

SELF HARM: NEGATIVE SELF-TALK VS POSITIVE SELF-TALK

- SHARON SHAW

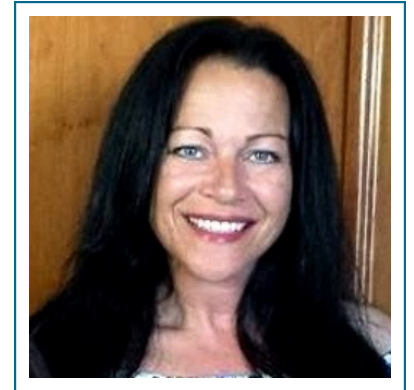


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Resource Guide

About Sharon Shaw

After five years of studying psychotherapeutic models with Leeds Beckett University and exploring my own personal development within safe connections (tutors), essay writing, and personal counselling, I decided to setup my own business subcontracting my services to local schools and building my own private client base. However, even though I knew I had emotionally healed from past trauma, I still didn't feel fully free, mentally I wasn't free, I still had lots of fear. I felt more empowered to keep listening to what I now know as my intuition. My intuitive knowing was telling me to take time and go deeper within myself, now that I had more self-awareness into my personal process of healing and to write books to help and/or inspire others.



I felt safe enough to do this with having my personal counsellor, mum, and other safe connections around me, to explore deeper without getting stuck in my processes whether that be in thought or emotion and share this within my writing. My first book offers simple language through telling my life story and at times analysing myself through the knowledge I now have and listening to my intuition. This gave me a deeper understanding into my development from early childhood mentally and emotionally.



About Sharon Shaw (Ctd)

I hope my story and analysis will show others this too. To show my personal after effects internally and externally from experiencing childhood abuse, sexual, emotional, mental, and other life traumas - through sharing truthfully my internal process of thoughts, emotions, and at times dysfunctional behaviour and attachments. My book also shows at times my development of self-awareness from reflecting, learning, and listening to that deeper thought/voice, my intuition, which I believe we all have but not many of us listen to.

"A Child Inside: Understanding, Healing and Freedom - Following Childhood Abuse and Trauma" is available from [AMAZON](#).

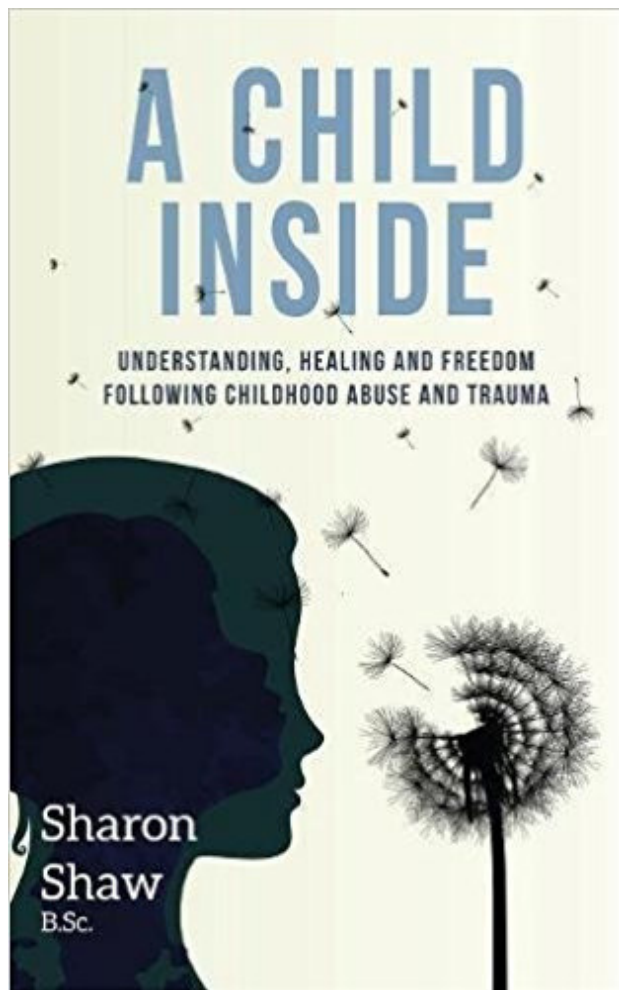


Event Details

Self harm: Negative self-talk vs Positive self-talk - ways of building your own self awareness and self understanding, and learning to reflect with self-love. Using my own story to show my development of negative self-talk linked-in with my dysfunctional behaviour to then building my self-awareness in understanding my emotions, thoughts and building on my intuition, offered me healing and freedom.



Reading



Sharon Shaw is a respected psychotherapist specialising in cases of childhood sexual, emotional and mental abuse.

Few of Shaw's clients would know that her brilliance as a therapist comes from profound personal experience. Her early life has inspired and informed her therapeutic techniques, now shared in this remarkable book, *A Child Inside: understanding, healing and freedom following childhood abuse and trauma*.

Now an adult woman with the language and training to explain and analyse her experiences of abuse, Shaw revisits herself as that damaged child, with the support of her personal counsellor, her mother and other important safe connections. She reveals a frightened child, lost in a world that was not safe for her, trapped in a body and with a developing brain that wasn't yet mature enough to understand and articulate the horrors she was experiencing, thinking and feeling, all of which conflicted with what she had been taught by family and society at large: she knew they were meant to protect her but why had they failed to do so?

A Child Inside explores the complex issues of trust and responsibility between adults and children, charting the progression from acute distress through cognitive and intuitive understanding and ultimately towards forgiveness.

[CLICK HERE FOR MORE INFO](#)

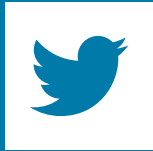


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Contact / Social Media

Click the links below to connect wth Sharon

www.workingtowardscompletefreedom.com



@sharonshaw4731



/sharonandreashaw



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- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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