



**INTRODUCTION TO WORKING WITH
IN-WOMB AND BIRTH TRAUMA FOR COUNSELLORS
PROGRAMME (may change!)**

9.30am Welcome – technical tips from Jeremy

9.35am Meet your Buddy Group

9.40am Session 1

Influences, Personalities, Experiments

Deep Release Weekends

The First 1000 days

Stages in the Womb

10.10am Buddy Group (15 mins)

10.25am Break (10 mins)

10.35am Session 2

The In Womb Journey Part 1

10.55am Any Questions?

11.05am Session 3

The In Womb Journey Part 2

11.25am Buddy Group Discussion (15 mins)

11.40am Break (10 mins)

11.50am Session 4

The Therapy

Working in the deep places

12.10am Buddy Group Discussion (15 mins)

12.25am Break (10 mins)

12.35am Any Questions?

12.45am Session 5

Final Thoughts

12.55am Resources and Information

1.00pm Finish