



ATTACHMENT & SHAME

PROVISIONAL PROGRAMME

10.30 am Welcome and Technical Tips from Jeremy

10.35 am Meet your Buddy Group

10.40 am Session 1: The Origins of Shame

11.05 am Buddy Groups (15 mins)

11.20 am Break (10 mins)

11.30 am Working with the Client – Core Needs

11.40 am Session 2: Shame and Attachment

The Feeling of Shame

12.15 pm Buddy Group (15 mins)

12.30 pm Break (10 mins)

12.40 pm Any Questions?

1.00 pm Lunch

1.45 pm Session 3: The Lens of Shame

Attachments

2.10 pm Buddy Group (15 mins)

2.25 pm Break (5 mins)

2.30 pm Session 4: Rupture and Repair

2.50 pm Any Questions?

3.05 pm Say goodbye to your Buddy Group

3.10 pm Deep Release Updates

3.15 pm Finish