

## Working Creatively with the Inner Child in Counselling Weekend

### 26-28 April 2024

TIME	DATE	LOCATION	WORKSHOP	WORKSHOP LEADERS
FRIDAY				
3.00-4.30pm	Check in and Conference Registration (Lounge/Bar) <i>You can also register at the evening plenary session</i>			
6.30pm	Dinner	Edinburgh Restaurant – buffet dinner <i>If you have pre-booked dietary requirements please inform restaurant staff</i>		
7.30pm	Plenary Session	Room 8 (Berkshire suite, ground floor)	Welcome and who’s who Principles and Practice of Inner Child Work	Pauline and the Team
SATURDAY				
7.30-8.30am	Breakfast for residents	Edinburgh Restaurant		
9.15am (30 mins)	Plenary Session	Room 8 (ground floor)	The Inner Child & Attachment Hazel Barton	
9.45am (1.5 hrs)	Workshop 1: Group A	Room 6	Practice in groups including question and feedback time	Chris
	Workshop 1: Group B	Room 8	Practice in groups including question and feedback time	Pauline
	Workshop 1: Group C	Room 9	Practice in groups including question and feedback time	Sally
	Workshop 1: Group D	Room 10	Practice in groups including question and feedback time	Katy & Angie
11.15am	Refreshment Break (20 mins)			
11.35am (30 mins)	Plenary Session	Room 8	The Journey in the Womb Dr Chris Andrew	
12.05	Workshop 2: Group A	Room 6	Practice in groups including question and feedback time	Chris
(1hr 10 mins)	Workshop 2: Group B	Room 8	Practice in groups including question and feedback time	Pauline
	Workshop 2: Group C	Room 9	Practice in groups including question and feedback time	Sally
	Workshop 2: Group D	Room 10	Practice in groups including question and feedback time	Hazel
1.15pm	Lunch	Edinburgh Restaurant – buffet lunch		
2.30pm	Plenary Session	Question and Answer Panel: Pauline, Chris, Hazel, Sally, Angie, Katy		
4.00pm	Refreshments and Free Time			
6.30pm	Dinner	Room 6 ( <u>not</u> Edinburgh Restaurant!) - buffet dinner		

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7.30pm	Lighthearted quiz	Stay in Room 6		
SUNDAY				
TIME	DATE	LOCATION	WORKSHOP	
7.30-8.30am	Breakfast for residents	Edinburgh Suite Restaurant		
CHECK OUT BY 10AM: Please check out of your room before <u>10am</u> . Left luggage is available in reception if needed.				
9.15am (30 mins)	Plenary Session	Room 8 (ground floor)	Walking Around the Rooms of your Childhood Home Sally Nash	
9.45am (1.5 hrs)	Workshop 3: Group A	Room 6	Practice in groups including question and feedback time	Hazel
	Workshop 3: Group B	Room 8	Practice in groups including question and feedback time	Pauline
	Workshop 3: Group C	Room 9	Practice in groups including question and feedback time	Sally
	Workshop 3: Group D	Room 10	Practice in groups including question and feedback time	Angie & Katy
11.15am	Refreshment Break (20 mins)			
11.35am (40 mins)	Plenary Session	Room 8	Meeting our Inner Teenager Katy Bodman & Angie Dulwich	
12.15pm (1 hr)	Workshop 4: Group A	Room 6	Practice in groups including question and feedback time	Chris
	Workshop 4: Group B	Room 8	Practice in groups including question and feedback time	Pauline
	Workshop 4: Group C	Room 9	Practice in groups including question and feedback time	Sally
	Workshop 4: Group D	Room 10	Practice in groups including question and feedback time	Katy & Angie
1.15pm	Lunch	Edinburgh Suite Restaurant – buffet lunch		
2.15pm (45 mins)	Group Session	Group Rooms	Say goodbye and share feedback in your groups	
3.00pm	Plenary Session	Room 8	Final Comments and Close Pauline and the Team	
3.30pm	Time to go home			