



Deep Release
training counselling

WORKING WITH GESTALT IN THE COUNSELLING ROOM:

Blindspots, Boulders and Barriers

- 10:30 am Welcome and technical 'housekeeping' from J
- 10:35 am Meet your Buddy Group – OPTIONAL
- 10:40 am Blindspots in the counselling room! The I-Thou and the I-I.
- 11:00 am Demonstration
- 11:20 am Comfort break*
- 11:30 am Buddy Group Discussion
- 11:50 am Question Time with Katy and Pauline
- 12:00 pm Comfort break*
- 12:10 pm Teaching: Blocks and Boulders – barriers to living freely

12.30 pm Telling our Story

12:50 pm Lunch break

1.30 pm Buddy Group Discussion

2.00 pm Question Time with Katy and Pauline

2.10 pm Chair Work, including demonstration

2:30 pm Comfort Break

2.35 pm The Liberating Paradox

2:50 pm Question Time with Katy and Pauline

3:00 pm Final Buddy Group Session and say goodbye

3.10 pm Final Words

3:15 pm Say goodbye to the group