

to me, from me

maivi tran

# to me, from me

**maivi tran**

senior thesis project  
san josé state university  
bfa graphic design  
spring 2023



## dedicated to

### **my inner child**

thank you for being strong all this time.  
i promise to love and protect us from now on.

### **my family**

thank you for being patient and supportive.  
because of you, i am always well-fed and have a  
way of getting to and from school. i am eternally  
grateful to my mom, dad, and precious brother.

### **my love**

thank you for always cheering me on and giving  
me the warmest embrace. you are my greatest  
source of strength. p.s. i am always happy to  
have more of your coconut butter mochi.

### **my bfa family**

thank you for being the goofiest, most creative,  
and most supportive bunch. i would not be here  
without y'all. we made it! ;-)

# to me, from me

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**maivi tran**

thesis process book  
san josé state university  
bfa graphic design  
spring 2023

“to all abandoned children,  
may you find your way  
back home.”

—richelle mancewicz

## advisors

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**professor connie hwang**  
sjsu graphic design

**professor julio martínez**  
sjsu graphic design

**professor cara maffini**  
sjsu child & adolescent development

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# intro

## thesis statement

It is imperative for one to heal the wounds of trauma that have been inflicted on their inner child, fulfilling unresolved needs of the past in order to break free from self-sabotaging cycles.

## abstract

Children have the innate desire to explore, and they are objectively more creative and filled with wonder than adults. They are able to venture out confidently, free from self-consciousness and preconceived notions. At some point, however, the average adult begins to find life dull and dreary, contrary to the courageous, playful child they once were.

As a child grows older, responsibilities and expectations increase. When these expectations do not come to fruition, the child feels heart-broken, frustrated, and wounded. Negative attitudes and dysfunctional behavior patterns can develop if they are not allowed to heal emotionally. This is all the more evident with traumatic childhood experiences that may follow with the suppression of needs and a sense of shame in wanting fulfillment; thus, the child withdraws and starts to lose its voice. These bottled-up emotions can become negative mentalities that shackle the adult self to anxiety, fear, self-doubt, and skepticism. Behaviors stemming from suppression and shame involve a narrow mindset and a refusal to believe they can be more, preventing the adult self from reaching their true potential; the ultimate self-sabotage.

This narrative serves as an introductory guide on how to recover from maladaptive experiences in early childhood by using creative expression to bridge the gap between the adult self and the inner child and reignite the sense of childlike wonder. I will visually illustrate my personal story of how I realized I have a wounded inner child and how art helped me to reconnect with her. I hope to bring to light the benefits of using different forms of creative arts, inspired by psychotherapy, in the healing process. Interviews will be conducted to provide real-life references and ensure the narrative is relatable.

# research

“the more we know about how we lost our spontaneous wonder and creativity, the more we can find ways to get them back.”

—john bradshaw



## research questions

---

1

How have we, to some extent, lost touch with our child self on our way to adulthood?

2

How does one perceive and visualize their child self versus their inner child?

3

What are the unfulfilled needs of the inner child?

4

In what ways do creative arts help an adult reconnect to their inner child?

## target audience

The target audience of my thesis project outcome, 2 carousel books, are 12 to 19-year-olds (teenagers) and parents who buy books for their children. Originally, my project was aimed at adults who are interested in starting their healing process. However, it was mentioned that adults might not be drawn to my books due to their physical form and illustration style. I considered children to be the audience; however, they are unable to understand the more complicated emotion depicted in the books and are not at the level of development for deep self-reflection.

Dr. Cara Maffini, an associate professor in the child & adolescent development department, explained to me the psychology of different age groups. I have chosen teenagers as my audience as they can relate to the struggles and negative emotions in the first book. I hope the second book will be inspiring to them so that they will break free from the negative cycles, preventing those actions from continuing into adulthood.

## locating the thesis range

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Overall, my presentation slides and verbal explanation improved significantly since the in-class practice run on Wednesday. I made sure to include my personal story and added a slide about a possible storyline at the end. In terms of feedback, Professor Randall Sexton pointed out that the narrative of the proposed pop-up book would be important and emphasized a happy ending. I do intend to wrap up the narrative on a positive note where the adult self and inner child are able to happily coexist to be both a creative and responsible person. I did mention this ending in the presentation, but I think my storyline needs a lot more development to have a stronger impression and clarity. Additionally, he mentioned that the narrative could be based on my own experienced with inner child work. This approach would allow me to show people a glimpse of how this process works and its effectiveness. They should not have issues understanding or relating if they follow along with my personal story. I have thought about this approach before, but it is still valuable to conduct interviews to learn how others perceive themselves. I would also like to ensure that important and sensitive issues, such as trauma, are presented in an appropriate manner.

Professor Chang Sik Kim was unsure of whether a pop-up book would be the best solution for this topic. I understand his concern that this narrative would not be as accessible to people if it is in a physical format; however, the intention is to bring people back to their childhood in a comforting way as a teddy bear does. He suggested an online format in order to have more dynamic interactions with other people's stories. I do not want this to be a collection of experiences; rather than using different stories, I want to generate my own story that is relatable to many. The pop-up idea is not set in stone, so I am open to expressing the narrative through other mediums. I am happy that my direction was clear to the professors, and their feedback was helpful to me. My next step will be writing a clear and engaging storyline that is perhaps very personal to me.





**3 physical places**

home  
psychologist office  
wellness centers

**3 huge objects**

carousels  
playground  
mirror rooms

**3 tiny objects**

crayons  
diary  
teddy bear

**3 abstract qualities**

connection  
self-reflection  
well-being

**3 physical qualities**

surrounding space  
one's own body  
comfort items

**3 blue-collar jobs**

babysitter  
painter  
mailman

**3 organizations**

NAMI  
SAMHSA  
HHS

**3 historical events**

childhood abuse  
generation trauma  
rise of social media

**3 news items**

"How to Heal Your Inner Child"  
"Going to Build a Bear for the First Time  
Helped Me Heal My Inner Child"  
"Author encourages audience to 'get  
curious about what lights you up'"

**3 market items**

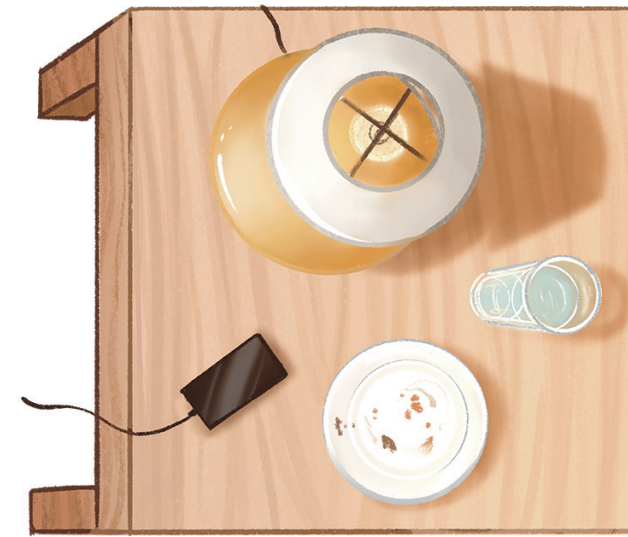
lunchables  
cheese balls  
dinosaur nuggets

**3 designers**

paul rand  
paula scher  
dr. suess

**3 films**

soul  
inside out  
mary poppins



# framing reference

---

1

Based on what you have seen in your career/studies, what are common childhood traumas people face?

4

What are your top recommendations on ways people can self-heal?

2

What ways/methods do you use in your practice to approach these issues (ACEs)?

5

What experiences do you have with creative arts/expressive arts therapy?

3

What are your thoughts on the notion of an inner child and inner child work?

## professional's response

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Michele Corgiat is a licensed marriage and family therapist (LMFT) who has worked with those struggling with trauma. She has seen people dealing with trauma from their parents, other family members, and peers (bullying). She believes that understanding the inner child is important to growth, but it is also a difficult process. She recommends seeing a licensed therapist or counselor for guidance. Depending on the client's situation and preference, she has experience with various therapy methods. Letter writing, journaling, and drawing are methods that she uses with children and young adults because some have a hard time expressing themselves in talk therapy.

## terms & definitions

### inner child work

involves self-discovery of all the emotions and memories one is forced to repress. The idea of inner child work is to get into contact with, listen to, and nurture inner children to find and heal the issues one may be facing in adulthood.

### creative arts therapy

which is sometimes also called expressive therapies, uses media like dance, drama, music, poetry, and visual arts to help clients express themselves.

### psychotherapy

refers to a variety of treatments that aim to help a person identify and change troubling emotions, thoughts, and behaviors. Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing.

### cognitive behavior therapy

is a structured, goal-oriented type of talk therapy. It can help manage mental health conditions, such as depression and anxiety, and emotional concerns, such as coping with grief or stress.

### internal family systems (ifs)

is an approach to psychotherapy that identifies and addresses multiple sub-personalities or families within each person's mental system. These sub-personalities consist of wounded parts and painful emotions such as anger and shame, and parts that try to control and protect the person from the pain of the wounded parts.

“a child who does not play is not a child, but the man who does not play has lost forever the child who lived in him.”

—pablo neruda

“inside every adult, there is a child crying out, ‘let me out.’”

—lucia capacchione

“your inner child is waiting for a genuine, heartfelt apology.”

—yong kang chan

“the process of reclaiming your wounded inner child is a forgiveness process. forgiveness allows us to give as before. it heals the past and frees our energies for the present.”

—john bradshaw

“it is when young behavior patterns and procedural learning about life become locked in and inaccessible to growth that they become dysfunctional.”

—jeffery smith

“when we honor our inner child’s feelings, we release the emotional hurts that we’re still subconsciously carrying around.”

—patricia hope

“we tend to think that all people who have a wounded inner child are nice, quiet, and long-suffering. but in fact, the wounded inner child is responsible for much of the violence and cruelty in the world.”

—john bradshaw

“there’s a compassion that comes when you look at a child. The idea of my grown-up self taking care of, nurturing the wounded little boy in me...has been enormously helpful.”

—john bradshaw

“when the child part is triggered or activated, all they need to ask themselves is the question, ‘how can I help the child; what does it need?’”

—asser mikkil hestbech

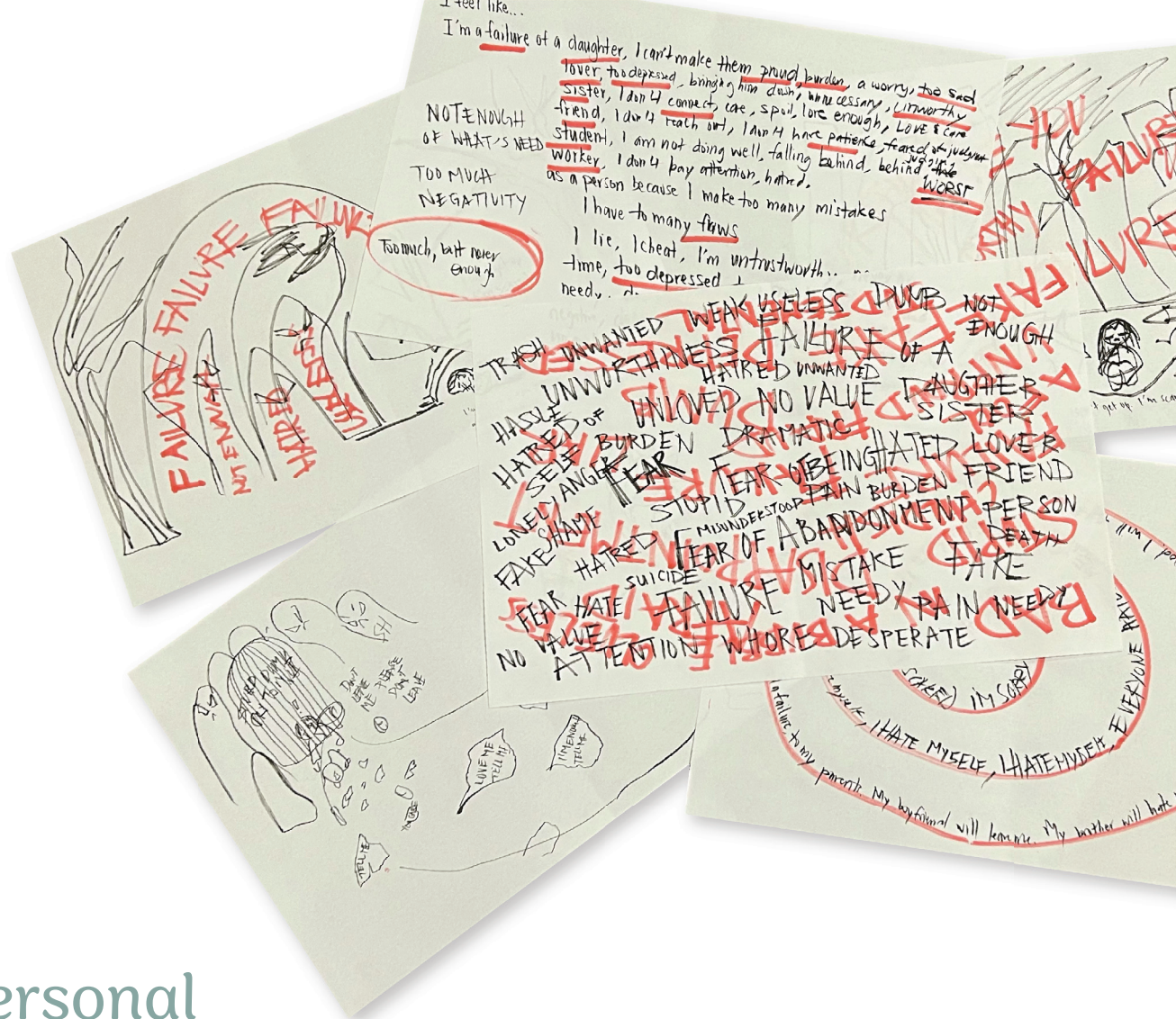
## repository of insight

“...we are able to identify the patient not as a poorly behaved adult but as a hopeful and positive child struggling mightily to solve a problem left frozen and unresolved for years.”

—jeffery smith

Smith's quotes are powerful reminders of the importance of recognizing and nurturing our wounded inner child. By acknowledging that within a poorly behaving individual is a struggling child, we can approach each other with greater empathy and understanding. We have the innate desire to protect children, sometimes prioritizing their well-being over our own. Perhaps, we feel like they need help because they do not know any better. Adults, however, assume that other individuals should know everything, so they become less understanding when mistakes are made. If we can see that wounded child, we can be nicer to that person and help guide them as they try to get through their unresolved problems.

On a personal note, I find it easier to be understanding to others, yet I am critical and negative toward myself. As a recovering perfectionist, it is still difficult for me to comfort myself when I do not accomplish what I set out to do. It has been said that I put too much pressure on myself because of my ridiculously high standards. I often reference this quote because it helps me to be more compassionate not only toward others but myself. I do not know everything and neither does everyone else. I would not want someone else to be mean to tiny Maivi, so why am I being so brutal toward myself? I can be patient with myself and that will enable me to learn and grow. I want to help tiny Maivi be happy.



## personal exploration

This project tells my own personal story, so I was able to do healing work for myself during its production. To answer my research questions, I had to search deep within myself, which was scary but necessary. I had to be vulnerable when recalling my past traumas and current maladaptive behaviors.

In order to understand who I am and get content for the story, I tried letter writing, journaling, and drawing. These are the creative arts mediums that have helped me to connect with my inner child. I felt lighter after trying the creative art techniques that I highlight in the book.

The first exercise I tried was letter writing in which I addressed my inner child. I apologized and reassured her that I will be there for her from now on. I was able to grieve a specific traumatic event during my childhood. To keep me accountable and to find patterns in how I act, I kept a daily journal where I recorded events, my actions, and my feelings. The image in the top right is my attempt at expressing my anger and frustrations regarding my "flaws." After getting these emotions out on paper, I became more motivated to change my behaviors. On the left is a drawing I did with my left hand in a creative arts therapy session with a CAPS counselor.

## manifesto

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These are the essential elements I want to keep in mind as I design my thesis project:

- 1 The design process is not linear.  
START ANYWHERE.
- 2 Trust yourself and your choices.  
This is YOUR project.
- 3 Stay curious and ask questions,  
especially the stupid ones.
- 4 It is not childish to pursue the world  
with a childlike sense of wonder.  
It is inspiring!

5 Tell an honest and relatable  
story while making sure it is  
easy to understand.

6 Focus on the goal of each page and  
how you want the readers to feel.

7 Aim to make a positive impact on  
others. Create something with a  
positive outlook that is healing  
for them to experience.

8 Do not get stuck on the minor details  
early on. Work macro to micro.

9 Let yourself "fail" as long as you learn  
from your mistakes! Growth comes  
from leaving your comfort zone, so  
experiment as much as you can.

10 Do not be too overambitious as it  
will lead you to be overwhelmed.  
Along the same line, do not  
overthink and paralyze yourself.

11 When you are stuck, break everything  
down into smaller groups/layers.

12 Do not stress yourself out by thinking  
this has to be a masterpiece. Putting  
in effort and learning is what we  
strive for; NOT perfection.

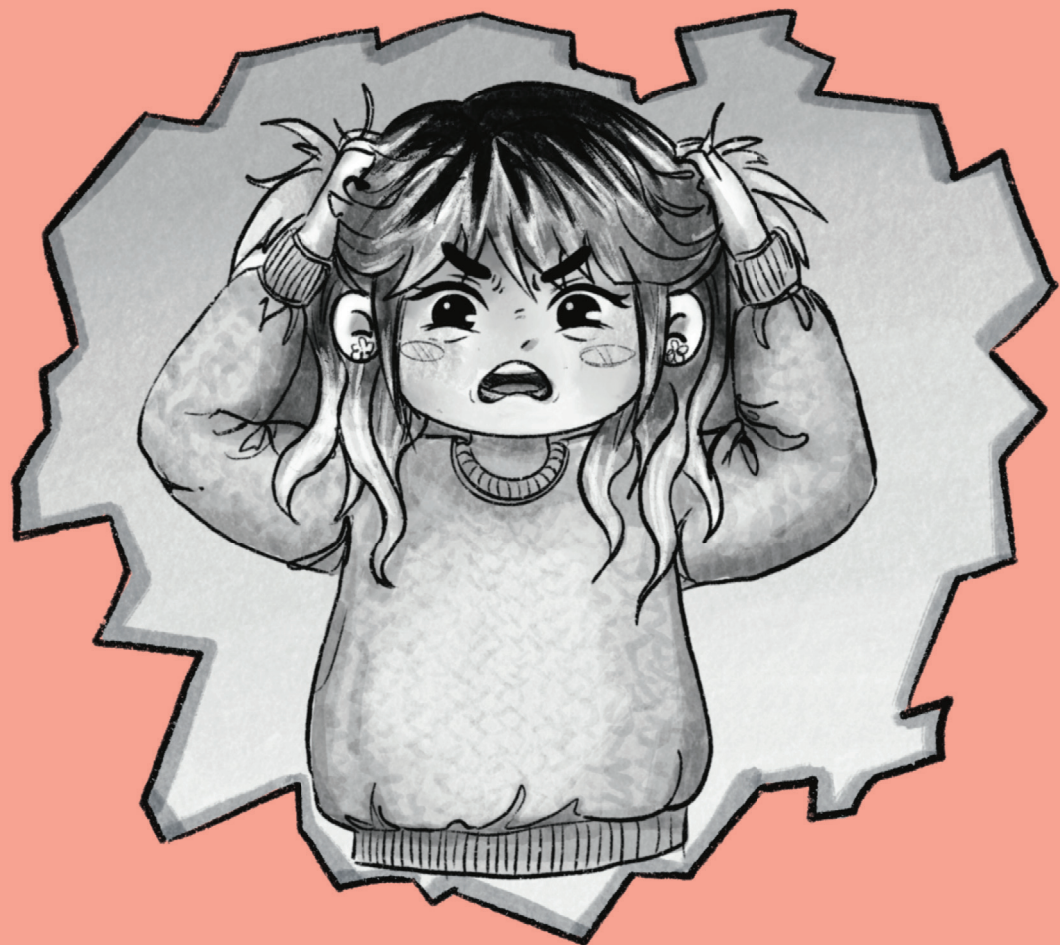
13 This project nor any other project  
does NOT define your self-worth.

14 Trust the process. You will get there.  
I believe in you!

15 Have fun and try to be positive!

16 Now sit down and  
**just do it!**

# process



“going through painful feelings of disappointment and loss and making peace with a failed childhood are no minor matters, but it is an essential and positive piece of therapeutic work.”

—jeffery smith

# concept development

From the very beginning, I wanted to make a book to document my own healing journey. Here are some sketches of my original plans for the outcome of this project. As mentioned in "locating the thesis range," I wanted to make a pop-up book at first because I always enjoyed learning about paper engineering. Professor Connie Hwang and Professor Julio Martínez really helped me in generating ideas for the outcome since I could not think of pop-up interactives that would relate to my topic. The idea evolved into a carousel book. Carousel books are still fun and engaging, bringing us into a more playful mindset and seemingly friendly so that people are not as scared to confront their own issues. I love the depth created by the various layers in each scene as I think it is symbolic of the many layers a person has. The whole project revolves around the notion of an inner child so I set out to experiment with emotional and physical depth. Additionally, I enjoy how the scenes can be viewed/displayed in multiple ways. It can be read like a normal book, one scene at a time, opened straight across in one straight row, or opened into a 360° circle.

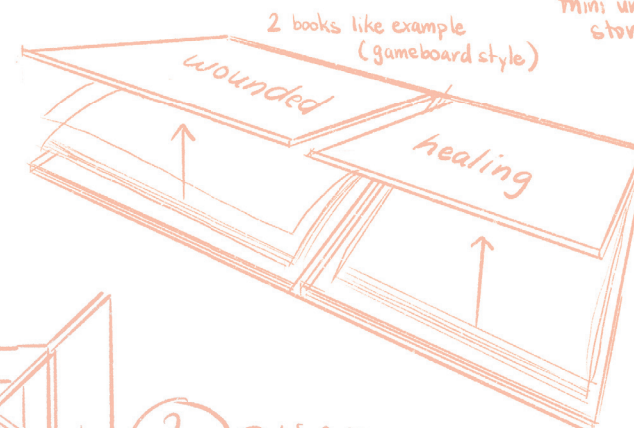
## 3 ideas



square book  
soft textile sherpa?

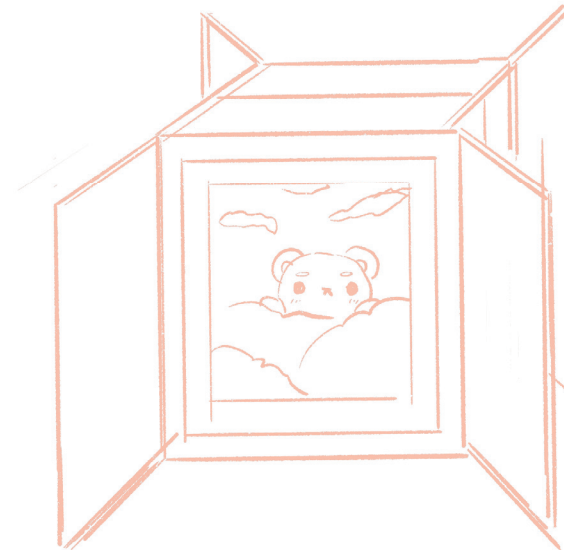


### ① BOOK IDEA



### ② SHADOW BOX

Double sided or 1 sided  
shadow boxes / diorama?  
with doors?  
uncovering the story



### ③ FUSION SCENES



sirenia

abcdefghijklmnopqrstuwxz  
0123456789

sofia pro soft

abcdefghijklmnopqrstuwxz  
0123456789



cmyk: 0, 22, 55, 0  
rgb: 254, 203, 130  
hex: fecb82



cmyk: 0, 44, 36, 0  
rgb: 247, 163, 145  
hex: f7a391



cmyk: 43, 13, 30, 0  
rgb: 148, 187, 180  
hex: 94bbb4

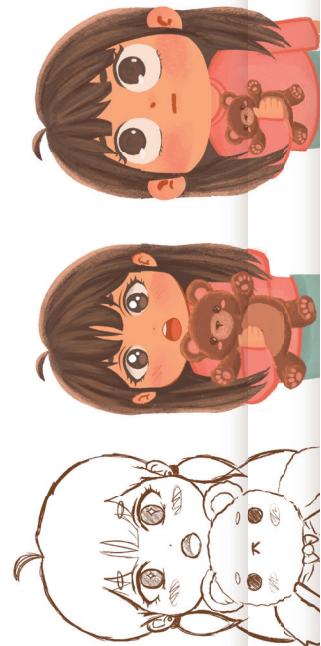
## visual language

Because I wanted to create a non-threatening, introductory series of books, I chose these rounded and friendly typefaces. The colors are bright and cheerful to create a positive impact. These colors are heavily used in the second book which is about healing and growth.



# character design

I spent time studying existing children's picture books that were bright and colorful. It was a heartwarming experience. The character design did not change drastically throughout the process because I believe that this art style best portrayed my story. I did not want to illustrate a character that was more realistic because it would be too serious and scary given the negative emotions in the story. I did not want it to be too cartoonish because I did not want the topics to be taken lightly. Furthermore, I never draw in that style. I believe that the style I developed is the most authentic to me and helped me get through my healing journey without being too overwhelmed.



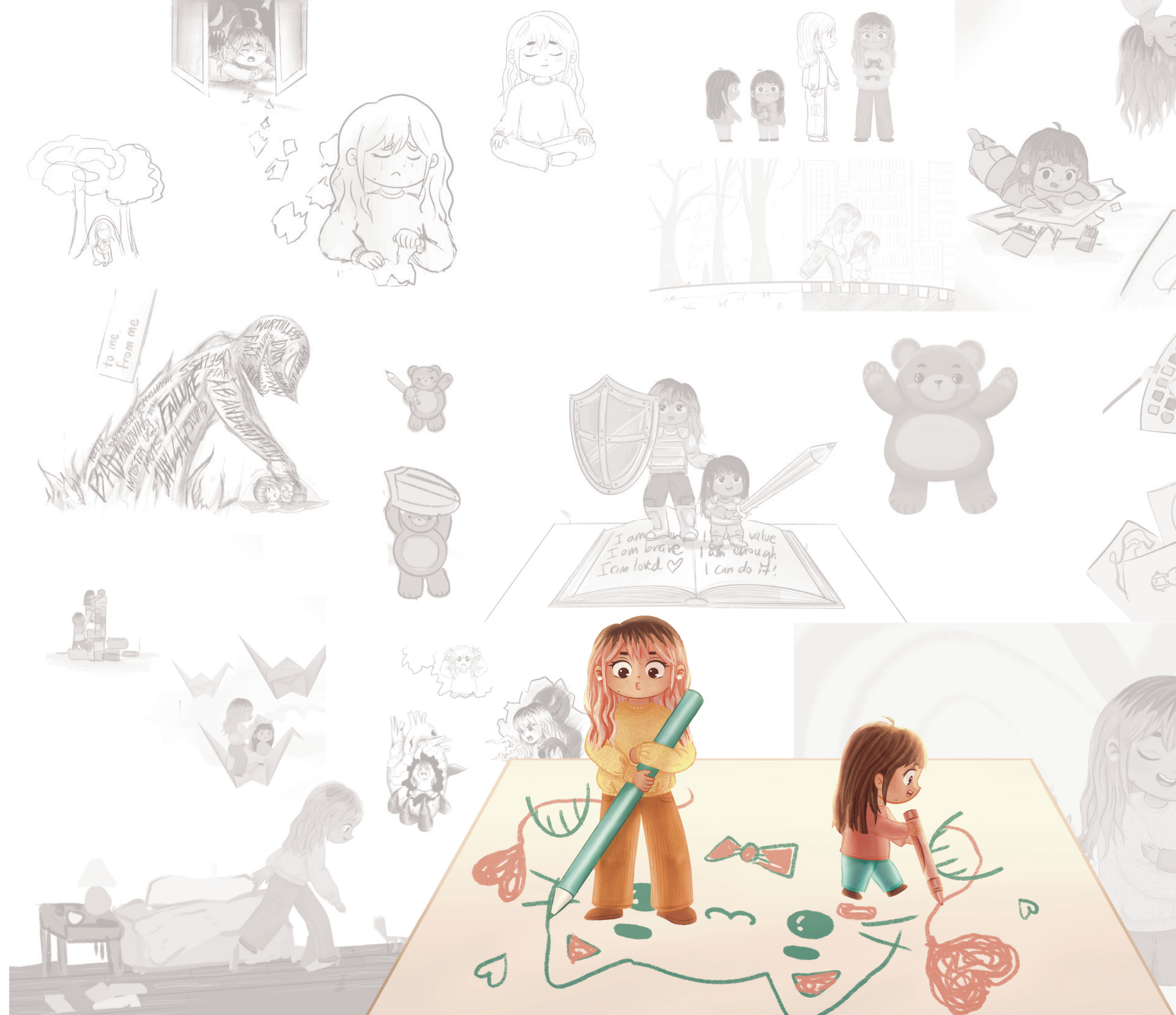
# drawing process

I spent the majority of the time contemplating the storyline. Eventually, I had to push myself extra hard to draw and do the physical design work, which is what this project is all about.

It was hard, especially in this first book. I cried a lot when I was drawing and had to take many breaks as it was emotionally draining. When I drew a sad scene, I could not tell if it was too stiff or if the emotions were portrayed well. I struggled with balancing the imagery to ensure that it was not a potential trigger to others. I want this book to be a friendlier approach to these painful situations so that people are more willing to dig deep within themselves, not overwhelming them and pushing them away.

The second book was difficult to draw because my style became more refined, which meant I had to spend time rendering details for all the scenes. Although I expanded the color palette, I tried to make sure it was all cohesive. I think this style is bright and engaging.

Ultimately, I was able to reflect and grieve upon my childhood as I went through the process. I gave my inner child a voice when I allowed her to tell me of her worries and fears. The constant refinements were worth it because I ended up with illustrations that give me a great sense of fulfillment and healing.



# initial storyboard



## negative emotions

when was a time you have felt these emotions?



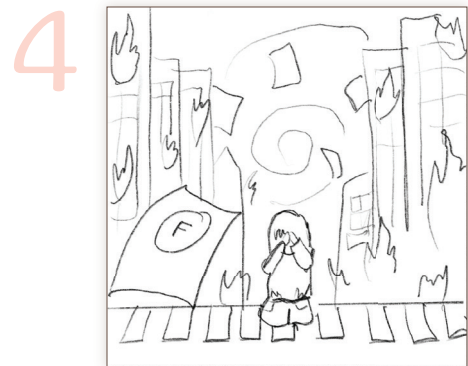
## growing up

what are some needs that have remained unfulfilled?



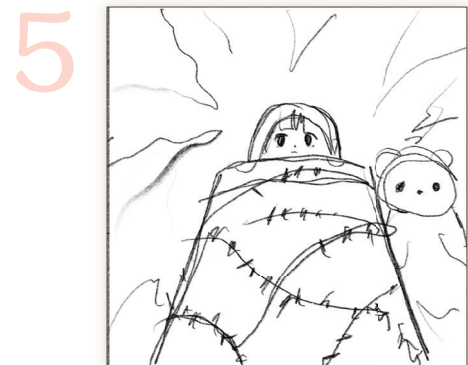
## maladaptive behaviors

what are some things you do that are negatively impacting your quality of life?



## spiraling chaos

what do you think about when everything seems to be out of control and spiraling?



## ah-ha moment

it doesn't have to be this way. what do you want to improve?



## lost child

where is your safe space? what does your inner child look like?



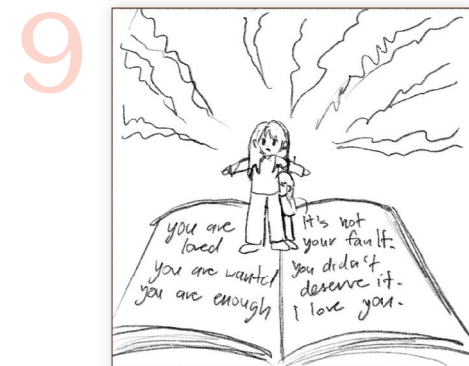
## letter writing

what would you like to tell your younger self?



## connection & embrace

what does your inner child need in order for them to feel safe?



## reassurance & protection

what are ways that you can protect your inner child?



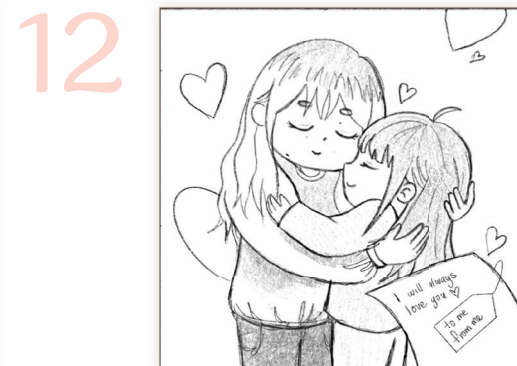
## fun play-dates

what are some activities you enjoyed as a child?



## moving forward

how can your inner child help you prosper in your life?



## forever together

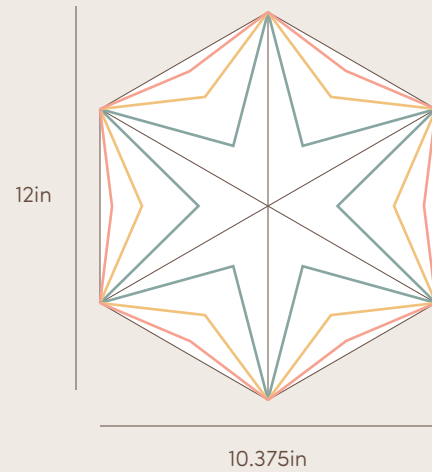
what promises can you make with your inner child?

## dimensions

*to me, from me* comprises 2 pop-up carousel books. Each book has 6 scenes (12 scenes total) that are all displayed when the book is opened 360° with the front and back covers touching.



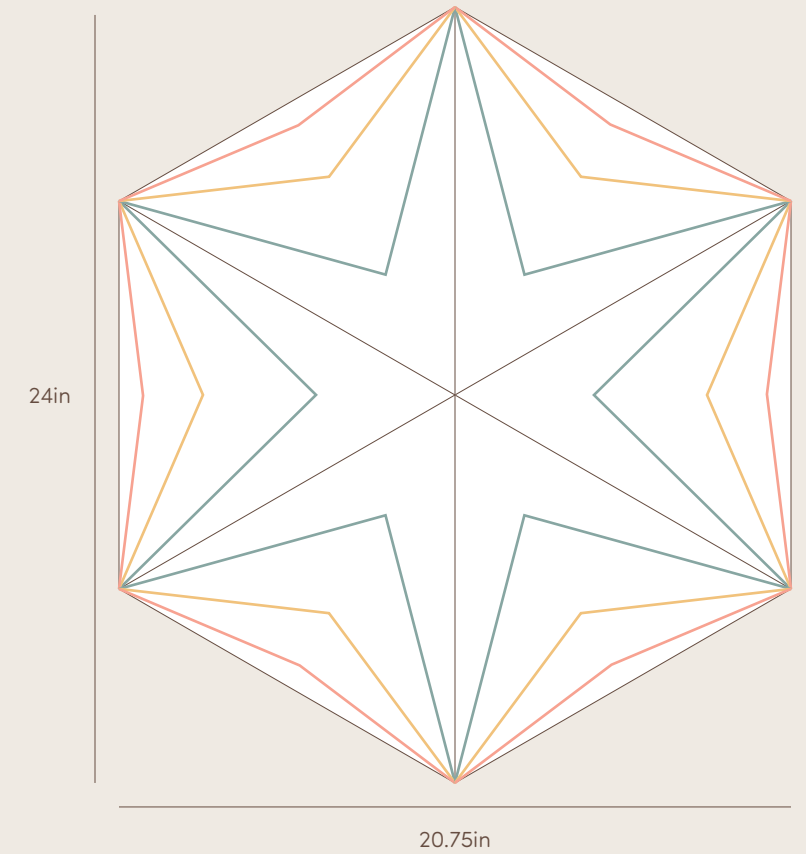
book 1



### 6in x 6in

This book is about recalling the past and exploring the notion of the inner child. This book has a more serious tone and is very personal to me. It is physically a smaller book as it talks about the feelings and memories I have buried deep inside. The illustrations will mainly be in black and white with hints of color.

book 2



### 12in x 12in

This book is about healing my inner child with the introduction of creative arts therapy. Because this book is about growth, the physical form is bigger than in the previous book. The scenes are larger, so there is room for more text. This book is in full color to show the warmth of healing and post-traumatic growth!



## version 1

This blank prototype helped me to determine the size of each layer for my books. I made the book at full scale, 12in x 12in (second book). To create the first book, I divided my measurements in half to get it to be 6in x 6in. I made sure to have the outermost frame be longer than 12in to ensure that it would not rip when the book is in its circular form. I also paid attention to the distance between the layers to create an appealing star shape when looking at an aerial view.



prototype



## version 2

I tried to the best of my abilities to have more simple pages/negative space/pages to breathe and variety in scale after the midterm review.

I had issues with determining the location of the elements in my illustrations as I was drawing. I had no way to determine how the angle of the layer would affect the drawings because I was drawing on a flat plane. After printing and folding my prototypes, I had to adjust the scale and position of the elements multiple times so they would not awkwardly overlap.



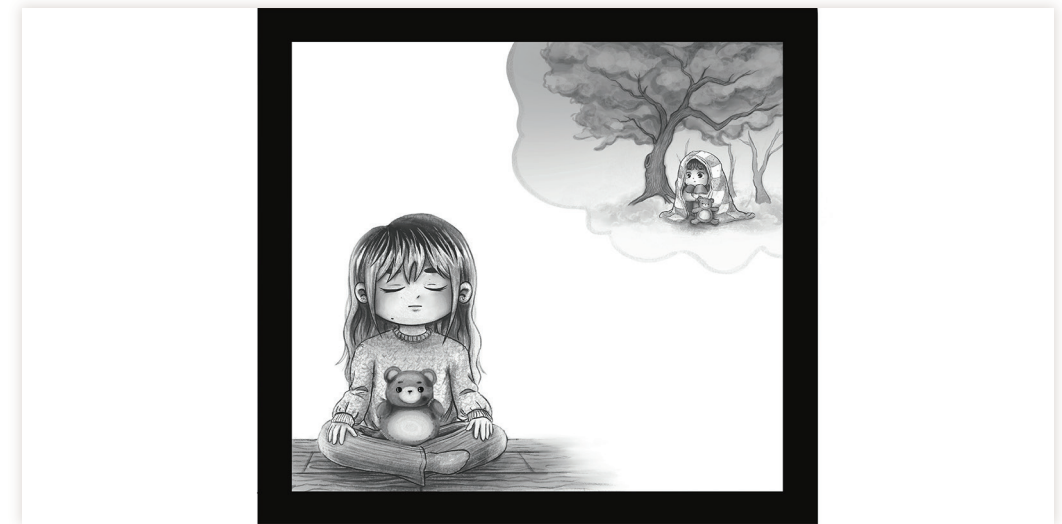
prototype

# outccome





1



**imagine your inner child**

The adult self follows along to an inner child work-guided meditation. The drawing is clear enough to make out that the inner child is in her safe space, the forest. She is alone, holding tightly onto her teddy bear far in the distance. The child seems hesitant and scared.

I felt a sense of shame and judgment whenever I thought about the events in my childhood, so I learned to repress those memories. When I first tried reconnecting with my inner child, I found it difficult to make out what she looked like and the environment she was in. I could only sense an uncomfortable and scary feeling.

2



**fears and emotions**

My inner child is terrified of the looming monster that has aggressive, handwritten fears listed on it. She cries under a blanket while tightly hugging her teddy bear.

I am the one who is inflicting the current pain on myself because I keep repeating the insults that I heard in my childhood. I continue to give power to those who have hurt me in the past. Even though I no longer hear these things from others, I still hear them in my head when I panic and when things do not go as planned.



3

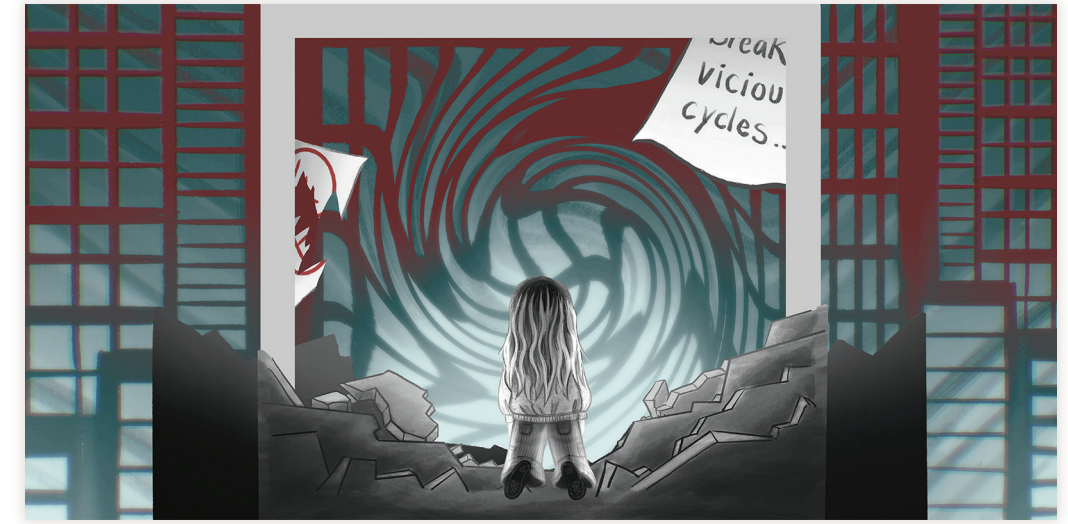


**unfulfilled needs**

The inner child is in distress while the monster is behind her. The adult self walks away from the pleading child to symbolize that the adult self starts repressing memories of the child as she grows up. The child's teddy bear is dirty and a limb is torn off. There is a trail made from a ripped-up list of needs that follows behind the adult.

I pushed her away rather than protect her as I grew up. This ripped-up list contains the needs that continue to be unfulfilled even into my adulthood (i.e. the need for validation and embrace). However, it is still hard for me to tell others to help me because I do not want to seem needy.

5

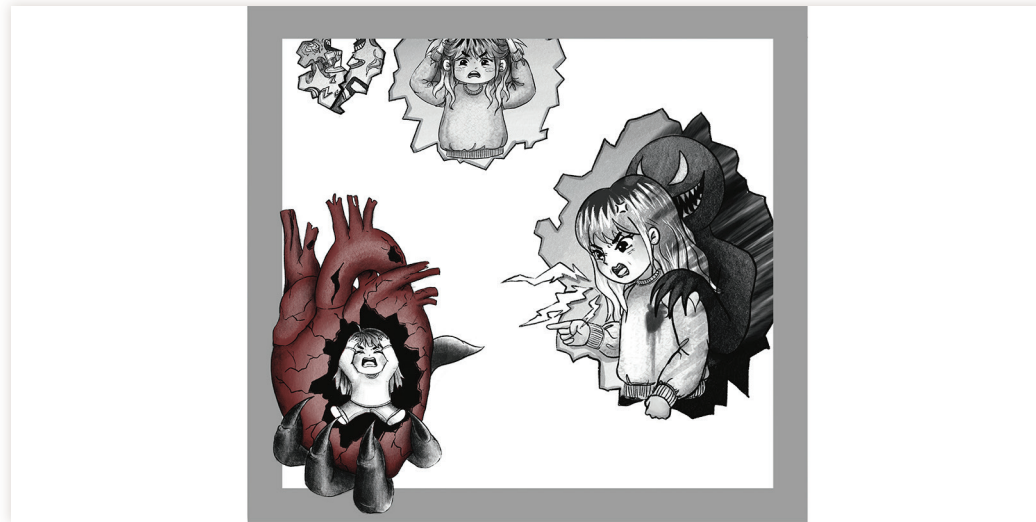


**break vicious cycles**

The adult self is on her knees and crying in the middle of a broken road. The city that she is surrounded by is chaotic and distorted. Papers are scattered, and the one in the foreground has a giant red "F" on it. Another paper says, "break vicious cycles."

When analyzing my maladaptive behaviors, I find myself catastrophizing and spiraling often. For example, if I did not complete a project perfectly, then I have failed and my whole world will collapse. My self-worth seems to be determined by my accomplishments rather than who I am as a person.

4



**maladaptive behaviors**

The inner child is buried deep inside the heart, but she starts throwing a tantrum. She did not learn how to cope which is shown in the adult self who also acts up. The adult self projects their anger onto others and harms herself.

This constant repetition of negative behaviors is how I realized I had a wounded inner child. These reactions are actually from the inner child who acts out in ways it has done in the past. Thus, when I am in a negative head-space, I act childish. I did not learn how to cope appropriately.

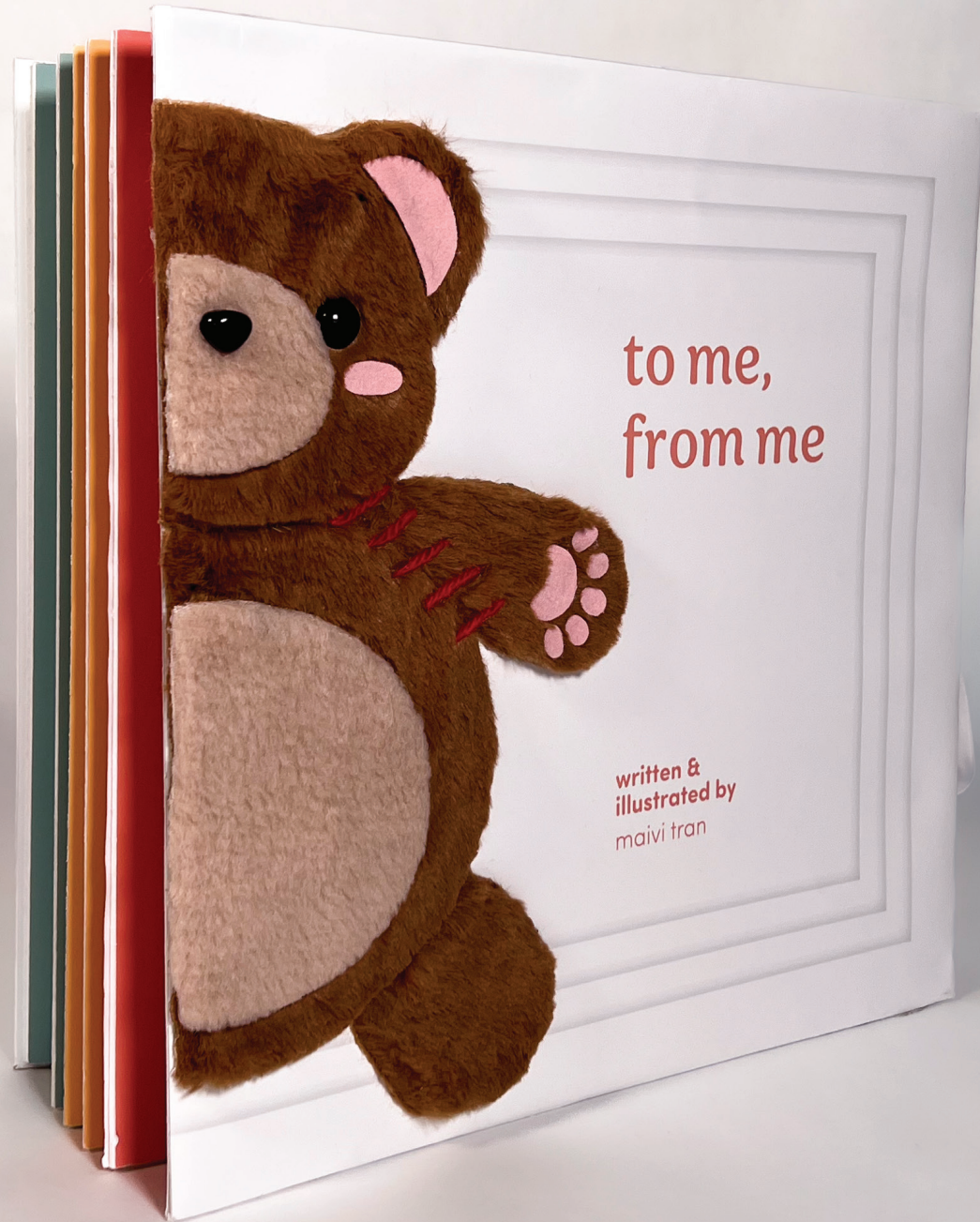
6



**it's never too late**

The adult self wakes up on a sunny day and has a realization. Life does not have to be this way, and she can change. The whole scene is full color to connect to the next book which is about healing and growth.

I have identified that there is an issue(s), and I am somewhat aware of its origin. I want to search and pinpoint the memories/traumas that have made me this way. I am tired of repeating these patterns because they are hindering my growth. This curiosity pushes me to look inward and introspect.



7



### to me, my dearest me

On the outermost layer, the adult self writes to her inner child. This scene is from an aerial perspective. There are other drawings, photos, and art supplies present on the floor.

This is a portion of a letter I wrote to myself. I used a prompt from supportiv.com that guided me on what to address. This was very beneficial at the initial start of the process as it helped me to get my raw emotions out and to cope. Then, I analyzed them to understand my own behavioral and emotional patterns.

8



### reconnecting with you

The adult self is in her room right at the door that connects the two of them (real-life to safe space). On the right of this scene, the child is standing in the forest. She is tightly holding onto her teddy bear because she is anxious, self-conscious, and wary.

I visualize that the door between my room and the safe space is open (connecting the two spaces). I reach out to the inner child again; however, I keep my distance because I know my inner child is wary and hesitant. The teddy bear is the comfort item the inner child holds near and dear, so seeing that the adult self still has it in her room is comforting.

9

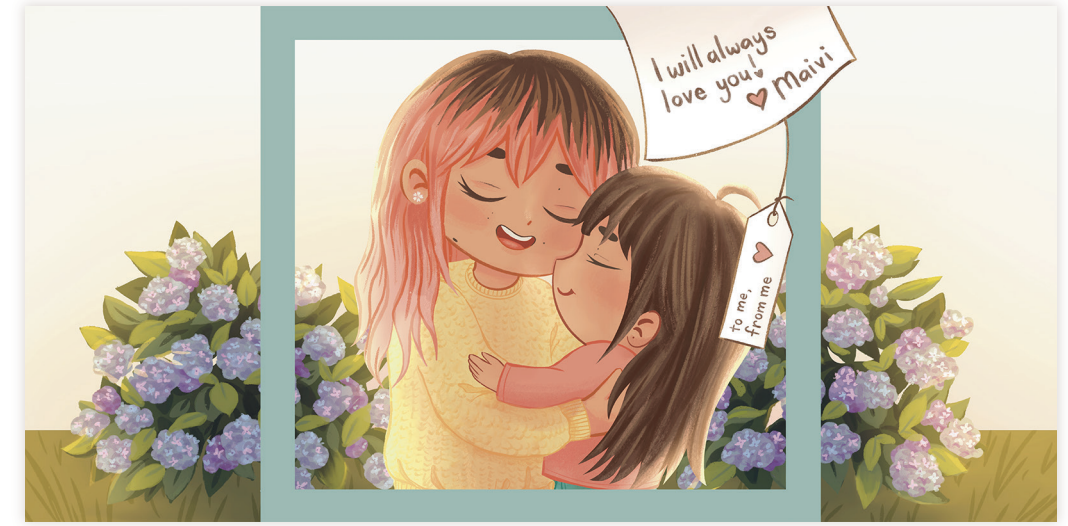


**let's have the time of our life**

The adult self and inner child are getting comfortable and playing with each other. They hang upside down, laughing together. They fold origami, create drawings, and build a Lego castle together. The inner child helps the adult self sew/heal her wounded teddy bear.

These are the activities I enjoyed doing as a child. Although I didn't grow up with Lego, I want to connect to the imagery of the next scene where the two are knights in armor. When I do these activities again, it helps me enjoy myself, and I feel more comfortable exploring as opposed to how I normally am as an adult.

11



**i love you**

This is a warm embrace of the adult self and child self. The background includes two bushes of hydrangeas which symbolize heartfelt emotions, apology, and thankfulness.

From this project, I learned to be more compassionate and uplifting. I have the strength to embrace my inner child and my adult self. This is not the end; rather, it is the beginning of a new adventure.

10



**words of affirmation**

At the center of the page, there is a journal that lies open. The adult self and child are tiny and stand on top of the journal. They are dressed in knight armor. The adult self stands next to the child and holds a giant shield. She teaches the inner child to defend herself from the scary words that surround them. Words of affirmation burst out from the center.

I have been practicing writing words of affirmation. I need to teach myself how to talk to myself nicely. To block out all the voices of the monsters that live in my head, I must make my voice the loudest and most powerful. Being able to reassure myself is my goal, rather than looking for external validation.

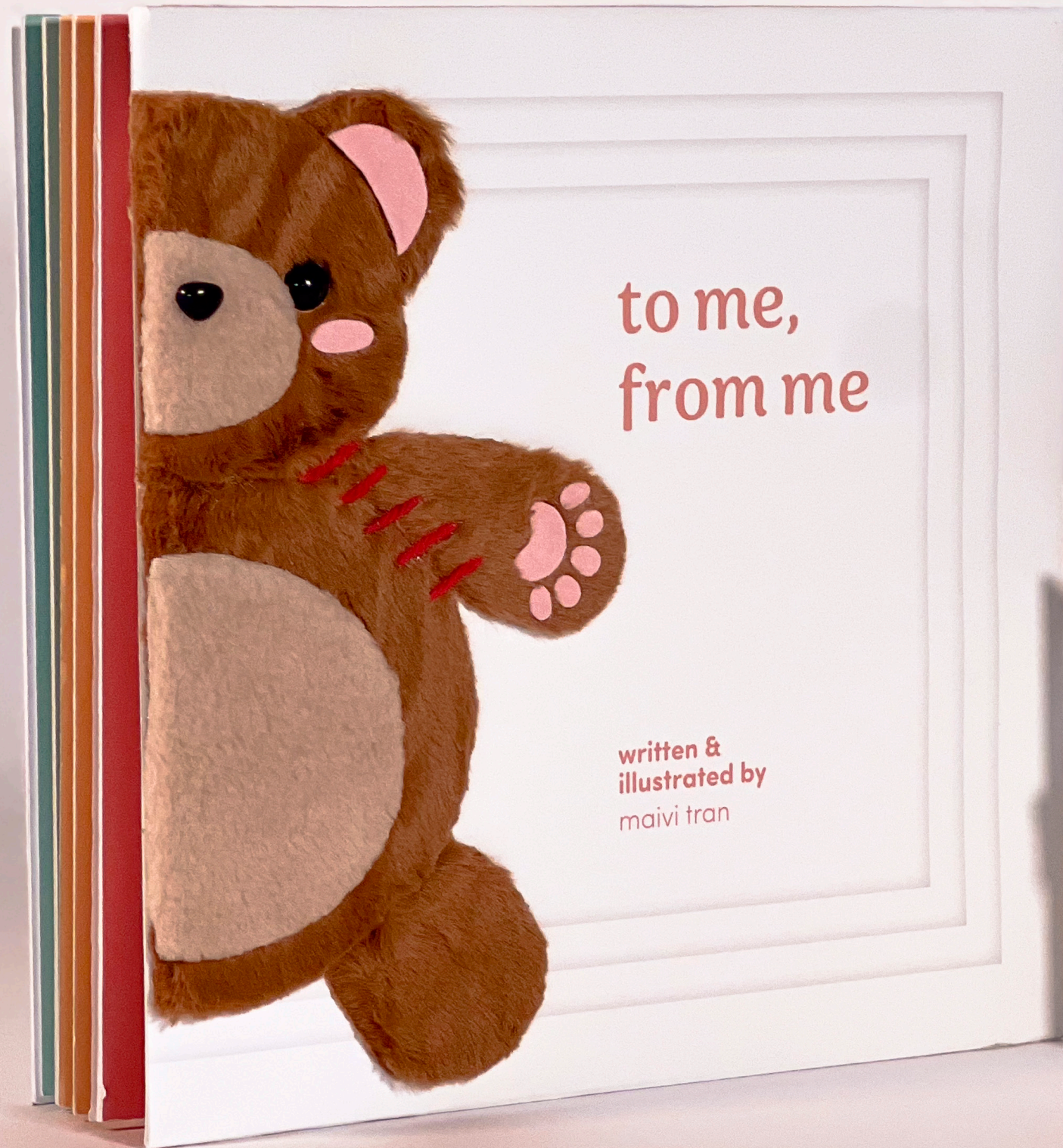
12



**to us, i promise**

The inner child is confident enough to walk out into the real world with the adult self. The child is happy and can leave a safe space with the adult self from the pathway to the crosswalk. The world is beautiful and in color. They work together to be a responsible and fun adult.

In the end, I want to promise my inner child that I will always be there for her. It is important to me to be nice to myself and be patient like when I interact with others, especially children. I want to venture out into this world and confidently embrace who I am.





# scene 1



# scene 2

# scene 4



# scene 3

# scene 5



# scene 6





# scene 8



# scene 7

# scene 9



# scene 10

# scene 12



# scene 11





## takeaways

Thanks to this project, I was able to take the time to start healing my inner child. The creation of this project was no easy task. After hours of grieving, and not believing in myself, I learned to take the advice listed in my books and found the strength to keep going. I am immensely proud of myself to have completed this project as it fueled my passion for design and illustration.

This project allowed me to understand where my unhealthy behaviors stem from and how they continue to affect me from childhood to adulthood. By becoming aware of my negative thoughts and actions, I make a conscious effort to be more compassionate and embrace who I am. I found that exercises, such as letter writing, journaling, and meditating, helped me to connect to my inner child. I repeated affirmations to myself and became my biggest supporter.

Through the creative arts, I was able to give my inner child a voice as she now knows that she is safe with me. She knows that the traumatic events were not her fault and that she can be herself. Ultimately, most of my healing came from producing the two books because I had to put all my emotions and thoughts into a story that could be relatable to others.

Ultimately, I am proud to get my personal story out there. I want everyone to know that they are not alone, and they can start their healing journey as well.

It is never too late.

# connect

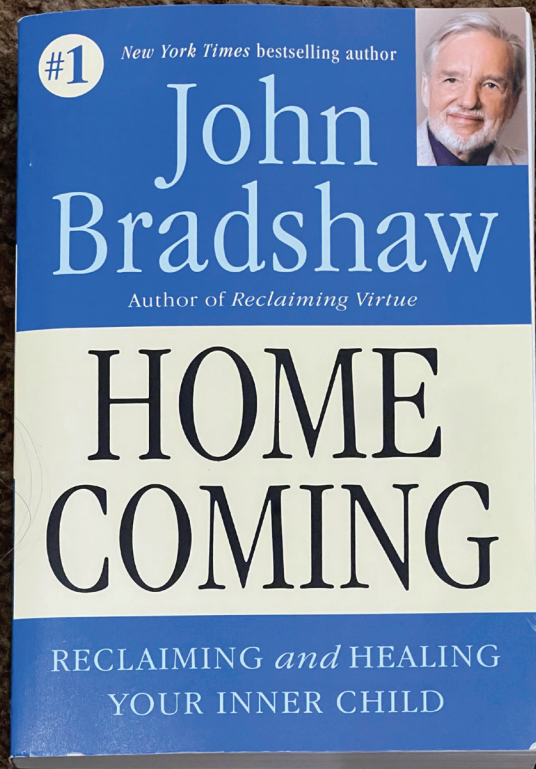
## special thanks

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## annotated bibliography

**Bradshaw, John. Homecoming: Reclaiming and Championing Your Inner Child. New York, New York: Bantam Books, 1990.**

This self-help book focuses on the concept of the inner child, which refers to the childlike aspect of a person's psyche that carries their emotions, feelings, and experiences from childhood into adulthood. Traumatic experiences during childhood can cause individuals to repress their emotions and feelings, leading to negative behaviors and attitudes in adulthood.

The author focuses on helping people finish their unresolved grief from childhood and had a developmental approach to healing emotional wounds. The book is broken up into different sections by the 4 age groups in childhood. The author provides a range of exercises and techniques that can help individuals reconnect with their inner child and begin the process of healing from past traumas. These techniques include meditation, journaling, and role-playing.

The book aims to help individuals achieve a more fulfilling and authentic life by embracing their inner child and reclaiming their true self.

**Hestbech, Asser Mikkel. "Reclaiming the Inner Child in Cognitive-Behavioral Therapy: The Complementary Model of the Personality." *The American Journal of Psychotherapy* 71, no. 1 (July 1, 2018): 21–27. <https://doi.org/10.1176/appi.psychotherapy.20180008>.**

The article suggests that CBT can be enhanced by incorporating techniques to help individuals reconnect with their inner child and heal from past traumas. The author includes various scenarios and prompts of people undergoing inner child work during their therapy sessions.

The various techniques mentioned in the article can help individuals identify and process negative emotions and behaviors that are rooted in childhood experiences. Incorporating inner child work into CBT for individuals struggling with a range of mental health issues (including anxiety, depression, and trauma-related disorders) can lead to better treatment outcomes as the impact of childhood experiences on adult behavior is addressed.

**Lerner, Rokelle. Affirmations for the Inner Child. 1st ed., Health Communications, 1990.**

This book is a collection of affirmations that individuals can use to reconnect with their inner child and cultivate positive emotions and behaviors. The affirmations are organized into chapters based on specific themes, such as self-esteem, boundaries, and forgiveness.

The book emphasizes the importance of repetition and consistency in using affirmations to reconnect with the inner child. By repeating the affirmations daily, individuals can begin to shift their mindset and develop a more positive relationship with themselves and others.



**Mancewicz, Richelle. "The Role of Creativity and Active Imagination in Reclaiming the Abandoned Inner Child." Order No. 1522460, Pacifica Graduate Institute, 2013. <http://search.proquest.com.libaccess.sjlibrary.org/dissertations-theses/role-creativity-active-imagination-reclaiming/docview/1335575106/se-2>.**

The author explains the process of connecting to their creative self as she participates in different dialogues, allowing for deeper self-understanding. Artistic expression and active imagination give the abandoned inner child a voice. This first-person account of the workings of the unconscious mind shows how the creation and usage of images and symbols can help in the healing process. The creative arts can be therapeutic and beneficial for various age groups because of its non-threatening nature. The unconscious mind can be brought into conscious awareness as it naturally flows into the artworks.

Overall, the author states that creative therapies have healing properties and can help individuals gain a better understanding of themselves.

**Smith, Jeffery. "Working with the Inner Child." *Psychotherapy*, December 21, 2016, 141–51. [https://doi.org/10.1007/978-3-319-49460-9\\_12](https://doi.org/10.1007/978-3-319-49460-9_12).**

The author explains that the inner child represents the emotional and psychological aspects of a person that are carried from childhood into adulthood. These aspects can manifest as negative beliefs, emotions, and behaviors that can interfere with an individual's daily functioning and relationships. The author provides several techniques that therapists can use to facilitate this process, including guided imagery, role-playing, and journaling. (This is mainly a guide for therapists.)

The author highlights the importance of creating a safe and supportive environment for individuals to explore their inner child. He suggests that therapists should approach the inner child with compassion and empathy, providing validation and support as the individual works through difficult emotions and memories.

## colophon

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