

# CERTIFIED INNER CHILD HEALING THERAPIST TRAINING™



Nalanda Wellness

Heal the Child Within. Transform Lives. Build a Meaningful Career.  
Professional Online Certification Program

**By: Sachin Bangera |  
Nalanda Wellness**



# **EVERY ADULT HAS AN INNER CHILD**

**WITHIN EACH OF US LIVES A YOUNGER VERSION OF OURSELVES  
—A CHILD WHO EXPERIENCED JOY, LOVE, CURIOSITY, WONDER,  
AND CREATIVITY.**

**BUT MANY ALSO CARRY MEMORIES OF REJECTION,  
ABANDONMENT, CRITICISM, NEGLECT, SHAME, FEAR, OR  
EMOTIONAL PAIN.**

**THESE UNRESOLVED CHILDHOOD EXPERIENCES OFTEN  
CONTINUE TO INFLUENCE OUR THOUGHTS, EMOTIONS,  
RELATIONSHIPS, SELF-WORTH, SUCCESS, AND HAPPINESS AS  
ADULTS.**

**INNER CHILD HEALING IS A POWERFUL THERAPEUTIC  
APPROACH THAT HELPS INDIVIDUALS RECONNECT WITH,  
UNDERSTAND, NURTURE, AND HEAL THESE WOUNDED ASPECTS  
OF THEMSELVES.**

**AS AN INNER CHILD HEALING THERAPIST, YOU CAN FACILITATE  
PROFOUND EMOTIONAL TRANSFORMATION AND HELP CLIENTS  
CREATE LASTING CHANGE.**



# WHY LEARN INNER CHILD HEALING?

**MANY COMMON CHALLENGES HAVE ROOTS IN CHILDHOOD EXPERIENCES:**

- ✓ **LOW SELF-ESTEEM**
- ✓ **FEAR OF REJECTION**
- ✓ **ANXIETY & EMOTIONAL TRIGGERS**
- ✓ **RELATIONSHIP DIFFICULTIES**
- ✓ **PEOPLE PLEASING**
- ✓ **FEAR OF FAILURE**
- ✓ **LACK OF CONFIDENCE**
- ✓ **SELF-SABOTAGE**
- ✓ **FEELINGS OF UNWORTHINESS**
- ✓ **EMOTIONAL PAIN AND TRAUMA**

**WHEN THE INNER CHILD IS HEALED, INDIVIDUALS OFTEN EXPERIENCE GREATER SELF-LOVE, EMOTIONAL FREEDOM, CONFIDENCE, AND INNER PEACE.**

# **BECOME A CERTIFIED INNER CHILD HEALING THERAPIST**

**THIS COMPREHENSIVE TRAINING IS  
DESIGNED FOR THOSE WHO WISH TO:**

- **BECOME A PROFESSIONAL THERAPIST**
- **ADD A POWERFUL MODALITY TO THEIR  
EXISTING PRACTICE**
- **DEEPEN THEIR UNDERSTANDING OF  
EMOTIONAL HEALING**
- **FACILITATE MEANINGFUL  
TRANSFORMATION IN OTHERS**
- **BUILD A REWARDING HEALING CAREER**
- **EXPERIENCE THEIR OWN HEALING  
JOURNEY**

# WHAT MAKES THIS PROGRAM UNIQUE?

## THE NALANDA WELLNESS APPROACH INTEGRATES:

- INNER CHILD HEALING
- DEVELOPMENTAL PSYCHOLOGY
- ATTACHMENT THEORY
- TRAUMA-INFORMED PRACTICES
- GUIDED REGRESSION TECHNIQUES
- THERAPEUTIC COMMUNICATION SKILLS
- EMOTIONAL RELEASE PROCESSES
- REIKI HEALING
- MEDITATION & MINDFULNESS
- PRACTICAL CLIENT FACILITATION SKILLS

THIS CREATES A STRUCTURED, EFFECTIVE, AND HOLISTIC APPROACH TO HEALING.



# WHAT YOU WILL LEARN ?

## MODULE 1

FOUNDATIONS OF INNER CHILD HEALING

## MODULE 2

UNDERSTANDING THE FIVE CORE  
CHILDHOOD WOUNDS

## MODULE 3

HEALING YOUR OWN INNER CHILD

## MODULE 4

CHILD DEVELOPMENT & EMOTIONAL  
NEEDS

## MODULE 5

ATTACHMENT STYLES & RELATIONSHIP  
PATTERNS

## MODULE 6

TRAUMA AWARENESS & EMOTIONAL  
SAFETY

## MODULE 7

ASSESSMENT & CLIENT INTAKE

## MODULE 8

THERAPEUTIC COMMUNICATION SKILLS

## MODULE 9

THE INNER CHILD HEALING SESSION PROCESS

## MODULE 10

REGRESSION-BASED HEALING TECHNIQUES

## MODULE 11

ADVANCED THERAPEUTIC METHODS

## MODULE 12

PROFESSIONAL PRACTICE & CERTIFICATION

# EXTENSIVE PRACTICAL TRAINING

## EXTENSIVE PRACTICAL TRAINING

THIS IS NOT MERELY A THEORY-BASED COURSE.

PARTICIPANTS WILL RECEIVE:

- ✓ LIVE DEMONSTRATIONS
- ✓ GUIDED EXPERIENTIAL PROCESSES
- ✓ PRACTICE SESSIONS
- ✓ CASE STUDY DISCUSSIONS
- ✓ PEER LEARNING
- ✓ SUPERVISED SESSIONS
- ✓ PRACTICAL ASSESSMENTS
- ✓ PROFESSIONAL FEEDBACK

OUR OBJECTIVE IS NOT JUST TO TEACH

TECHNIQUES BUT TO HELP YOU BECOME A

CONFIDENT AND COMPETENT THERAPIST.

# WHO CAN JOIN?

## THIS PROGRAM IS IDEAL FOR:

- REIKI PRACTITIONERS
- HEALERS
- HYPNOTHERAPISTS
- PAST LIFE REGRESSION THERAPISTS
- COUNSELORS
- COACHES
- PSYCHOLOGISTS
- MEDITATION TEACHERS
- SPIRITUAL PRACTITIONERS
- INDIVIDUALS PASSIONATE ABOUT HELPING OTHERS HEAL

**NO PRIOR EXPERIENCE IN INNER CHILD HEALING IS NECESSARY**



# BENEFITS OF BECOMING AN INNER CHILD HEALING THERAPIST

After completing this training, you will be able to:

- ✓ Conduct professional Inner Child Healing sessions
- ✓ Identify and work with childhood emotional wounds
- ✓ Facilitate emotional healing safely
- ✓ Help clients release limiting beliefs
- ✓ Support clients in improving relationships and self-esteem
- ✓ Create meaningful and lasting transformation
- ✓ Build confidence as a therapist
- ✓ Add a valuable modality to your professional practice



# CERTIFICATION REQUIREMENTS

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PARTICIPANTS WILL COMPLETE:

- PRACTICAL TRAINING
- CASE STUDIES
- SUPERVISED PRACTICE SESSIONS
- ASSESSMENTS
- CERTIFICATION EVALUATION

SUCCESSFUL PARTICIPANTS WILL RECEIVE THE TITLE:

CERTIFIED INNER CHILD HEALING THERAPIST™



# **ABOUT YOUR TRAINER**

## **SACHIN BANGERA**



**REIKI GRAND MASTER | PAST LIFE REGRESSION THERAPIST | AUTHOR |  
TRAINER**

**SACHIN BANGERA IS THE FOUNDER OF NALANDA WELLNESS AND HAS  
TRAINED HUNDREDS OF STUDENTS IN REIKI, HEALING, MEDITATION, AND  
PAST LIFE REGRESSION.**

**KNOWN FOR HIS PRACTICAL AND EXPERIENTIAL TEACHING STYLE, HE IS  
PASSIONATE ABOUT HELPING INDIVIDUALS DISCOVER THEIR HEALING  
POTENTIAL AND DEVELOP PROFESSIONAL THERAPEUTIC SKILLS THAT  
CREATE REAL TRANSFORMATION.**

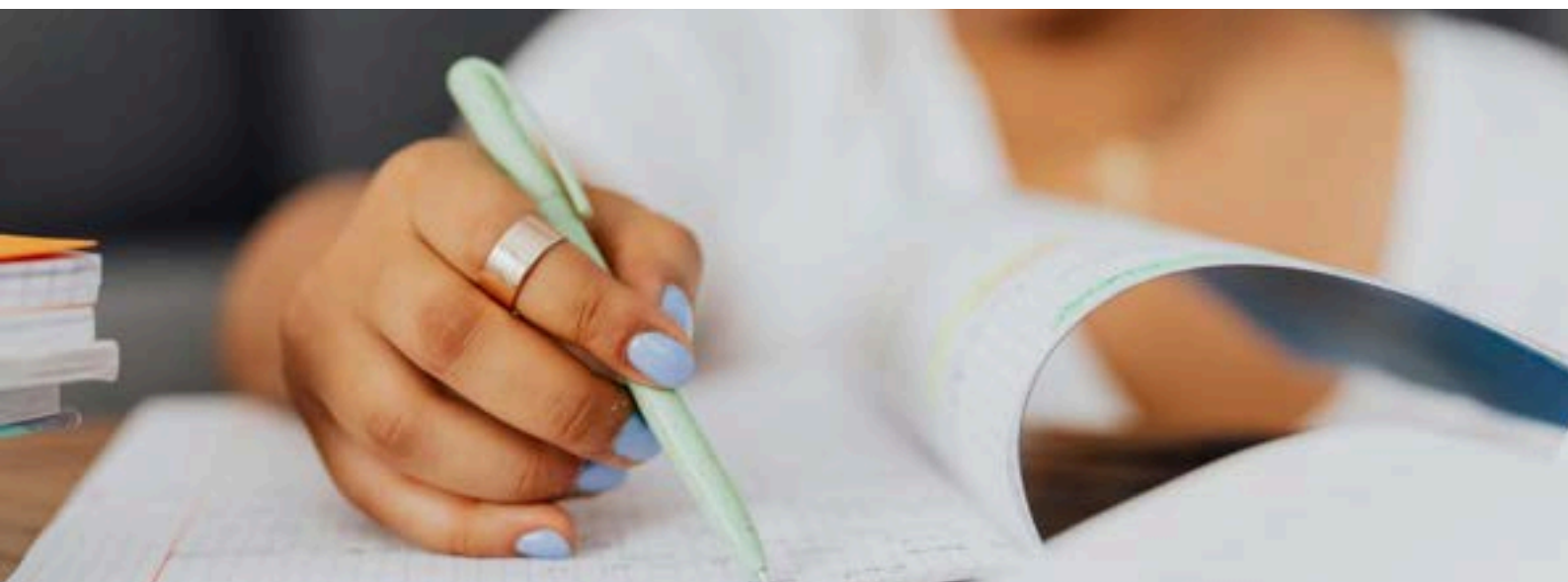
**HIS MISSION IS TO EMPOWER HEALERS AND THERAPISTS TO MAKE A  
MEANINGFUL DIFFERENCE IN THE LIVES OF OTHERS.**

# PROGRAM DETAILS

- FORMAT
- LIVE ONLINE TRAINING
- DURATION
- 12 WEEKS
- LEARNING HOURS
- 100+ HOURS INCLUDING PRACTICE
- CERTIFICATION
- CERTIFIED INNER CHILD HEALING THERAPIST™

## INCLUDES

- ✓ TRAINING MANUAL
- ✓ WORKSHEETS
- ✓ GUIDED PROCESSES
- ✓ PRACTICE SESSIONS
- ✓ COMMUNITY SUPPORT
- ✓ CERTIFICATION ASSESSMENT



Your Healing Journey Begins Here

The wounds of childhood do not have to define the future.

Learn to help others reconnect with their Inner Child, heal emotional pain, and create a life filled with greater confidence, self-love, joy, and freedom.



**Join the Certified Inner Child  
Healing Therapist Training™**

**Call & Whatsapp on :**

**7400445383**

**[www.nalandawellness.com](http://www.nalandawellness.com)**

**"Transform Yourself. Transform Lives."**