



Deep Release Online
Professional Training for Counsellors

When Dreams Speak: Meeting the Self in Night-time Stories Programme (subject to change)

09.30am	Welcome
09.35am	Session 1 : Some Dream Theory
10.00am	Session 2 : Writing a Dream Journal
10.05am	Session 3 : Working with a Dream
10.20am	Buddy Group 1
10.35am	Break
10.40am	Session 4 : Current Research on Dreaming
11.00am	Session 5 : Continuing to Write the Dream
11.15am	Buddy Group 2
11.30am	Break
11.35am	Comments and Questions
11.45am	Session 6 : Drawing the Dream
12.10pm	Session 7 : Becoming the Parts of the Dream
12.25pm	Buddy Group 3
12.35pm	Break
12.40pm	Comments and Questions
12.50pm	Buddy Group 4 – Time to say Goodbye
12.55pm	Information and Resources
13.00pm	Finish