

EXTREME REACTIONS

Thursday 3rd November 9.30am – 1.00pm

PROGRAMME (approximate timings)

Suggested interventions will be shared throughout the morning

- 09.30am Welcome & technical tips from Jeremy
- 09.35am Meet your Buddies
- 09.40am **Session 1 : Some Information on Self Harm**
- 09.55am **Ange's Story : Abandonment**
- 10.05am **Buddy Group Discussion (15mins)**
- 10.20am Break (5 mins)
- 10.25am **Comments and Questions**
- 10.35am **Session 2 : The Counsellor's Extreme Reactions**
- 10.50am **Claire's Story : Longing for Love**
- 11.00am **Buddy Group Discussion (15mins)**
- 11.15am Break (5 mins)
- 11.20am **Comments and Questions**
- 11.30am **Aaron's Story : Despair**
- 11.35am **Session 3 : Other Factors to Consider**
- 11.50am **Fi's Story : "The Girl in the Mirror"**
- 12:05pm Break (5 mins)
- 12.10pm **Session 4 : Some Ways of Working**
- 12.25pm **Buddy Group Discussion (15 mins, including saying goodbye)**
- 12.40pm **Comments and Questions**
- 12.50pm Final Information and Updates
- 1.00pm Finish