



**Deep Release Online**  
*Professional Training for Counsellors*

## **WORKING CREATIVELY WITH NESTING DOLLS IN COUNSELLING PROGRAMME (may change!)**

9.30am Welcome – technical tips from Jeremy

**9.35am Meet your Buddy Group (5 mins)**

**9.40am Session 1**

The Beginnings

Working with Plain nesting dolls – down through the layers

10.00am Demonstration: Hazel

**10.15am Buddy Group (15 mins)**

**10.30am Break (10 mins)**

**10.40am Session 2**

Building a collection of nesting dolls

Working with Aspects of Self

Demonstration: Jeremy

Who is hiding inside?

**11.05am Buddy Group (15 mins)**

**11.20am Break (10 mins)**

**11.30am Comments and Questions**

**11.40am Session 3**

Working with Emotions

Cultural issues

Demonstration: Hazel

**12.10am Buddy Group (15 mins)**

**12.25am Break (10 mins)**

**12.35pm Comments and Questions (10 mins)**

**12.45am Say Goodbye to Buddies (5 mins)**

12.50pm Resources and Information

1.00pm Finish