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**WORKING CREATIVELY WITH GESTALT**

**IN THE COUNSELLING ROOM:**

10:30 hrs Welcome and technical ‘housekeeping’ from J

10:35 hrs Meet your Buddy Group

10:40 hrs Blindspots and Barriers

11:00 hrs Demonstration

*11:20* hrs *Comfort break*

11:30 hrs Buddy Group Discussion

12:00 hrs Question Time with Katy and Pauline

*12:15* hrs *Comfort break*

12:20 hrs Barriers to living freely

*13:00* hrs *Lunch break*

13.40 hrs Buddy Group Discussion

14.00 hrs Question Time with Katy and Pauline

14.15 hrs Chair Work, including demonstration

*14:35* hrs *Comfort Break*

14.40 hrs Story-breaking and Story-making

14:50 hrs Question Time with Katy and Pauline

15:05 hrs Final Buddy Group Session and say goodbye

15.10 hrs Final Words

15:15 hrs Say goodbye to the group