



INTRODUCTION TO WORKING WITH BUILDING BOUNDARIES, BREAKING BARRIERS PROGRAMME

9.30am	Welcome – technical tips from Jeremy
9.35am	Meet your Buddy Group (5 mins)
9.40am	<u>Session 1</u> (25 mins) The need for Boundaries The Counselling Space Interview with Mareile
10.05am	Buddy Group (15 mins)
10.20am	Break (5 mins)
10.25am	<u>Session 2</u> (25 mins) Attachment Dynamics Boundaries and Trauma Boundaries and Pashminas
10.50am	Buddy Group (15 mins)
11.05am	Break (10 mins)
11.15am	Comments and Questions
11.25am	<u>Session 3</u> (25 mins) Boundaries and Barriers in the Counselling Process The Healing Power of Touch
11.50am	Buddy Group (15 mins)
12.05pm	Break (5 mins)
12.10pm	<u>Session 4</u> (15 mins) Rupture and Repair Working Creatively Where have you got to?
12.25pm	Buddy Group (15 mins)
12.40pm	Comments and Questions
12.50pm	Say goodbye to your Buddy Group (5 mins) Exchange details if required
12.55pm	Information and Updates from Deep Release
13.00pm	Finish