



Deep Release Online
Professional Training for Counsellors

PSYCHOEDUCATION IN COUNSELLING

PROGRAMME (Subject to change)

Friday 15th March 2024

09.30am	Welcome and technical tips from Jeremy
09.35am	Meet your Buddy Group members
09.40am	<u>Session 1 : The Wheel of Life</u> Begin your own Wheel of Life The Wheel of Life online
10.00am	Buddy Group Discussion 1 (10 mins)
10.10am	<u>Session 2 : Cycles of Development</u> Begin your own Erikson's Life Stages Erikson's Life Stages online
10.35am	In Womb Cycles and Attachment
10.45am	Buddy Group Discussion 2 (10 mins)
10.55am	Break (5 mins)
11.00am	Questions and Comments
11.10am	<u>Session 3 : The in-Out Model</u> The In-Out Model online
11.30am	Buddy Group Discussion 3 (10 mins)
11.40am	Break (5 mins)
11.45am	<u>Session 4 : Relationships – the Interface</u>
12.05pm	Buddy Group Discussion 4 (10 mins)
12.15pm	<u>Session 5 : Using the Cards – face to face and online</u>
12.35pm	Questions and Comments
12.45pm	Buddy Group 4 What is your takeaway from today? Say Goodbye (exchange details if you'd like to)
12.55pm	Resources and Updates
13.00pm	Finish