



Working Creatively with the Inner Child in Counselling

25-27 April 2025 : PROGRAMME

TIME	EVENT	WHERE TO GO		WHAT'S HAPPENING
FRIDAY 25 th APRIL				
3.00-6.00pm	Arrivals, check in at the Deep Release desk in the bar and collect your conference bag. Bedooms will be open from 3pm.			
6.00pm	Buffet Dinner	Edinburgh Restaurant <i>If you have pre-booked dietary requirements, please inform restaurant staff at each meal</i>		
7.00pm-8.30pm	Welcome Meeting	Room 8 Berkshire Suite	Welcome meeting; get to know the other members and the leaders of your Sweet Meets group; Introductory Session with Pauline; choose a set of nesting dolls.	
SATURDAY 26 th APRIL				
7.30-8.30am	Buffet Breakfast	Edinburgh Restaurant		
9.00am	Sweet Meets	Room 8	Check in with your Sweet Meets Group and collect a new badge.	
9.15am-9.55am	Teaching Session	Room 8	NEUROSCIENCE & THE INNER CHILD – with Dr Chris	
10.00am – 11.15am	Workshop1	Curly Wurlys	THAMES 1	After Dr Chris’s talk, you will go in your groups to the rooms indicated for practical workshops. Please be sure to take with you the set of nesting dolls you chose yesterday, along with your pens.
		Love Hearts	THAMES 2	
		Smarties	THAMES 3	
		Starbursts	THAMES 4	
11.15am	Refreshment Break : hot drink machines are placed in the Berkshire Suite entrance, and in the main Moor Hall bar area, where you registered yesterday.			
11.35am-12.45pm	Teaching Session Workshop 2	Room 8	CLAY WITH CARA – with Cara Cramp After Cara’s introduction, we will all stay at the tables in Room 8 to continue the workshop. At 12.45pm, please return to your workshop room (Thames 1-4) where you will debrief with your leader.	
12.45pm-1.00pm	Sweet Meet Debrief	Please return to the workshop room you were in before.		Please be on time for 1:15pm lunch.
1.15am	Buffet Lunch	Edinburgh Restaurant		



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2.30pm-3.10pm	Teaching Session	Room 8		JOURNALING WITH YOUR INNER CHILD - Hazel Barton
3.15pm-4.00pm	Workshop 3	Curly Wurlys	THAMES 1	After Hazel's talk, please return to your workshop room for exercises, discussion and feedback.
		Love Hearts	THAMES 2	
		Smarties	THAMES 3	
		Starbursts	THAMES 4	
4.00pm	PLAYTIME! This is a time when you can take some space, have a siesta, chat with friends and/or enjoy an array of creative activities which will be set up in the Bar area (where you registered). Be sure to take a look!			
6.00pm	Buffet Dinner	Room 8		Because the restaurant is being used by another group, the Moor Hall staff will be using our tables in Room 8 in the Berkshire Suite for dinner this evening. The food will be collected from Room 6, which connects with this room.
7.00pm	Fun and Games	Bar area		This evening we return to the Bar area to enjoy a variety of board games that bring back childhood memories! Come and join in the fun!
SUNDAY 27th APRIL				
7.30am-8.30am	Buffet Breakfast	Edinburgh Restaurant		
Please vacate your rooms after breakfast; luggage can be stored safely by the hotel if required.				
9.00am	Sweet Meets	Room 8		Check in with your Sweet Meets Group and collect a new badge.
9.15am-9.55am	Teaching Session	Room 8		THE DANCE OF SHAME - with Angie Dulwich & Morag Barker
10.00am-11.15am	Workshop 4	Curly Wurlys	THAMES 1	A time to practise interventions, discuss material, ask questions and engage with your group.
		Love Hearts	THAMES 2	
		Smarties	THAMES 3	
		Starbursts	THAMES 4	
11.15	Refreshment Break			



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11.35am-12.15am	Teaching Session	Room 8		MEETING OUR INNER TEENAGER 2 – with Katy Bodman & Angie Dulwich
12.15-1.00pm	Workshop 5	Curly Wurlys	THAMES 1	A time to practise interventions, discuss material, ask questions and engage with your group.
		Love Hearts	THAMES 2	
		Smarties	THAMES 3	
		Starbursts	THAMES 4	
1.15pm	Buffet Lunch	Edinburgh Restaurant		
2.00pm	Closing Session	Room 8		Final Thoughts, Saying Thank you and Goodbye for Now
3.00pm	Finish, clear up and head for home			

Coming soon! Book your place! deeprelease.org.uk



BOOKINGS NOW OPEN!

12-14 September 2025
Moor Hall, Cookham SL6 9QH

- Full board, fab food, an ensuite bedroom all to yourself!
- A range of fascinating creative workshops, including cards, clay, web apps, inner child, emotions, relationships, AI, Heart & Soul Groups... !
- Keynote speaker Masha Bennett on Pesso Boyden Therapy!
- Fun, fellowship and great CPD!

COME AND JOIN US!