




# Healing the Hidden Wounds of Childhood – Module 1

with Karen M. Wyatt MD 



**Get Over It For Good!**



## Disclaimer:

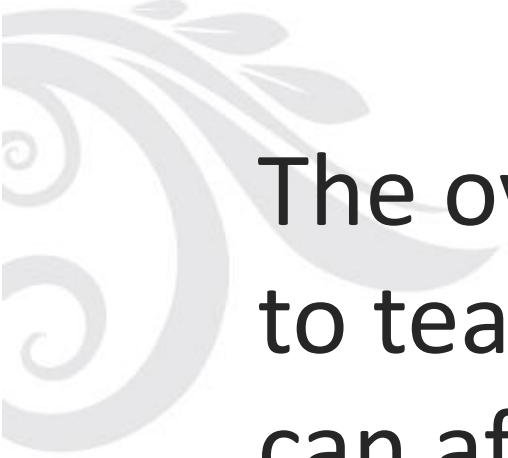
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- *Get Over it For Good* is a self-help home study course designed to guide individuals through a process of identifying old wounds.
- This course is NOT a substitute for mental or physical healthcare and treatment and should not be used as such.
- Please see your healthcare provider for all issues related to your physical, emotional and mental health.



# MODULE ONE: INTRODUCTION

**What you need to know to Get Over it For Good! —**



The overall goal of this course is to teach you how your childhood can affect your health and wellbeing as an adult and how you can heal it - for good!

## During this course you will:

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- Learn how adverse childhood experiences can cause problems in adulthood
- Understand the basic stages of child development
- Identify significant events from your own childhood
- Recognize how the brain manages negative memories and why it creates difficulties for you
- Utilize 3 key steps to help you start the healing process
- Become familiar with a variety of techniques for self-healing

## The benefits of completing this course include:

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- Releasing your energy from the past so you can live fully in the present moment
- Getting free from emotional minefields that sabotage your relationships
- Understanding the origin of your fears and anxiety so you can overcome them
- Improving your ability to make changes in your life that really last
- Becoming your true and authentic self
- Increasing your energy and joy for living

# Overview of the Course

- Module 1: Introduction
  - How the course works, what you need for the course, who it is intended for and why take this course
- Module 2: Basic Information
  - ACE Study and Score, basic brain functioning, negative memories and 3 keys of creative healing
- Module 3: Trust and Hope
  - How to complete your own developmental timeline, basic principles of childhood development, Stages 1 and 2 of development

# Overview of the Course

- **Module 4: Autonomy and Initiative**
  - Tasks of development in Stages 3 and 4 of childhood; how to reclaim and reframe wounds
- **Module 5: Competency and Identity**
  - Tasks of development in Stages 5 and 6 of childhood; how to reclaim and reframe wounds
- **Module 6: Putting it All Together**
  - Reviewing the building blocks, analyzing your timeline, key practices for reclaiming and reframing, creating a tool kit for coping with adversity



# Module 1 Objectives

- Learn how the course works
- Know what you need for the course
- Find out if you are ready for this work
- Recognize why it is important to heal the past
- Understand the 4 Rules of Creative Healing
- Appreciate your own strengths

# Getting Started: How this course works

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- There are 6 modules that should be completed in order.
- For each module you will receive an audio file to listen to, a pdf of slides to follow while you listen, and handouts to download and print.
- To get the best results you should allow plenty of time for each module.
- Don't move on until you have finished the current module and done all of the assignments.

# Getting Started: What you need for this course

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- Computer so you can listen and read online (unless you plan to print the pdf files and listen to the audios on an mp3 player)
- Printer for printing the handouts after you download them
- Notebook and pen for journaling as we move through the process
- Open mind and heart!

## Getting Started: This course is right for you if ...

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- You are self-motivated and able to learn on your own
- You are ready to let go of anger over your past and move forward to healing
- You are willing to look deeply into yourself and face your shortcomings
- You are prepared to recall old memories that may cause some pain

## Getting Started: You may not be ready for this if ...

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- You are invested in being angry at others for your life situation
- You are not willing to practice forgiveness
- You are afraid to look at your underlying motivations and issues
- You are suffering from clinical depression or anxiety and are not receiving treatment
- You do not feel emotionally stable enough to be reminded of difficulties in your past

# Compassionate Advice

During this course if you find that you uncover painful memories that have long been forgotten, you may need extra help to process them. You can schedule your FREE 30-minute consultation with me so we can decide how you should continue.

To schedule the FREE consultation, email me at the following address and let me know some days and times that you are available and a phone number: [karen@karenwyattmd.com](mailto:karen@karenwyattmd.com). I will write back with an appointment time for our phone call.

# “Good Faith” Promise

The foundation of my mission is to operate from highest integrity in order to serve the greatest good for all. Therefore ...

If you decide that this course is not right for you, not what you expected, or you just change your mind ... you can return the entire package to me within the first 30 days after purchase for a full refund of your money, no questions asked.



**Before we move on, you might ask:**

**Why look into the past when the goal  
of spiritual growth is to**

***Live in the Present Moment?***



Because ...

A significant amount of your = *ENERGY* = ...


your *Life Force* ...

your *Creativity* ...

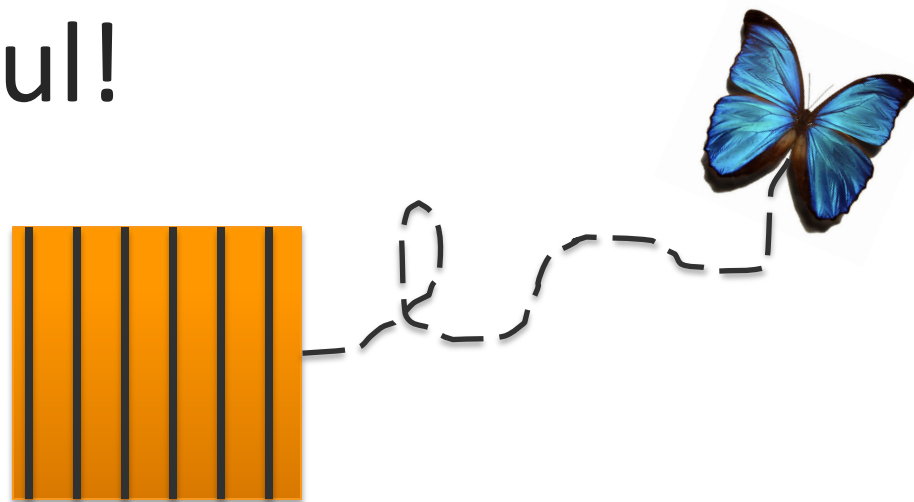
may be trapped inside old wounds of the past.



We are journeying into the  
past, not to take up  
residence there ...



But to conduct a  
Search and Rescue Mission  
for your soul!



**Studies have shown conclusively**

**Your childhood affects your  
health and wellbeing as an adult**



**And delving into past memories to replace the  
pain with understanding is the only way to ...**

**Get Over It For Good!**

# Are You Ready to Discover How To:



By letting go of your childhood wounds? 



Then it is almost time to move  
on to Module 2, but first ...  
some rules ...  
and some homework!

# Four Rules of Creative Healing

## 1. Name – without Blame or Shame

Take responsibility for your own life

## 2. Tell the truth

Be honest with yourself and others

## 3. *Self-piety, not self-pity*

Have reverence for all of your life

## 4. Strengths support weaknesses

Use your gifts to help you heal



# Module 1 Homework

- Complete these assignments before moving on!
- Print the handouts:
  - 4 Rules – keep this handy as a reminder!
  - Signature Strengths Self-Rating Scale
  - Journal Prompts
- Complete the Signature Strengths Scale
- Journal about these questions:
  - What are my strengths?
  - When do I feel most in control of my emotions and life?
  - What makes me most proud of myself?
  - I know I am a good person because .....