



Deep Release Online
Professional Training for Counsellors

Working Creatively with Blocked Anger

PROGRAMME (subject to change)

09.30am	Welcome – technical tips from Jeremy
09.35am	Meet your Buddy Group (5 mins)
09.40am	Creative Intervention 1: The Anger Iceberg Understanding Anger <i>I am <u>not</u> an Angry Person!</i> Anger in the Counselling Room
9.55am	Creative Intervention 2: Making an Anger Box Demonstration: Sarah's Anger Box
10.05am	Creative Intervention 3: Using Nesting Dolls to Explore Anger Demonstration: Hazel works with Nesting Dolls
10.15am	Buddy Group Discussion
10.30am	Break (5 mins)
10.35am	Questions and Comments
10.45am	Anger, the Brain and the Body
11.00am	Creative Intervention 4: Drawing your Anger Time to do some artwork!
11.15am	Creative Intervention 5: The Roles Played in Anger Cards
11.35am	Break (10 mins)
11.45am	Creative Intervention 6: The Courtroom
12.00pm	Demonstration: Angie goes to Court
12.15pm	Buddy Group Discussion
12.30pm	Break (5 mins)
12.35pm	Questions and Comments
12.45pm	Say goodbye to your Buddies
12.50pm	Resources and Information
1.00pm	Finish