Inner Child Clean Slate	Self-paced training on online learning platform	Discover the concept of the inner child - what it is, the effects of denying it, how to heal our inner child, and the benefits of doing so. You'll be introduced to some of the most important figures in the industry, explore case studies, and learn how to use inner child work to complete your own emotional healing journey.
7 th September 2022	10am-12pm	Women's Support Group WSG - Survivor to Thriver Clean Slate	Face to Face (Bicester)	Building Resilience after abuse. We will be looking at how narcissistic abuse has affected us and how we can recover, rebuild, and rejuvenate our lives to build a brighter future.
7 th September 2022	12.30pm-2pm	Healing the Inner Child Healing the Inner Child - Face-to-Face Clean Slate	Face to Face (Bicester)	Discover the concept of the inner child - what it is, the effects of denying it, how to heal our inner child, and the benefits of doing so. You'll be introduced to some of the most important figures in the industry, explore case studies, and learn how to use inner child work to complete your own emotional healing journey.
12 th September 2022	7.30pm-9.30pm	Freedom Programme Freedom Programme - MON PM Clean Slate	Online	Freedom Programme is a national Domestic Abuse Programme which aims to help women understand and make sense of the abuse they have suffered. It is a rolling programme. It is a 12-week programme, and each session are 2 hours long.
15 th September 2022	10am-11.30am	Dealing with the Narcissist Dealing with the Narcissist - Online Clean Slate	Online	There are many different types of narcissists that you may have come across in life – you may work for someone with narcissistic traits, you may be married to a narcissist. This course has been created to help you recognise narcissism, avoid emotional manipulation, deal with narcissism, and recover from narcissistic or damaging relationships.
15 th September 2022	7.30pm-9pm	Healing the Inner Child Healing the Inner Child - Online Course Clean Slate	Online	Discover the concept of the inner child - what it is, the effects of denying it, how to heal our inner child, and the benefits of doing so. You'll be introduced to some of the most important figures in the industry, explore case studies, and learn how to use inner child work to complete your own emotional healing journey.