

## **INTRODUCTION TO WORKING WITH IN-WOMB AND BIRTH TRAUMA FOR COUNSELLORS PROGRAMME (may change!)**

9.30am Welcome – technical tips from Jeremy

9.35am Meet your Buddy Group

**9.40am Session 1**

Influences, Personalities, Experiments  
Deep Release Weekends  
The First 1000 days  
Womb Cycles

**10.05am Buddy Group (15 mins)**

**10.20am Break (5 mins)**

**10.25am Session 2 The In Womb Journey – to 21 weeks**

**10.40am Reflection Time**

**10.45am Session 3 Development in the Womb**

Frank Lake's Classification of Responses

**11.05am Break (10 mins)**

**11.15am Comments and Questions (10 mins)**

**11.25am Session 4 Birth Trauma**

**11.40am Reflection Time**

**11.45am Session 5 The Therapy**

Web App, plus working on own timeline  
Brain Anatomy  
Working in the depths

**12.20pm Buddy Group Discussion (15 mins)**

**12.35pm Break (5 mins)**

**12.40pm Comments and Questions (10 mins)**

**12.50am Say Goodbye to Buddies**

12.55pm Resources and Information

1.00pm Finish