

The Subtle Power of Toxic Relationships PROGRAMME (subject to change)

09.30am	Welcome – technical tips from Jeremy
09.35am	Meet your Buddy Group (5 mins)
09.40am	<u>Session 1</u> The Subtle Power of Toxic Relationships <i>In Conversation with Carolyn Spring Part 1</i> <i>Pause to Think</i> Where does it all begin?
10.20am	Buddy Group Session 1 (15 mins)
10.35am	Break (5 mins)
10.35am	<u>Questions and Comments</u>
10.45am	<u>Session 2</u> The Counselling Relationship <i>In Conversation with Carolyn Spring Part 2</i> <i>Pause to Think</i> Empathy Why People don't Leave Toxic Relationships Toxic Groups and Toxic Behaviour
11.30am	Buddy Group Session 2 (15 mins)
11.45am	Break (10 mins)
11.55am	<u>Questions and Comments</u>
12.05pm	<u>Session 3</u> Ways of Working with Clients in Toxic Relationships <i>In Conversation with Carolyn Spring Part 3</i> <i>Pause to Think</i> The Drama Triangle Our Relationship with Ourselves
12.25pm	Buddy Group Session 3 (15 mins)
12.40pm	<u>Questions and Comments</u>
12.50pm	Say goodbye to Buddies
12.55pm	Resources and Information
13.00pm	Finish