



**Deep Release**  
training counselling

**Working Creatively with the Inner Child day - Sat June 24, 2023**

**Provisional Programme - Programme order subject to change!**

09:00 Coffee

09:30 Welcome and plenary session

**10:00 Session 1: Art work (demo, pair work, feedback & questions)**

11:00 Coffee

**11:30 Session 2: Visualisation (demo, pair work, feedback & questions)**

12:30 Plenary session

13:00 Lunch

**14:00 Session 3: Working with cards (demo, pair work, feedback & questions)**

15:00 Tea

**15:30 Session 4: Nesting dolls (demo, pair work, feedback & questions)**

16:30 Plenary session – debrief

17: 00 Finish