



Deep Release Online

Professional Training for Counsellors

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Deep Release Online
Professional Training for Counsellors



**WORKING CREATIVELY WITH NESTING DOLLS
IN COUNSELLING**
with Pauline Andrew

CHOOSING YOUR NESTING DOLLS



**70 nesting
dolls – the
largest set in
the world!**



CHOOSING YOUR NESTING DOLLS



**Animal
Nesting Dolls**



**Beautiful
Nesting
Dolls**



**Character
Nesting Dolls**

CHOOSING YOUR NESTING DOLLS



**Ninjas, Robots and
“Inside Out” Characters**

TIPS FOR WORKING WITH NESTING DOLLS

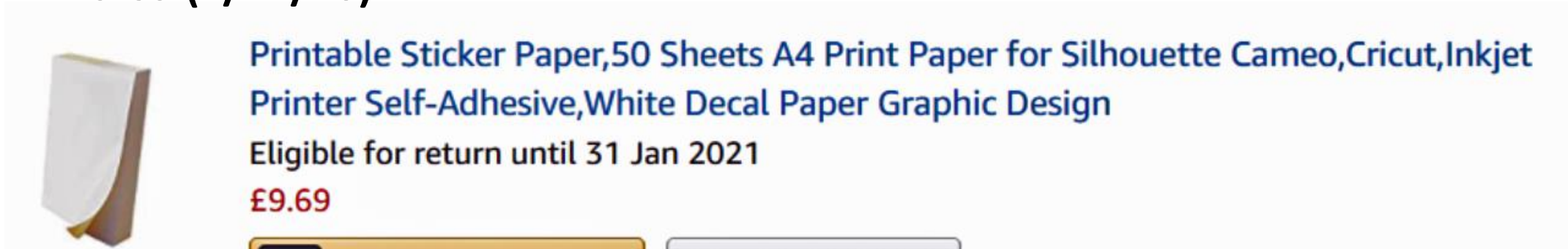
**Paint your own
Nesting Dolls**

**Add Emoji
Faces with Blu Tack**

**Use Printable
Sticker Paper**



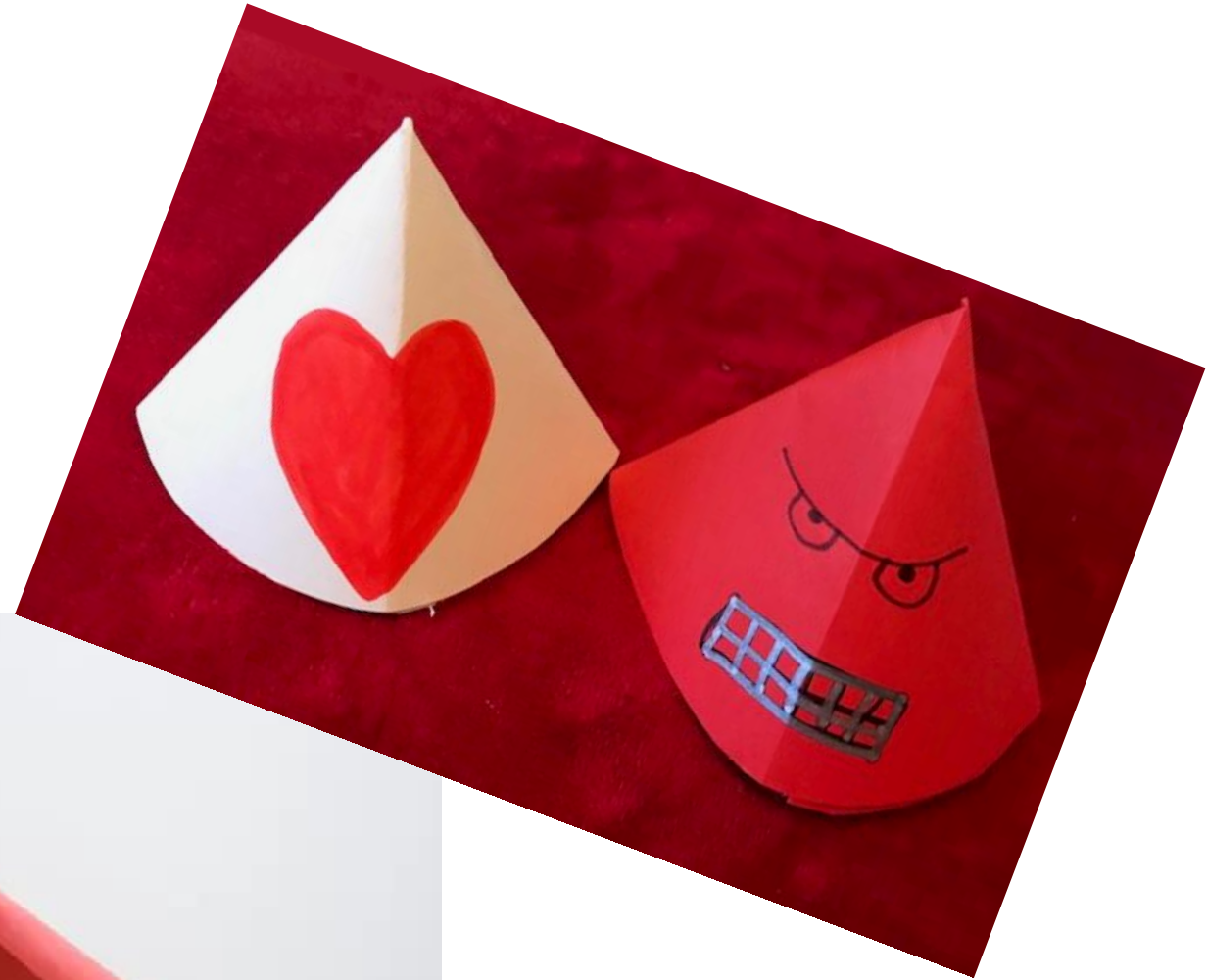
- **Amazon sells Printable Sticker Paper, 50 sheets A4 printable paper. Currently £9.69 (4/12/20)**



Print anything you like to cut out and stick onto nesting dolls, although it can be a bit crinkly if the surface isn't completely flat. Cut little lines to help with this.

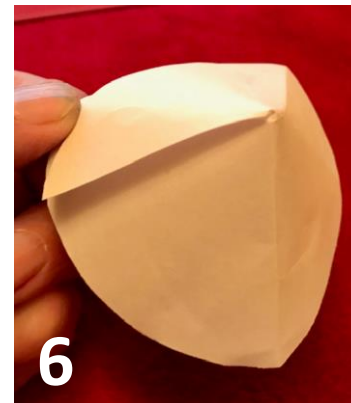
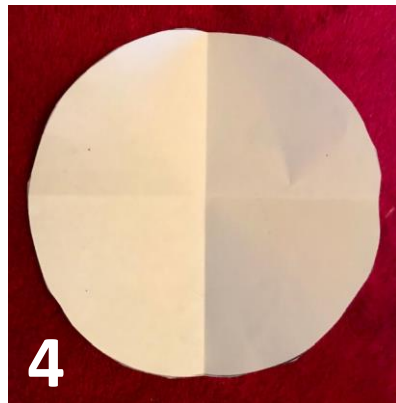
- **Emoji faces are easily available on the internet to download and print, or copy, and cut out. Stick on with Blu Tack.**
- **Use acrylic paints to colour and design your own nesting dolls. Use Posca pens for finer detail. Not cheap, but perfect for the job. Lots of varieties.**

PAPER NESTING DOLLS



To create a Cone:

1. Using plates of different sizes, cups, lids, anything round, draw round them to create circles of different sizes.
2. Cut them out.
3. Fold the circle in half. Open it out again.
4. Turn it around the other way and fold it in half again.
This will give you a cross with the centre of the circle at the point of intersection.
5. Cut down any of the folds to the centre.
6. Curve the circle around itself to make the cone.
7. Start with the smallest cone – this intervention works ‘bottom up’.



WORKING WITH DOORS



- Doors bought at The Works for £2 each in December 2020.
- This intervention enables two people to be separated from each other by 2 doors, with both doors closed. I stuck the doors together at the base.
- Use nesting dolls to represent, eg the Parent Self and the Inner Child. It could also be used for couples counselling or in fact any stuck relationship.
- What does it feel like to open your door and be faced with the closed door of the other person? And vice versa.
- What would it take for both parties to open their doors to each other? Which side would they unite on, and what would the implications be of that?
- If the Inner Child joins the Adult self, does he/she remain outside? Would being inside the adult be comforting and safe, or suffocating?



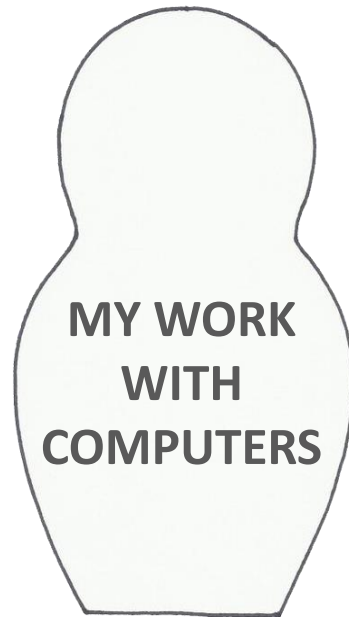
USING NESTING DOLLS : EXPLORING ASPECTS OF SELF



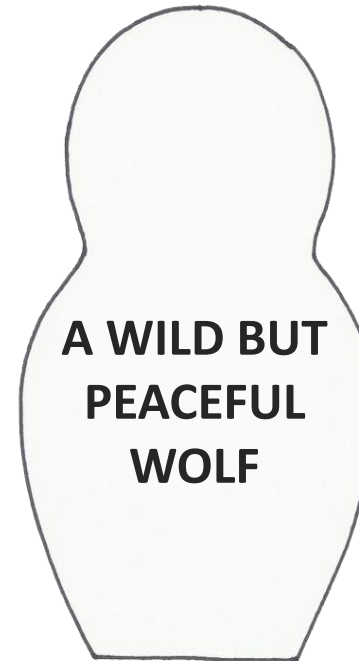
*What I aspire to
be and how I
often feel*



*I would like to
have my own
shepherd*



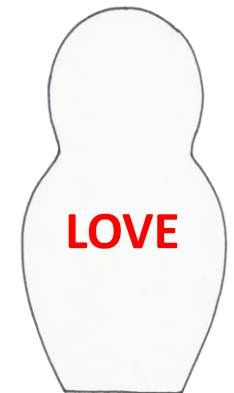
*The technical
side of me
I like*



*"He's mastered
his inherent
dangerousness"*



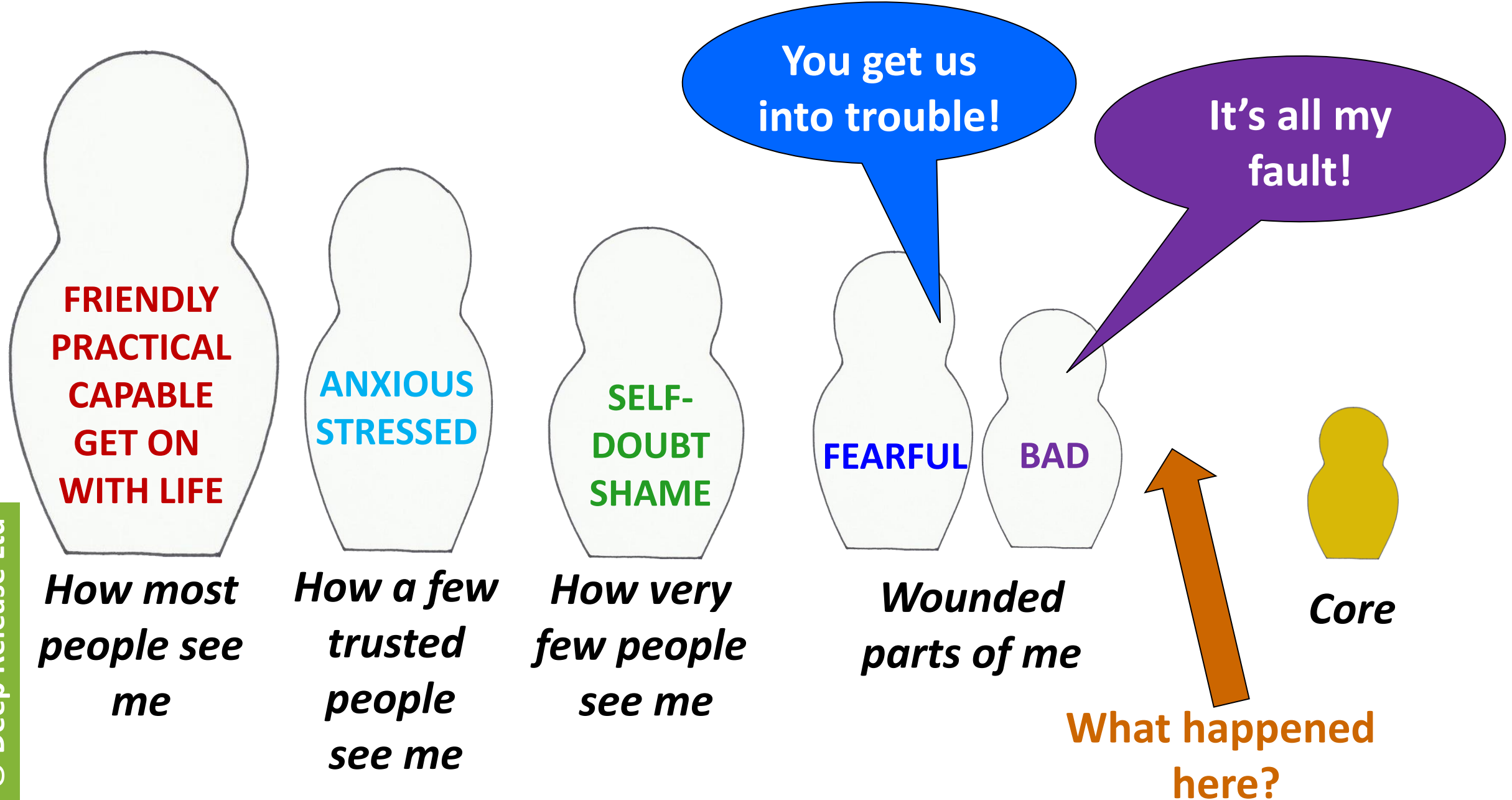
*The sadness in
me drives the
wolf*



*Deep inside is the
love that is part
of the sadness*



USING NESTING DOLLS : EXPLORING ASPECTS OF SELF



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- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



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Private group · 878 members



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CONNECT WITH US!

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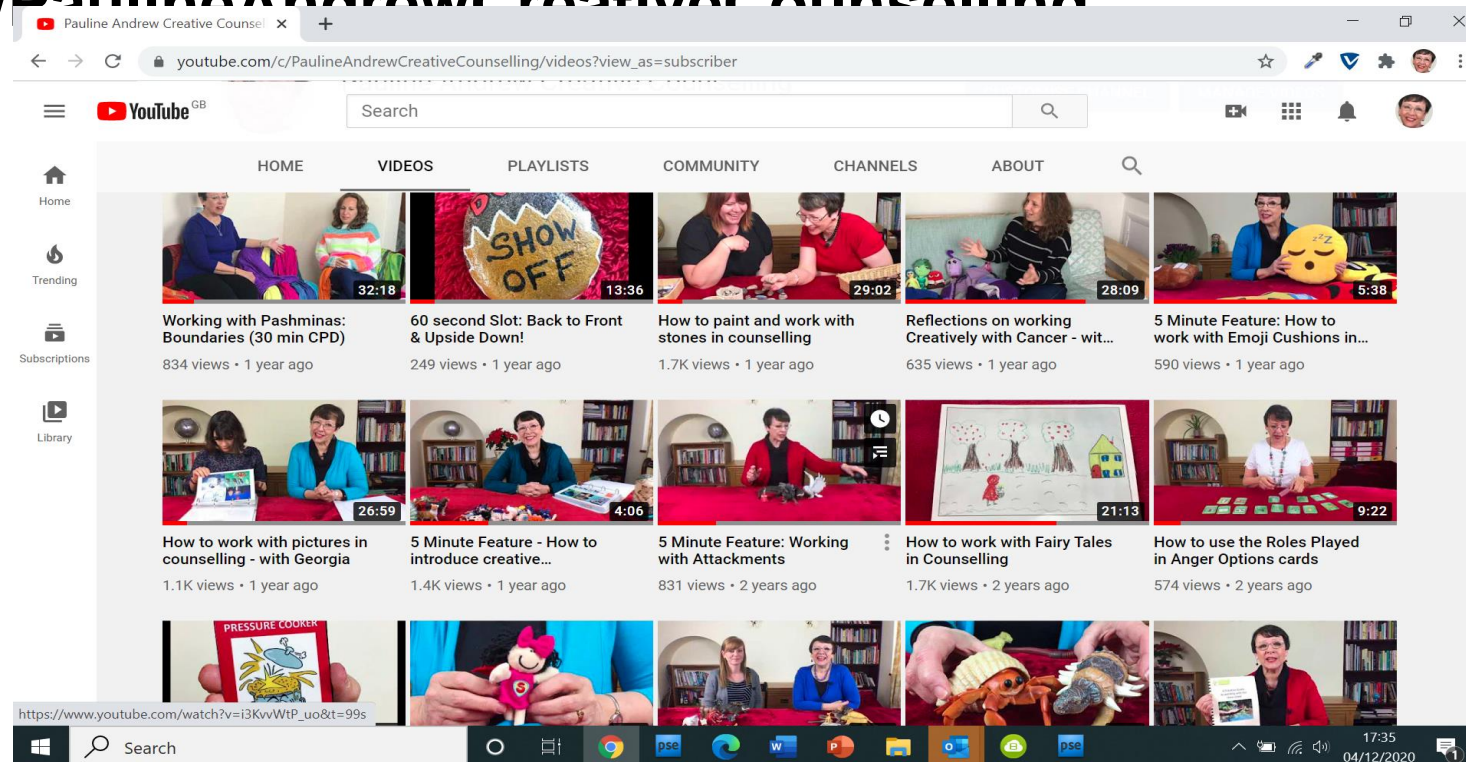
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Counselling

- Lots of videos on working creatively
- Please subscribe!

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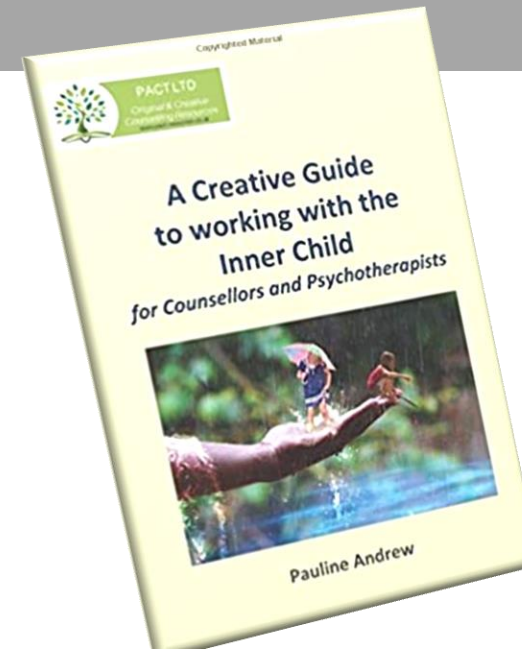
ROLES PLAYED IN FAMILIES CARDS



CORE NEEDS IN FAMILIES CARDS

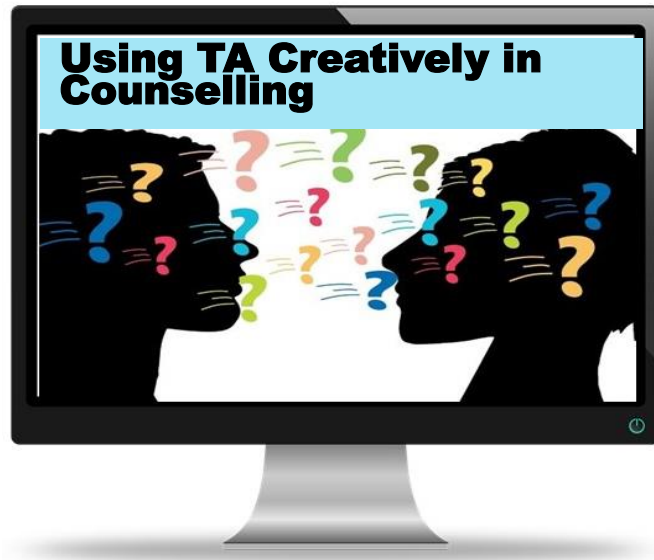


ROLES PLAYED IN ANGER CARDS



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please....



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