



Deep Release Online
Professional Training for Counsellors

MAKING THE MOST OF SUPERVISION

SATURDAY 3RD DECEMBER 2022

PROGRAMME (subject to change)

- 09.30 am Welcome and technical tips from Jeremy
- 09.35am Meet your Buddies
- 09.40am Session 1**
Developing the client – Developing the Counsellor
- 10.10am Buddy Group Discussion (15 mins)**
- 10.25am Session 2**
First Encounters
- 10.40am Break (5 mins)
- 10.45am Any Questions?**
- 10.55am Time for a Blob! Creative Exercise**
- 11.10am Buddy Group Discussion (15 mins)**
- 11.25am Break (10 mins)
- 11.35am Session 3**
Something Fishy! Creative Exercise
- 12.05pm Break (5 mins)
- 12.10pm Session 4**
Breathing Life into Supervision
- 12.25pm Buddy Group Discussion (15 mins)**
- 12.40pm Any Questions?**
- 12.50pm Say goodbye to Buddies (exchange details if required)**
- 12.55pm Updates, Resources and Information
- 13.00pm Finish