

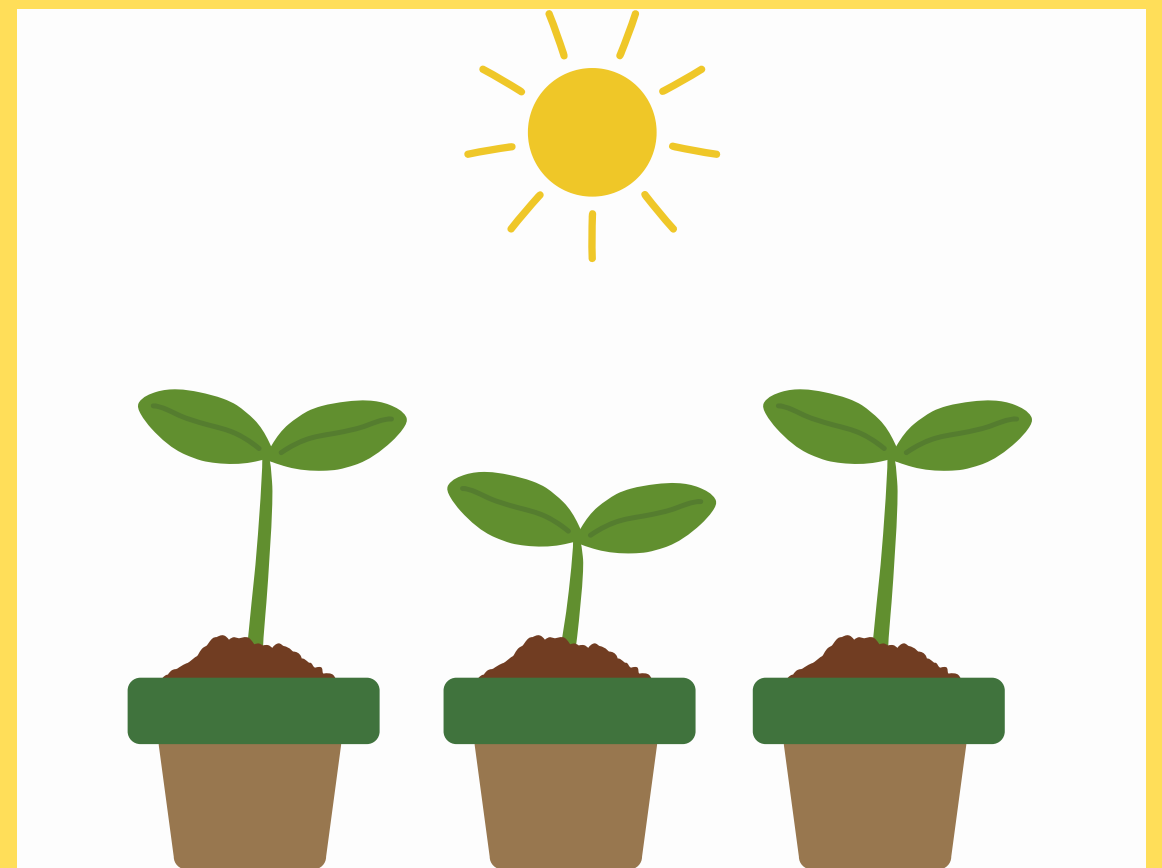


Deep Release

training counselling

REGIONAL TRAINING GROUPS

Growing together
personally and
professionally



WHAT IS A REGIONAL GROUP?

Deep Release RTGs are a safe, encouraging and supportive space to practise creative skills with fellow counsellors

Counselling can be a lonely profession and RTGs also provide an opportunity to find connection and support

- There is an element of group supervision, and some groups offer this as a specific optional extra at the end of the group

WHERE

We have established groups in **Surrey** and **Hampshire**, with plans to soon launch groups in **Kent**, **Hertfordshire** and **online**. In-person groups meet at the home of the leader, who is a Deep Release creative counsellor.

WHEN

Groups meet approximately 4-5 times a year. Please get in touch to check dates.

COST

There is a charge of typically £30-£40 each session (set by the leader). Bursary help can be offered to those in financial need (depending on available funds).

WHO

Most of the people attending RTGs share Christian faith, and from time to time the sessions will include exploring spiritual issues and prayer, but we welcome counsellors of all faiths or none and the group will offer sensitivity and acceptance of different views.

Interested in joining? Contact us: info@deeprelease.org.uk