



**Deep Release Online**  
*Professional Training for Counsellors*

## **5 Ways to Integrate Artwork in Counselling Programme (subject to change)**

- 09.30am** Welcome
- 09.35am** Session 1 : Engaging the Client
- 09.45am** Session 2 : Working with Symbols, including demonstration
- 10.10am** Time for you to Draw
- 10.20am** Buddy Group 1
- 10.35am** Break
- 10.40am** Session 3 : Working with Picture Cards
- 10.55am** Time for you to Draw
- 11.05am** Comments and Questions
- 11.15am** Session 4 : Working with Parts of Self  
Session 5 : Guided Meditation
- 11.35am** Time for you to draw
- 11.45am** Buddy Group 2
- 12.00pm** Break
- 12.05pm** Session 6 : Working with Fairy Tales, including demonstration
- 12.25am** Time for you to draw
- 12.35pm** Comments and Questions
- 12.45pm** Buddy Group 4 – including time to say Goodbye
- 12.55pm** Information and Resources
- 13.00pm** Finish