



HOLDING THE HIDDEN SELF

Nesting Dolls as a Therapeutic Tool

Programme (subject to change)

09.30	Welcome
09.35	Session 1: Why work creatively?
09.45	Session 2: Early nesting boxes
09.55	Session 3: Building a collection
10.05	Session 4: Down through the layers
10.20	Buddy Group 1
10.35	Break
10.40	Session 5: Aspects of Self
11.00	Session 6: Family Dynamics
11.20	Buddy Group 2
11.35	Break
11.45	Comments and Questions
11.55	Session 7: Creating a Timeline
12.05	Session 8: Layers of Anger
12.15	Session 9: Using the WebApp
12.35	Buddy Group 3 (Say goodbye)
12.45	Comments and Questions
12.55	Updates, Information and Resources
13.00	Finish

