

TAMING THE INNER CRITIC PROGRAMME

10.30 hrs	Welcome and technical tips from Jeremy
10.35 hrs	Meet your Buddy Group
10.40 hrs	<i>What is an Inner Critic, and where does it come from?</i>
10.50 hrs	Kay's Story - video
11.00 hrs	Creative Intervention – draw your Inner Critic
11.10 hrs	Buddy Groups
11.25 hrs	Break (10 mins)
11.35 hrs	Questions and Comments
11.45 hrs	<i>More than 1 Inner Critic?</i>
11.55 hrs	Creative Intervention – working with Nesting Dolls
12.05 hrs	Break (5 mins)
12.10 hrs	Jackie's Story - video
12.25 hrs	<i>Two Basic Approaches</i>
12.35 hrs	Buddy Groups
12.50 hrs	Questions and Comments
13.00 hrs	Lunch
13.40 hrs	Mary's Story - video
13.50 hrs	Creative Intervention – working with Animals
14.00 hrs	Creative Intervention – working with Clay with Jackie - video
14.30 hrs	Buddy Groups
14.45 hrs	Break
14.50 hrs	Questions and Comments
15.00 hrs	<i>Relationship Matters</i>
15.05 hrs	Say Goodbye to your Buddies
15.10 hrs	Resources and Deep Release Updates
15.15 hrs	Finish