

THE DEEP RELEASE COUNSELLORS TOGETHER WEEKEND, 18-20 SEPTEMBER 2026

TIME	EVENT	WHERE TO GO		WHAT’S HAPPENING
FRIDAY				
From 14.00	Arrivals, check in at the Deep Release desk in the bar and collect your conference bag. Bedrooms will be open from 3.00.			
18.00	Buffet Dinner	Edinburgh Restaurant <i>If you have pre-booked dietary requirements, please inform restaurant staff at each meal</i>		
19.00-20.30 (flexible)	Meet in Room 8, then meet in Buddy Group rooms for introductions and a creative exercise			
SATURDAY				
7.30-8.00	Devotions	Room 8		
7.30-8.45	Buffet Breakfast	Edinburgh Restaurant		
9.15-9.45	PRESENTATION			CREATIVITY – SEEING WITH FRESH EYES
9.45-11.00	Workshop 1	Brilliant Badgers	Manor 5	Morag and Hannah help us explore The Archaeology of the Self - a new way of looking at who we are from a different angle! There will be a workshop exercise and a chance to share the special item you brought from the past.
		Dazzling Deer	Manor 7	
		Fantastic Foxes	Manor 8	
		Heroic Hedgehogs	Berkshire 10	
		Sparkling Squirrels	Berkshire 9	
11.00	Refreshment Break (Bar area and Berkshire Suite)			
11.20-11.50	PRESENTATION	Room 8		STAYING STEADY – KEEPING THE FLAME ALIVE
11.50 – 13.00	Workshop 2	Brilliant Badgers	Manor 5	Hazel and Katy look at how we can sustain ourselves in what can be a challenging profession. Creative exercises helps us engage with this, including our capacity, boundaries, rhythms and also burnout.
		Dazzling Deer	Manor 7	
		Fantastic Foxes	Manor 8	
		Heroic Hedgehogs	Berkshire 10	
		Sparkling Squirrels	Berkshire 9	
13.00	Buffet Lunch	Edinburgh Restaurant		
14.00-15.00	PLENARY SESSION	Room 8		WORKING WITH NESTING DOLLS Pauline demonstrates the power of working with Russian dolls to go ‘down through the layers’ in different ways.
15.00-18.00	FREE TIME			
18.00	GROUP PHOTO			



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TIME	EVENT	WHERE TO GO		WHAT'S HAPPENING
18.30	Buffet Dinner	Edinburgh Restaurant		
19.30	Fun and Games in the Bar Lounge			
SUNDAY				
7.30-8.00	Devotions	Room 8		
7.30-8.45	Buffet Breakfast	Edinburgh Restaurant		
Please vacate your rooms after breakfast; luggage can be stored safely by the hotel if required.				
9.15-9.45	PRESENTATION	Room 8		SKILLS - FINE TUNING WHAT WE DO
9.45-11.00	Workshop 3	Brilliant Badgers	Manor 5	Dr Chris helps us take a look at our core relational and practical skills that deepen good therapeutic work. A chance for a Counsellor MOT and Service!
		Dazzling Deer	Manor 7	
		Fantastic Foxes	Manor 8	
		Heroic Hedgehogs	Berkshire 10	
		Sparkling Squirrels	Berkshire 9	
11-11.20	Refreshment Break (Bar area and Berkshire Suite)			
11.20-11.50	PRESENTATION	Room 8		BEING HUMAN – STAYING WITH THE STICKY BITS
11.50-13.15	Workshop 4	Brilliant Badgers	Manor 5	Katy opens up what we do when client issues (and clients themselves!) present are particularly challenging. We will consider the effect on us personally and professionally, without responding to pressure to perform or produce quick answers.
		Dazzling Deer	Manor 7	
		Fantastic Foxes	Manor 8	
		Heroic Hedgehogs	Berkshire 10	
		Sparkling Squirrels	Berkshire 9	
13.15	Buffet Lunch	Edinburgh Restaurant		
14.15	Closing Session	Room 8		Final Thoughts, Saying Thank you and Goodbye for Now
15.00	Finish, clear up and head for home			