

## Deep Release Counsellors Conference 2025

Workshop Title	What to Bring
<b>Saturday morning workshops</b>	
Working with the Inner Child with Hazel and Hannah	Please bring with you some coloured pens and a notebook, and there's also something else we would like you to do. Please find a doll to represent your inner child, anywhere up to, say, 16 years of age. You may need more than one! This probably means hunting in charity shops, on eBay or similar. It's good for the figure to be human, but see what your search produces. I do know that male and ethnic figures may be difficult to find, but all I would say is, the search is important! I will have a fairly large collection of dolls with me on the day, so don't worry if you can't find one that works for you, but give it a go? Try and journal your thoughts about this, and tune in to what happens as you search for and, if possible find, a representation of your child self.
<b>Sunday 9.30am</b>	
What's the Big Deal with AI? with Dr Chris	If possible, please bring a device (laptop / tablet / phone) to be able to access Chat GPT, the bigger the device the better. You may already have a Chat GPT account but this is not necessary.
Working online with web apps with Pauline	Please sign up in advance for at least the free subscription for the PACT web apps <a href="https://pact-resources.co.uk">https://pact-resources.co.uk</a>
Working with Clay with Cara	Please bring an apron, and some plastic gloves if required.  It's also a good idea to bring a plain tea towel to put your clay on and something to carry it home in.
<b>Sunday 11.30am</b>	
Flow as a River with Morag	Please bring colouring pens/pencils.
Working online with web apps with Pauline	Please sign up in advance for at least the free subscription for the PACT web apps <a href="https://pact-resources.co.uk">https://pact-resources.co.uk</a>