

Using Drawing, Pictures and Fairy Tales in Counselling with Pauline Andrew



**PLEASE READ ALL OF THE INFORMATION BELOW THOROUGHLY, INCLUDING
WHAT TO HAVE WITH YOU ON THE DAY & GROUP WORK!**

CHECKLIST: WHAT TO HAVE WITH YOU

- **PLAIN PAPER FOR DRAWING**
- **COLOURED PENS/PASTELS/CRAYONS TO DRAW WITH**
- **PENS TO WRITE WITH**
- **THIS SHEET OF INSTRUCTIONS**
- **THE COLLAGE OF PICTURES YOU RECEIVED THE LINK TO WITH YOUR CONFIRMATION**

APPROXIMATE PROGRAMME

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| 10:30 am | Welcome and technical 'housekeeping' from Jeremy Acott |
| 10:40 am | Meet your Buddy Group for today in Breakout Rooms |
| 10:50 am | Working with Symbols |
| 11:00 am | Demonstration with Hazel |
| 11:20 am | Practice in Buddy Groups (see notes) |
| 11:50 am | Questions and Answers |
| 12:00 hrs | Comfort Break |
| 12:10 pm | Working with Pictures |
| 12:20 pm | Demonstration with Angie |
| 12:40 am | Practice in Buddy Groups (see notes) |
| 1:10 pm | Lunch Break |
| 1:40 pm | Questions and Answers |
| 1:50 pm | Working with Fairy Tales |
| 2:00 pm | Demonstration with Hazel |
| 2:20 pm | Practice in Buddy Groups (see notes) |
| 2:50 pm | Comfort Break |
| 3:00 pm | Questions and Answers |
| 3:10 pm | Say goodbye to your Buddy Group |
| 3:15 pm | Say goodbye the group |

INSTRUCTIONS CONTINUED BELOW....

WHAT HAPPENS NEXT?

1. Many of you will already have a Zoom account; **if not please create a free one in preparation for the day by visiting: www.zoom.us**
2. **The afternoon/evening before the course** you will receive an email containing a link to the online training. Make a note of the **Password** for the course in case for any reason you need to re-join the session (see 'Losing Connection' below).
3. Make sure you select '**Join with Audio**' and '**Join with Video**' so that we can see and hear you. These are optional choices – if you don't click either, you can still be part of the session but we won't be able to assign you to a breakout room for small group discussions and practice, which would be a shame!
4. The training **starts at 10.30am and you can join as soon as you get the link or nearer the start time**. You will be in the 'Waiting Room' until the course starts. Late arrivals will be admitted by the Host.
 - **To see the participants, select 'Gallery View'**
 - **To see Pauline full-screen, select 'Speaker View'**

BUDDY GROUPS

- During the day you will be practising the interventions in breakout rooms. You will meet with the same group of 4 throughout the day, and work together (automatically allocated by Zoom).
- The first time you meet will be a 10-minute getting-to-know-you session and after that the Buddy Group sessions will be 30 minutes.
- In the practice sessions, everyone does the drawing and then, say, focus on two members to work in more detail, in the way Pauline worked with Angie and Hazel in the videos. Make sure everyone gets a turn throughout the day.

GENERAL GUIDELINES FOR DRAWINGS

- **You will need to do the drawings faster than you normally would!**
- **Give the picture a 'feeling title'**
- **Add your own feelings/emotions evoked by the drawing**
- **Add speech bubbles so that different elements of the pictures have a message**
- **"Are you in the picture?"**
- **Is there anything you would like to add or change?**
- **How are you feeling as we close?**

LOSING CONNECTION & TRANSMISSION ISSUES

- If you should lose connection, don't worry, just go back to the email we sent you and click on the link again. You can also just go to Zoom and click on 'Join Meeting' – have the password ready.
- The streaming can sometimes result in a slight sync issue in our videos – thank you for your patience if the sound and film are not always 100% together.
- Occasionally the sound may vary – use the volume buttons on your keypad or tablet to increase or decrease the sound as necessary.
- The technical issues that may arise for you on days like this are often beyond our control, but Jeremy will do all he can to help you.

TECHNICAL ISSUES & QUESTIONS FOR PAULINE

- **JEREMY ACOTT** will be looking after the technical side of the day – if you have any technical issues, eg losing connection, use the CHAT feature to talk to him.
- **KATY BODMAN** will be fielding questions for Pauline – to contact Katy use the CHAT feature. Katy will raise as many questions as possible throughout the day.

INSTRUCTIONS CONTINUED BELOW....

RECORDING THE SESSION

- You may record the session for your own personal use.
- We are making a video of each training topic, which will be available through our online shop in due course.

GENERAL INFORMATION

1. If you are unable to attend, thank you for understanding that we won't be able to refund your fee or transfer you to another day. We are keeping the cost to a minimum and this also means minimising admin! 😊
2. Certificates will be sent out to all participants soon after the course ends. If you are unable to attend, you may still receive a certificate, so please just delete it.

LOOKING FORWARD TO A GREAT DAY TOGETHER. WE CAN'T WAIT TO SEE YOU!