

RELEASING BLOCKED EMOTIONS

Programme

- 09.30am Welcome and Introductions
- 09.35am **Session 1: WHAT ARE EMOTIONS AND WHY DO THEY GET BLOCKED?**
- 09.50am Meet Your Buddy Group 1 – 10 mins**
- 10.00am **Session 2: A BIT OF NEUROSCIENCE**
- 10.20am Buddy Group 2 – 15 mins**
- 10.35am **Break – 5 mins**
- 10.40am **Session 3: DEFENCES AND LAYERS**
- 11.00am Buddy Group 3 – 15 mins**
- 11.15am **Break – 10 mins**
- 11.25am **Questions, Comments and Discussion**
- 11.35am **Session 4: THE GESTALT CYCLE OF AWARENESS**
Katy's Story
- 11.55am **Session 5: WORKING WITH THE BODY**
- 12.10pm **Session 6: WORKING WITH SOUND**
- 12.20pm Buddy Group – 15 mins**
- 12.35pm **Questions, Comments and Discussion**
- 12.45pm Say Goodbye to Buddies – 5 mins**
- 12.50pm **Resources**
- 13.00pm **Finish**