



Simple Ways of Working with Dreams in Counselling Programme (subject to change)

09.30	Welcome and technical tips
09.35	Meet your Buddies
09.40	Session 1 : Some Dream Theory
10.00	Katy's Dream
10.15	Session 2 : Continuing to write the dream
10.30	BUDDY GROUPS
10.45	Break
10.55	Session 3 : Drawing Your Dream
	Scenes, Storyboards and Time to Try
11.20	BUDDY GROUPS
11.35	Break
11.45	ANY COMMENTS OR QUESTIONS?
11.55	Session 4 : Putting it all Together
	Hannah's Dream Story
12.10	Session 5 : Integrating Elements of the Dream
	Katy becomes the parts of her dream
12.25	BUDDY GROUPS
12.40	ANY COMMENTS OR QUESTIONS?
12.50	SAY GOODBYE TO BUDDIES
12.55	UPDATES AND INFORMATION
13.00	FINISH