



WORKING CREATIVELY WITH ASPECTS OF SELF PROGRAMME

09.30am Welcome – technical tips from Jeremy

09.35am **Meet your Buddy Group (5 mins)**

09.40am Session 1 (30 mins)

Freud, Berne, Jung, Perls, Rogers

Drivers and Self Talk

The Roles Played in Families Cards

10.10am **Buddy Group (15 mins)**

10.25am **Break (5 mins)**

10.30am **Session 2 (20 mins)**

Working with Dolls and Figures

Working with Pictures

10.50am **Buddy Group (15 mins)**

11.05pm **Break (10 mins)**

11.15am **Any Questions?**

11.25am **Session 3 (30 mins)**

Family Systems

Working with Fairy Tales

11.55pm **Break (5 mins)**

12.00pm **Session 4 (20 mins)**

Working with Trauma and Dissociation

12.20am **Buddy Group (15 mins)**

12.35pm **Any Questions?**

12.45pm **Say Goodbye to Buddy Groups**

12.50pm **Final Thoughts and Resources**

13.00pm **Finish**