



Deep Release Online
Professional Training for Counsellors

WORKING WITH GESTALT IN COUNSELLING PROGRAMME (SUBJECT TO CHANGE)

9.30 am	Welcome; technical information from Jeremy
9.35 am	Meet your Buddies
9.40 am	Gestalt Concepts
10.00 am	Pause for Reflection
10.05 am	Demonstration: Morag works with a Fairy Tale
10.18 am	Buddy Groups
10.35 am	Break (5 mins)
10.40 am	Any questions or comments?
10.50 am	The Gestalt Cycle of Awareness / Experience
11.00 am	Demonstration: Katy works with the Cycle of Awareness
11.15 am	Pause for Reflection
11.20 am	Buddy Groups
11.35 am	Break (15 mins)
11.50 am	Any questions or comments?
12.05 pm	Chairwork
12.10 pm	Demonstration: Angie and Chairwork
12.25 pm	Buddy Groups
12.40 pm	Break (5 mins)
12.45 pm	Any questions or comments?
12.55 pm	Final slides and Information