

Workshop 1

Title Sensitivity Training : Using Personal Stories of Pain

Abstracts

An individual's early childhood holds information about current situations in one's life. Our childhood experiences both conscious and unconscious determine how we develop our personalities as adults. Looking at the past and dealing with anger buried deep down as well as sadness and fear could release enormous amount of energy that could make the individual become what she or he is meant to be.

Outcomes

The participant will be more sensitive to the needs of others especially the unexpressed needs of those around him in the family and in the process s/he will be able to hear others without judging the other person. The individual will be able to look into the past and express it without fear and enrich self confidence through affirmation by others.