



ATTACHMENT & SHAME : PROGRAMME

09.30am Welcome and Introductions

09.35am Meet your Buddies – 5 mins

09.40am **Session 1: THE ORIGINS OF ATTACHMENT & SHAME**

10.05am Buddy Group – 15 mins

10.20am Break – 5 mins

10.25am **Session 2: GUILT AND SHAME**

10.40am Angie: Shame - using nesting dolls & sand tray

10.50am Buddy Group – 15 mins

11.05am Break – 10 mins

11.15am Questions and Comments

11.25am **Session 3: ATTACHMENT, SHAME AND GROUPS**

11.40am **Session 4: ATTACHMENT, SHAME AND HIDING**

11.55pm Buddy Group – 15mins

12.10pm Break – 5 mins

12.15pm **Session 5: IN THE COUNSELLING ROOM**

Questionnaire

12.25pm Bringing Shame into the light

12.35pm Questions and Comments

12.45pm Say Goodbye to Buddies – 5 mins

12.55pm Resources

13.00pm Finish