

**Thank you so much for booking on our training day,
“*Working Creatively with Aspects of Self in Counselling*”**

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Deep Release Online
Professional Training for Counsellors



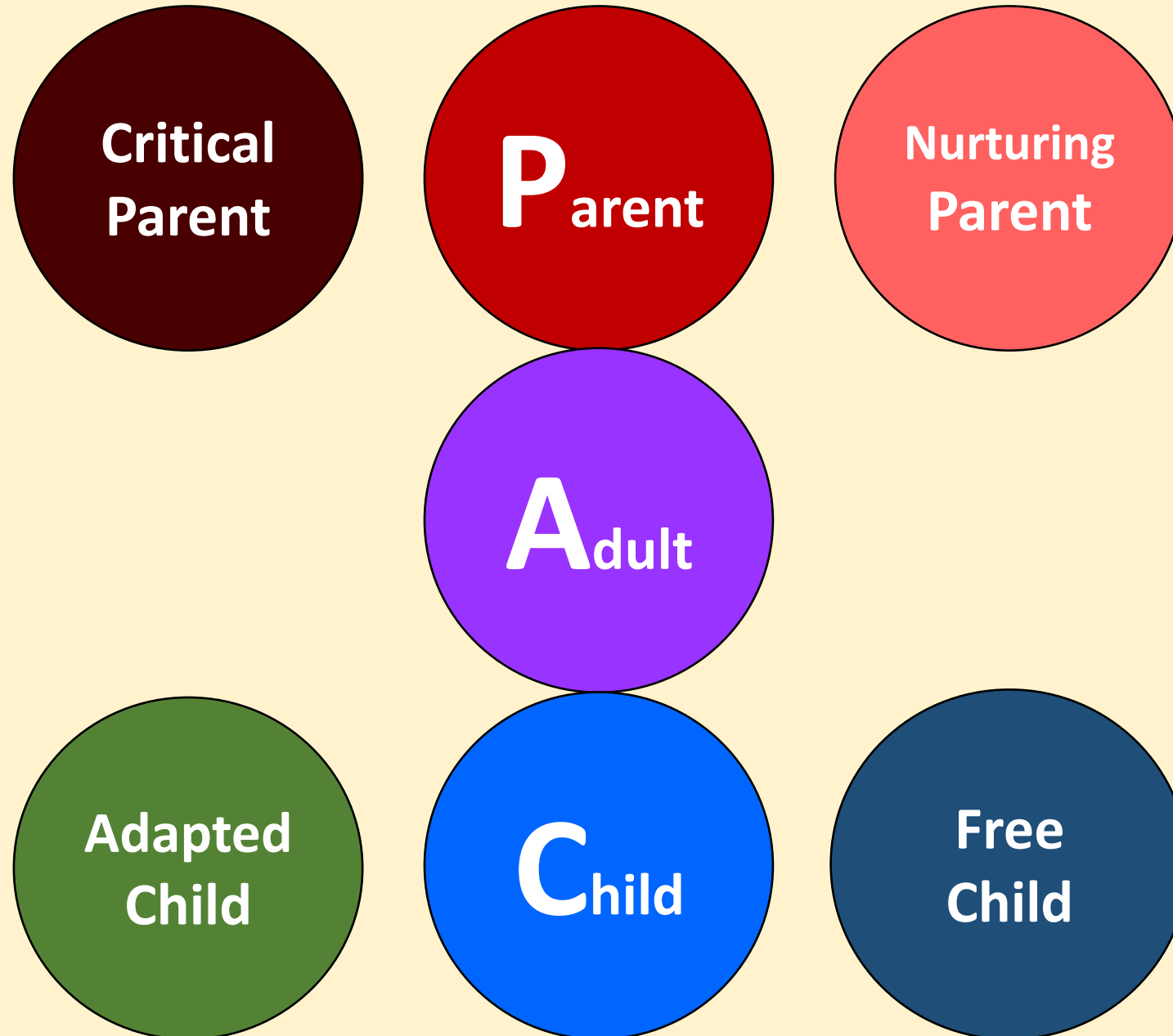
Working Creatively with Aspects of Self in Counselling

Psychoeducation

Baby birds depend on their parents to eat food. A mother bird usually digests the food and then puts that food into the babies' mouth. The babies always open their mouth wide and screech for the food when they are hungry. If the baby bird gapes its mouth strongly, then the parent can feed it easily, and the baby will be able to swallow much larger items.



Transactional Analysis: Eric Berne



**Please
always!**

Hurry up!

**Be
perfect!**

**Try
Harder!**

**Be
strong!**

**Don't
fail**

**Don't
show
off**

**Don't
make
a fuss**

**Don't
trust**

**Don't
need**

**Don't
be
angry**

**Don't
be
sad**



Roles Played in Families

The Rescuers

Rescuer Roles THE CARETAKER



My role is to take care of everyone and to clean up everyone else's mess.

Rescuer Roles GOOD BOY/GOOD GIRL



My role is to be nice and compliant, and keep everyone happy.

Rescuer Roles MUMMY'S LITTLE HELPER



My role is always to understand my mother, take her side and never disappoint her.

Rescuer Roles THE PEACEMAKER



I calm everyone down and stop any conflict, or disagreements.

Rescuer Roles MR/MRS FIXIT



I will take charge, come up with solutions for your problems and sort everything out.

Rescuer Roles REVERSE ROLE PARENT



I have to take care of my parent(s), listening to their worries and meeting their needs.

Rescuer Roles THAT'S MY BOY/GIRL!



My role is to follow in my father's footsteps, be big and strong like him... I must not disappoint him.

Rescuer Roles NURSE



My role is to put anyone who is sick above my own needs; I have to take care of them.

Helpless

Helpless Roles HELPLESS



My role is to be needy and fragile, so everyone looks after me. I just can't do life without help.

Helpless Roles POOR LITTLE OLD ME (PLOM)



I find life so hard... Nothing ever goes right for me.

Helpless Roles SILENT WITNESS



I don't have a voice... I stay silent and no one expects me to speak.

Helpless Roles THE OUTSIDER



No matter what I do, I never really belong... I don't fit in... I'm different.

Helpless Roles THE SCAPEGOAT



I take the blame when other people won't take responsibility... It always turns out to be my fault.

Helpless Roles INVISIBLE



My role is not to be seen, not to speak, not to make myself noticeable.

Helpless Roles PASSIVE



I don't make waves, won't fight back... I just like a quiet life.

Helpless Roles THE INVALID

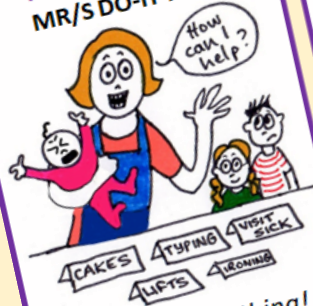


My role is to always have something physically wrong with me.

Roles Played in Families

The Performers

Performer Roles MR/S DO-IT-ALL



I can do everything!
Whatever you need or
want, I can do it!

Performer Roles THE ENTERTAINER



I make people laugh,
stop them being angry
or upset... I cheer
everyone up.

Performer Roles SUPERSTAR SUPER-SPORTS-STAR



I am a high achiever, I
get top grades/prizes
and bring honour to the
family name.

Performer Roles STRONG



I never show feelings or
express emotion as
they are signs of
weakness.

Performer Roles HAPPY



I have to be totally
positive, looking on the
bright side, and never
letting you down by
having any problems.

Performer Roles THE HERO



My role is to make
everyone feel safe... I
have to know what to
do, deal with crises and
make it all better.

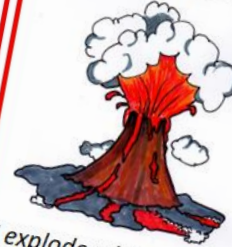
The Controllers

Control Roles SPOILT BRAT



My role is to throw a
tantrum if I can't get
my own way.

Control Roles THE VOLCANO



I explode with anger if I
am crossed, which
keeps everyone under
my control.

Control Roles FRAGILE



If you challenge or
confront me,
I'll fall apart.

Control Roles THE MARTYR



My role is to make you
feel guilty because of
how much I suffer.

Control Roles DRAMA QUEEN



I'll respond to the
situation in as
melodramatic a way
as possible.

Control Roles HYSTERIC



I get hysterical if I
am confronted or
challenged. This makes
everyone back off - I'm
too high maintenance.

Control Roles TEARS



I break down in tears
if confronted or
challenged.
This makes everyone
back off.

Control Roles SULK



I will pull a long face,
stay in a bad mood and
generally create an
atmosphere to get my
own way.

Fritz Perls

*The whole is greater
than (different from)
the sum of the parts*



Gestalt Therapy: Fritz Perls

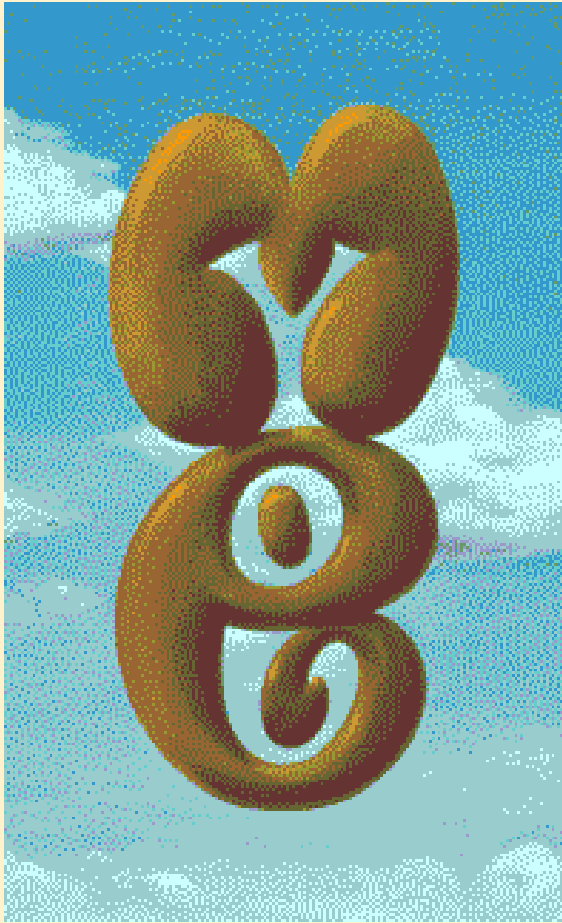


Figure and Ground



Polarities
One the one hand...
On the other hand...

*What do I want
to say to you?*

*What might you
say back to me?*



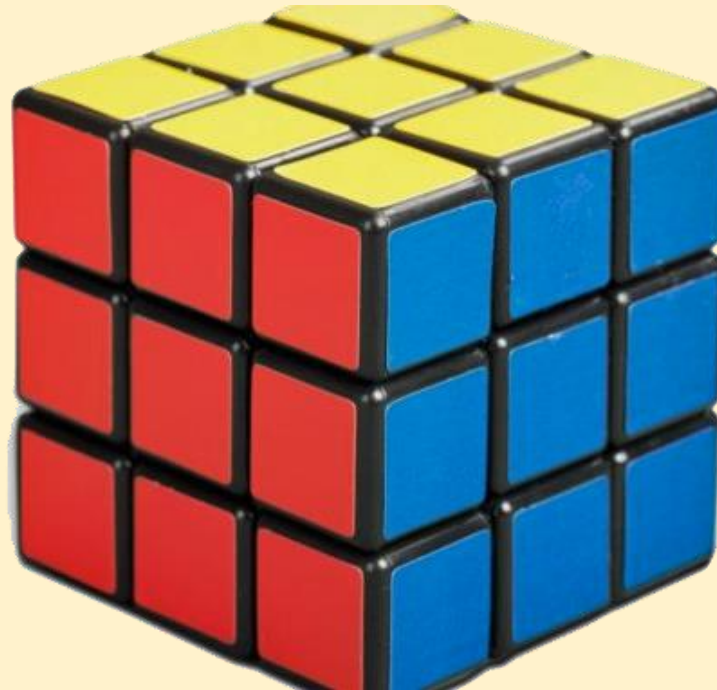
Finding your Inner Child Dolls



Person Centred Counselling : Carl Rogers / Mearns & Thorne

Configurations of Self

“While clients often use the simple word ‘parts’ to describe dimensions of their Self... we use the term ‘configuration’... because each ‘part’ is itself made up of a number of different elements.”

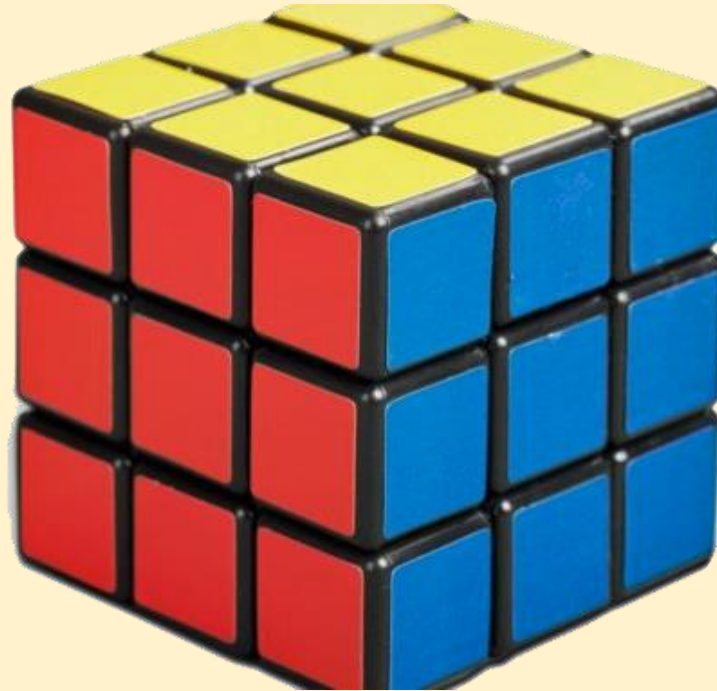


Person Centred Counselling : Carl Rogers / Mearns & Thorne

Configurations of Self

The client's symbolisation

- *My child self*
- *My afraid part*
- *The wild me*
- *Self Protection*
- *Self Expression*



No particular link
with trauma but a
normal process of
experiencing
internal conflict.

**Parts still on the
'edge of awareness'**

Encounter, not invasion

Touchstones

**That was
so unlike
me!**

**I don't
know why
I said that!**

**I don't know
why I'm so
angry!**

**I want to
curl up and
hide!**

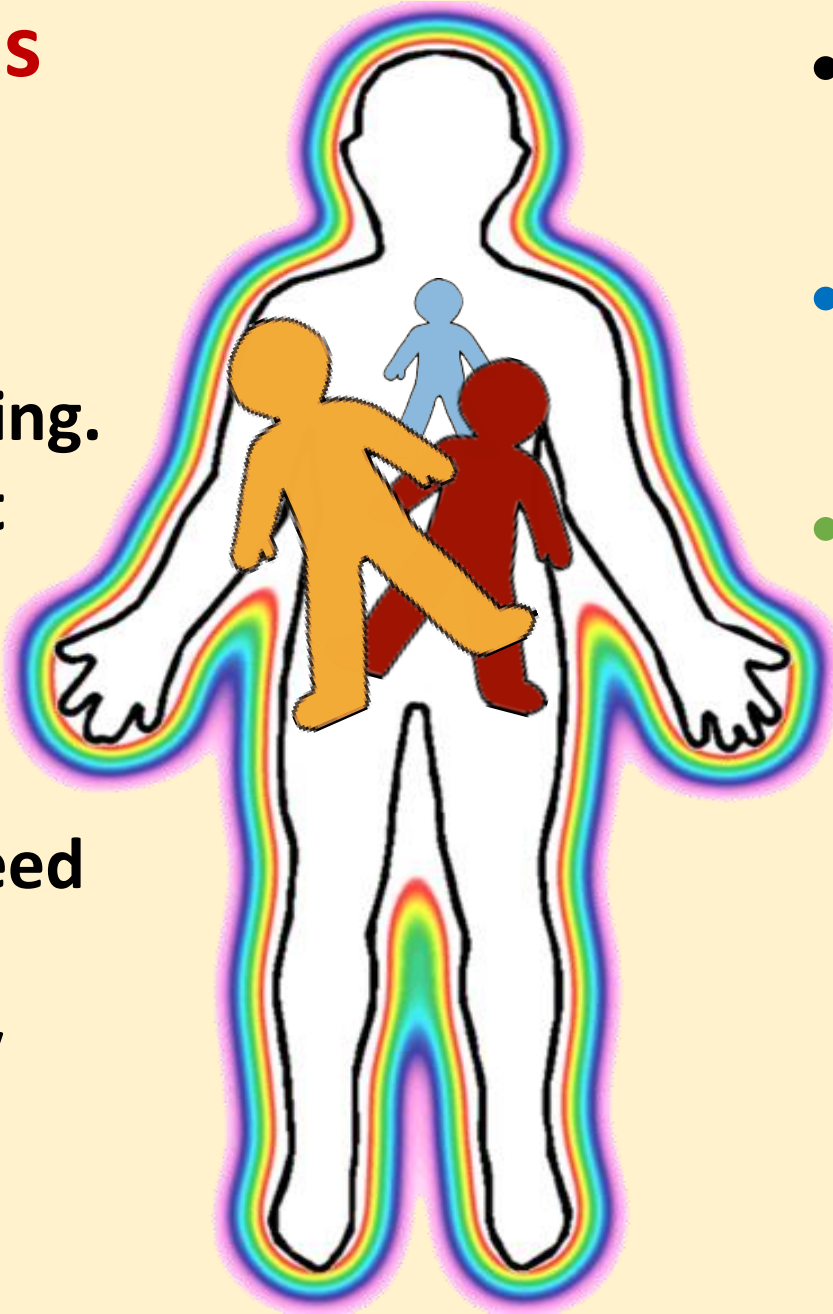
Parts for growth.... Parts not for growth

Fairy Tales and Aspects of Self



Parts/Subpersonalities

- Normal aspect of being human
- All parts are good, with natural resources for living.
- Trauma and Attachment injuries shift parts into survival roles which get frozen in time
- Parts carry burdens – need to be ‘unburdened’
- Transform into naturally valuable states



- The Core Self
- The Exiles
- The Protectors
 - Managers
 - Firefighters

MANAGER PROTECTORS *Proactive*

Vigilant: stop Exiles being triggered. Focus on learning, functioning, being stable. Hard-working, task-focused, determined, relentless, critical, shaming.

EXILES
Wounded Parts
Have been
shamed, abused,
neglected in
childhood.

FIREFIGHTER PROTECTORS *Reactive*

Emergency response workers when memories and emotions of Exiles break through. Fierce. Alcohol, drugs, binge eating, self harm, promiscuity.

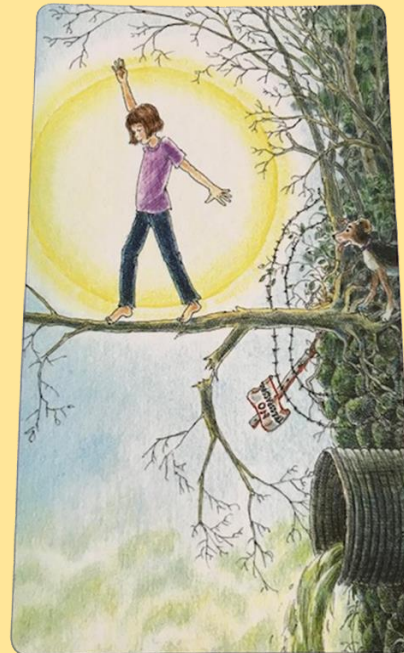
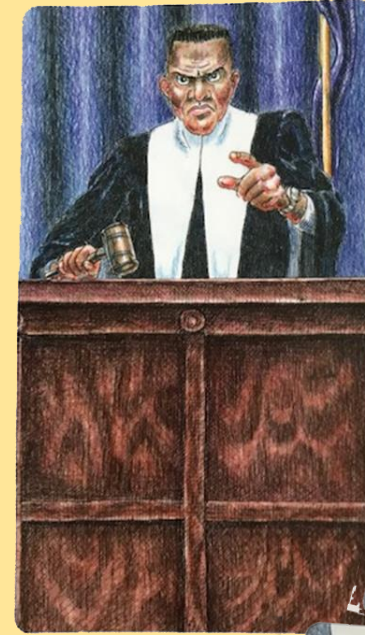
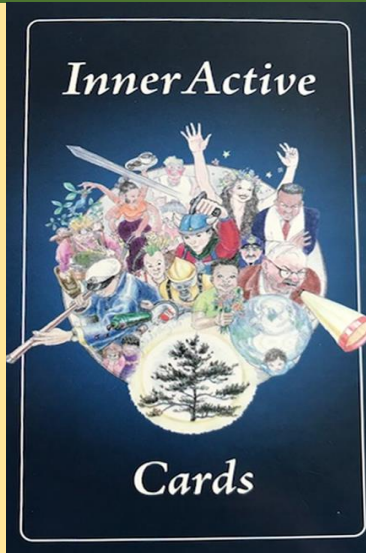


We banish the exiles to keep them safe and stop them overwhelming us with emotional pain.

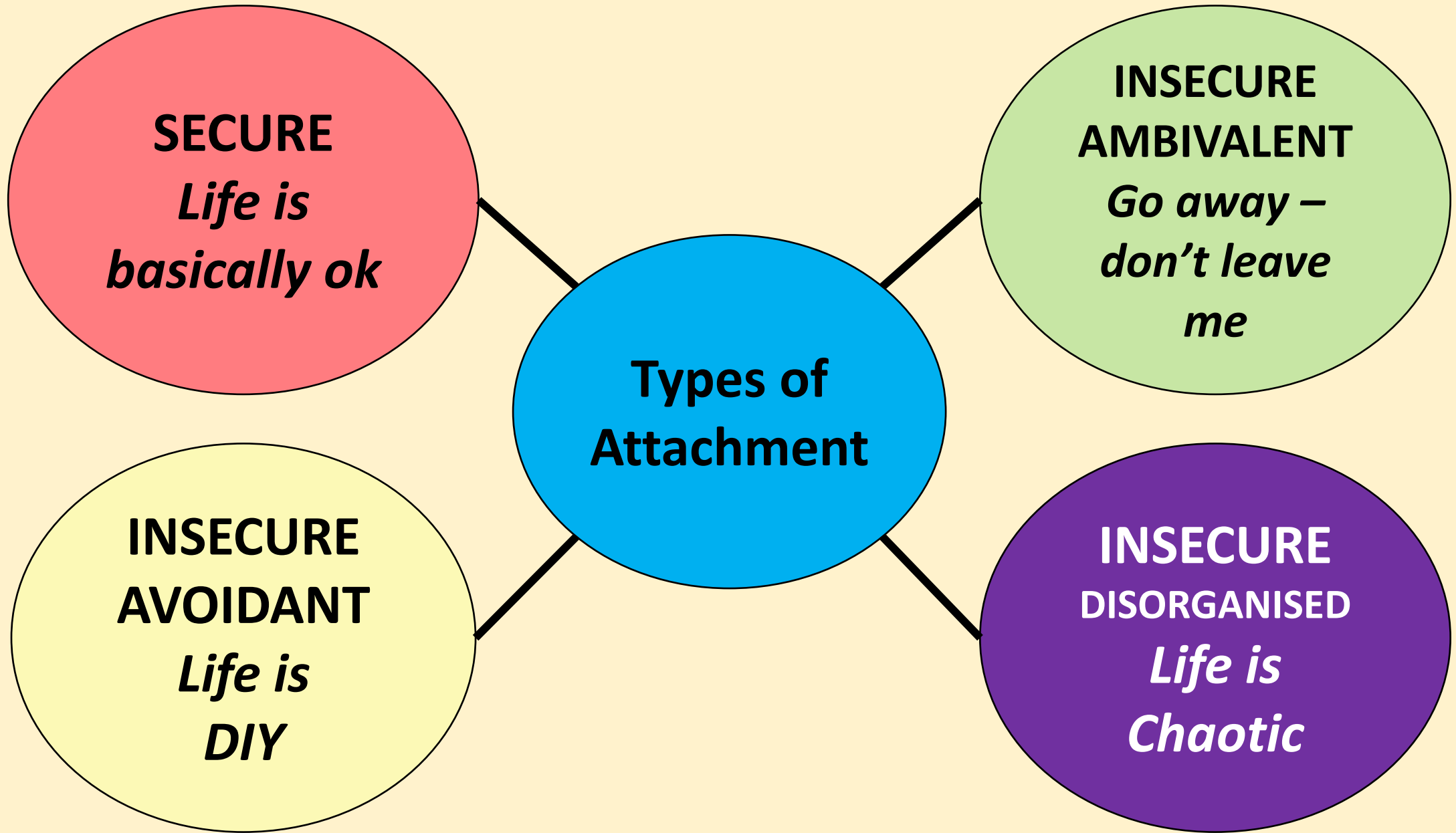
Protectors

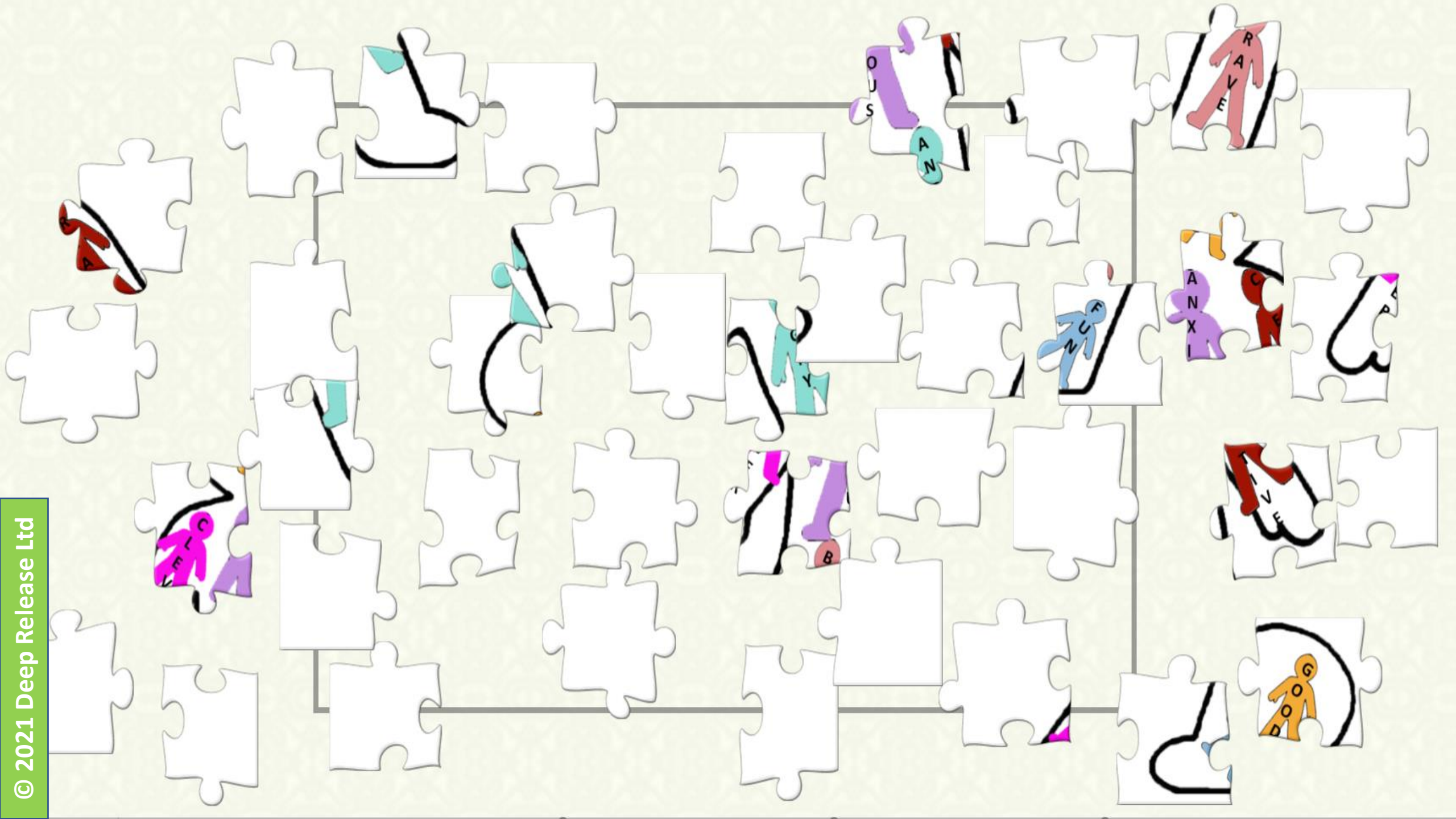
Inner Active Cards for Parts Work

www.InnerActiveCards.com



Types of Attachment





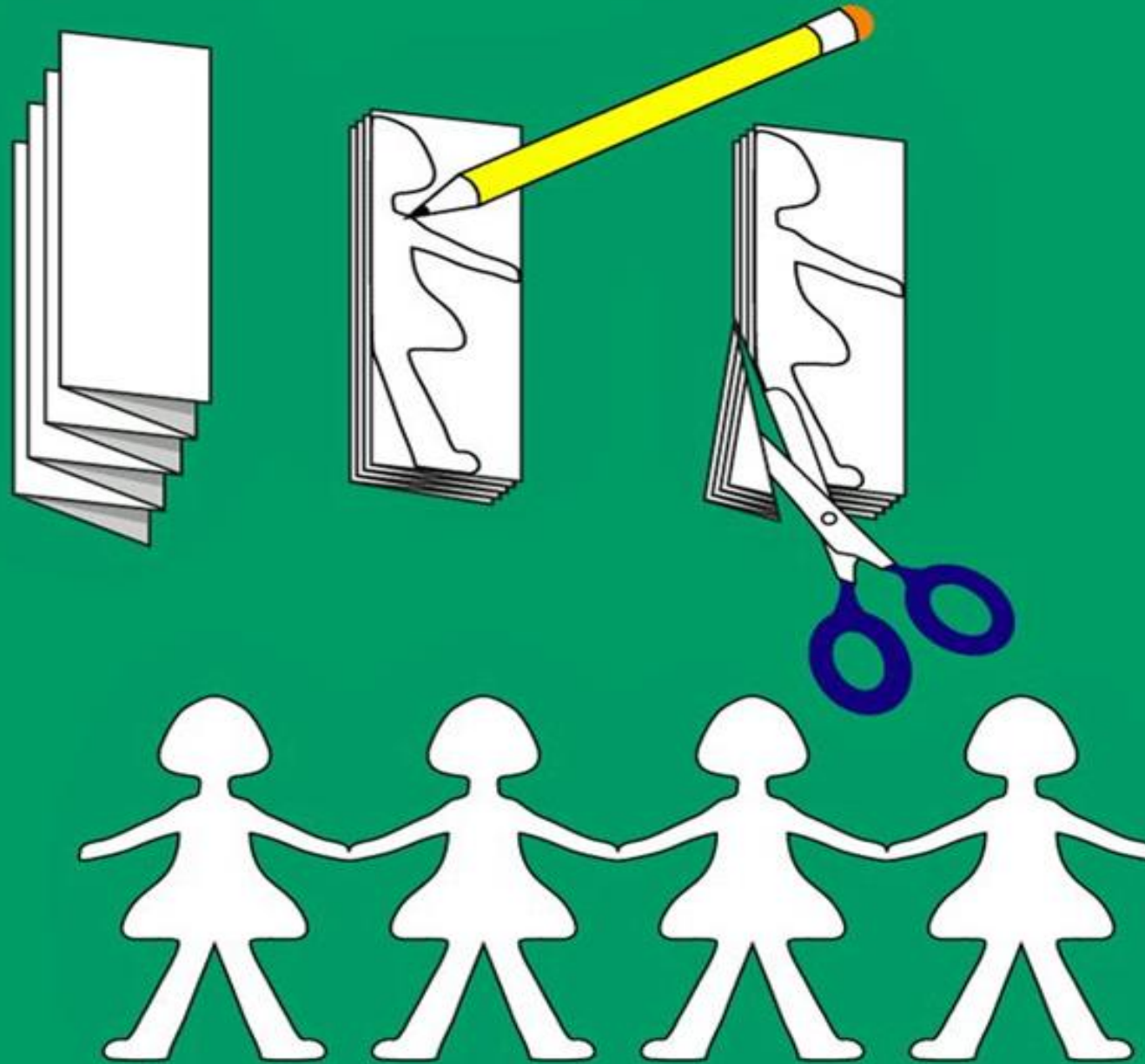
Dissociative Identity Disorder: A way of surviving







Paper Chain Dolls



Milly's story: the Paper Chain dolls



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Milly's story: The Dolls



Finding your Joy Story

Something every part of you loves to do





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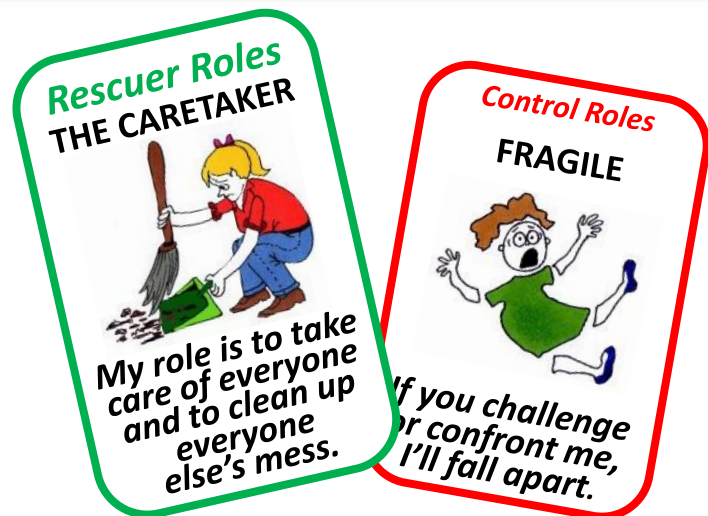


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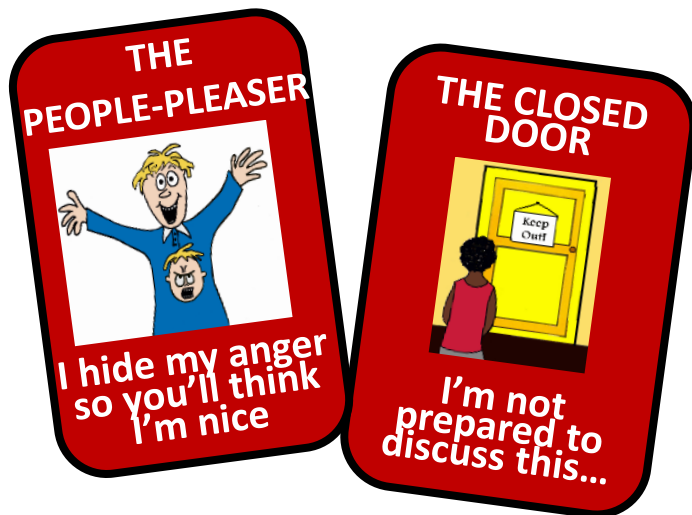




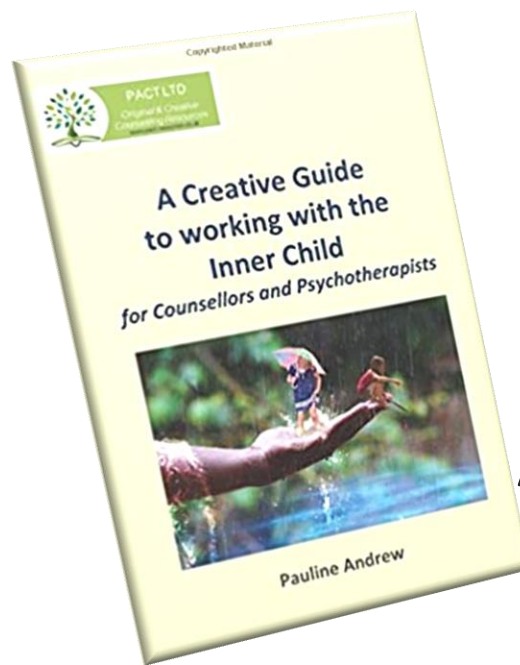
ROLES PLAYED IN FAMILIES CARDS



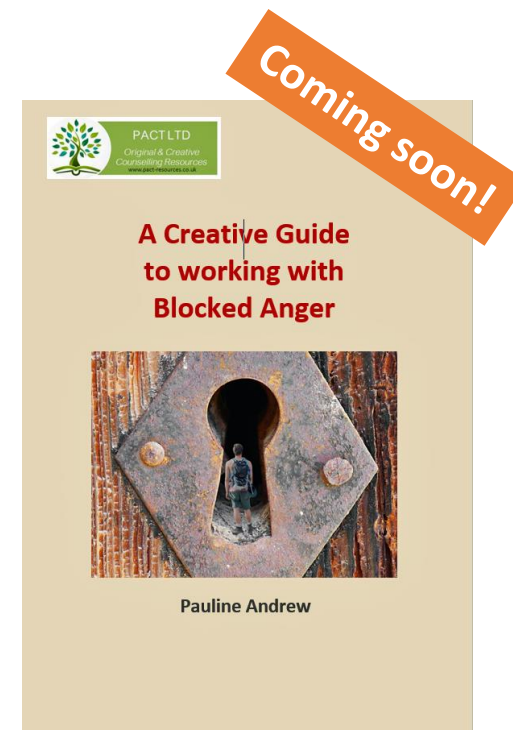
CORE NEEDS IN FAMILIES CARDS



ROLES PLAYED IN ANGER CARDS



Also
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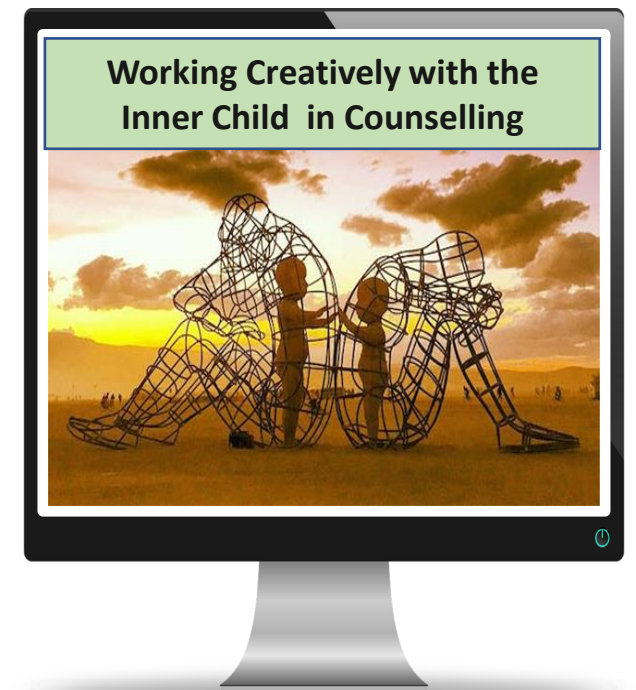
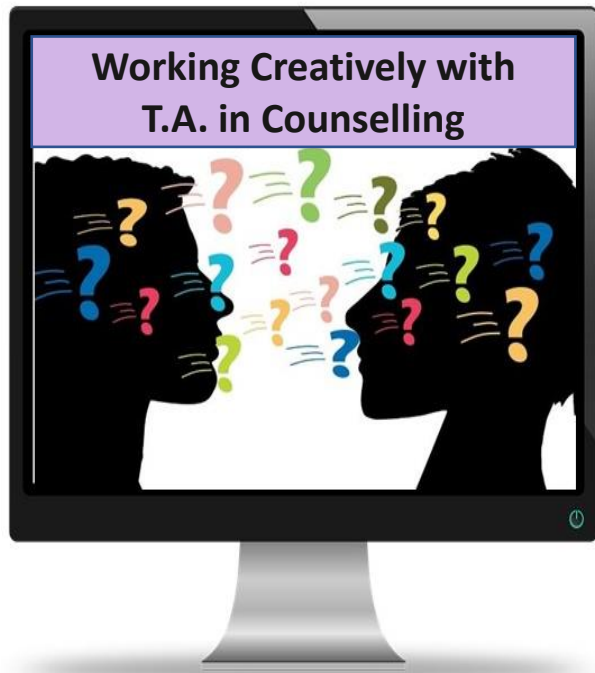
A Creative Guide to working with Blocked Anger



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