



Deep Release Online
Professional Training for Counsellors

Taming the Inner Critic

PROGRAMME (subject to change)

09.30am	Welcome – technical tips from Jeremy
09.35am	Meet your Buddy Group Session 1 (5 mins)
09.40am	<u>Session 1</u>
	What is an Inner Critic?
	Kay's Story
10.00am	Your turn!
10.10am	Buddy Group Session 2 (15 mins)
10.25am	Break (5 mins)
10.30am	<u>Session 2</u>
	Internal Family Systems
10.40am	Working with Nesting Dolls
10.50am	Break (5 mins)
10.55am	Comments and Questions
11.05am	<u>Session 3</u>
	Jackie's Story
11.15am	Approaches to Working with the Inner Critic
11.30am	Buddy Group Session 3 (15 mins)
11.45am	<u>Session 4</u>
	Working with Animals
11.50am	Break (5 mins)
11.55am	Working with Clay
12.05pm	Your turn!
12.15pm	Buddy Group Session 4 (15 mins)
12.30pm	<u>Session 5</u>
	The Counsellor-Client Relationship
12.40pm	Comments and Questions
12.50pm	Say Goodbye - Buddy Group Session 5 (5 mins)
12.55pm	Resources and Information
13.00pm	Finish