

**5 WAYS OF WORKING WITH GESTALT
PROGRAMME (subject to change)**

Thursday 29th January 2026

9.30am – 1.00pm

09.30am	Welcome: meet the team
09.35am	Session 1: MicroProcessing Awareness
10.50am	Role Play demonstration
10.00am	Buddy Group Discussion 1
10.15am	Break (5 mins)
10.20am	Session 2: Mapping the Boundaries of Your World What happens to us as we hit a boundary
10.00am	Break (5 mins)
10.45am	Comments and Questions
10.55am	Session 3: The Dialogic Encounter The I-Thou, I-It and I-I Relationship Working with the Empty Chair
11.20am	Buddy Group Discussion 2
11.35am	Break (5 mins)
11.40am	Session 4: Unfinished Business
11.45am	Guided Meditation
12.00pm	Session 5: Working with Polarities
12.15pm	Buddy Group Discussion 3
12.30pm	Break (5 mins)
12.35pm	Comments and Questions
12.45pm	Say goodbye to Buddies
12.55pm	Updates and Information
13.00pm	Finish