



Deep Release Online
Professional Training for Counsellors

3 Ways of Working with the Inner Child

PROGRAMME

- 09.30 am Welcome and Introductions
- 09.35 am **SESSION 1: GUIDED VISUALISATION**
Walking through the rooms of your house
Video demonstration with Hannah (15 mins)
- 10.00 am 5-minute break
- 10.05 am **SESSION 2: WORKING WITH STORYBOARDS**
Revisiting a memory
Video demonstration with Hazel (20 mins)
- 10.30 am **Discussion in Buddy Groups (15 mins)**
- 10.45 am 5-minute break
- 10.50 am **SESSION 3: USING ARTWORK**
Using artwork and speech bubbles to connect with the Inner Child
Video demonstration with Regina (10 mins)
- 11.05 am **Draw your own scene** – share with the group by sending your artwork to jeremyacott@gmail.com
Use this time to send comments or questions for Pauline to Hannah
- 11.12 am **QUESTIONS AND COMMENTS (15 mins)**
This will hopefully include some of your pictures!
- 11.27 am **FINAL UPDATES AND INFORMATION**
- 11.30 am Finish

