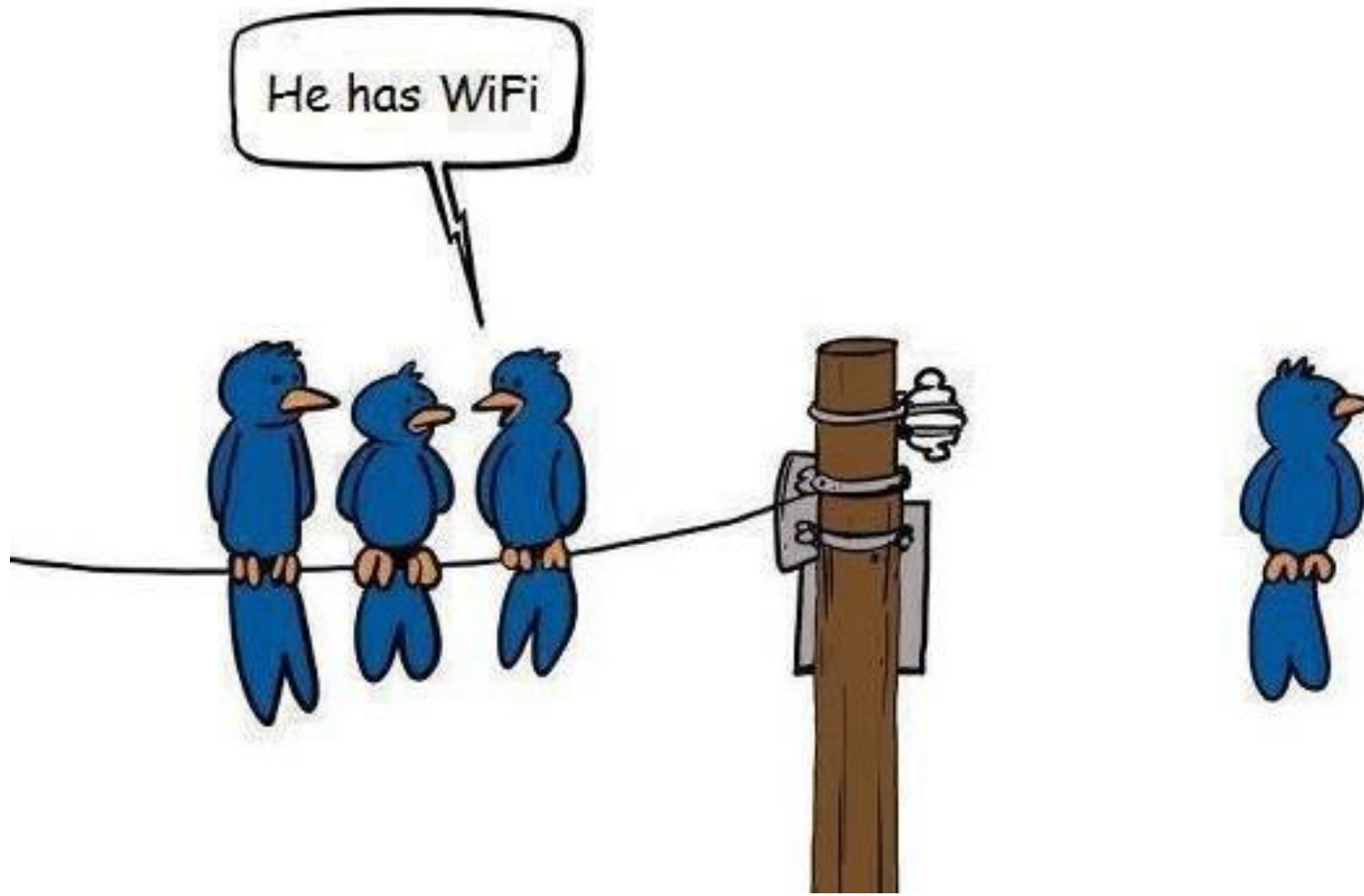


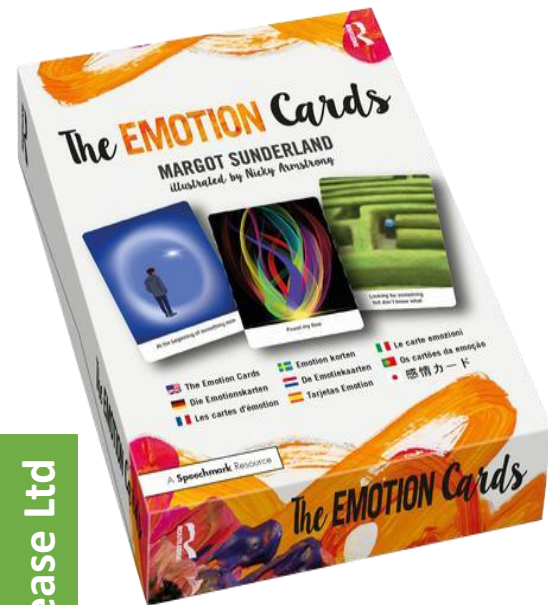


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# Counselling Creatively Online



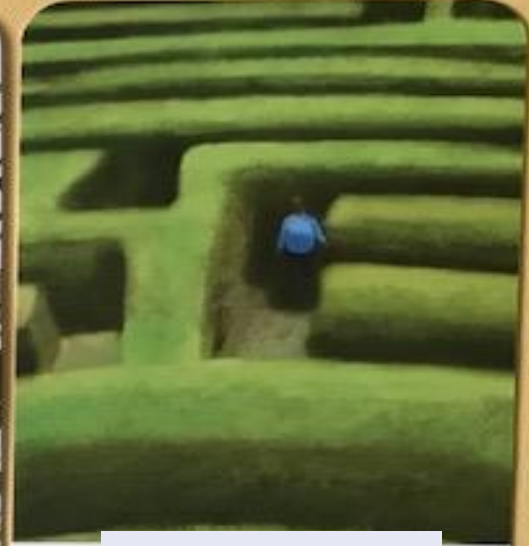
# Working with Cards : Margot Sunderland Emotions Cards



Overwhelmed



Wanting to smash/destroy



Looking for something but don't know what



To trust or not to trust



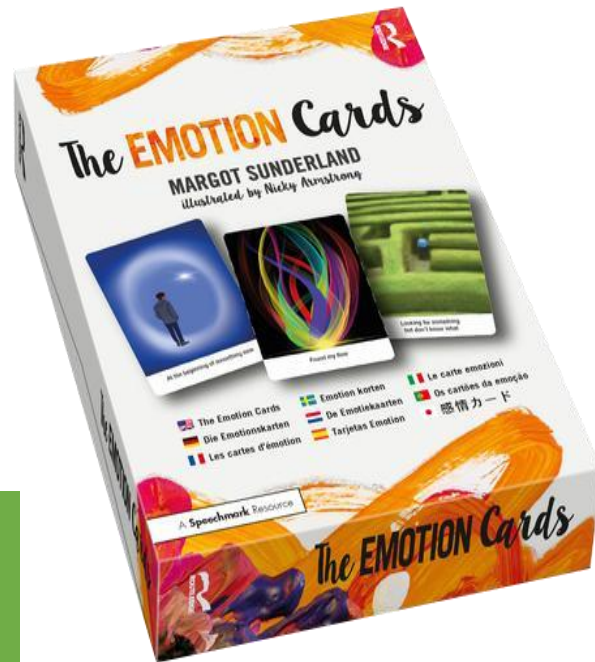
Sitting on a volcano of feeling



Feeling powerless



# Working with Cards : Margot Sunderland Emotions Cards



Life is a privileged adventure



The joy of wildly creative



Flying high



Found my flow



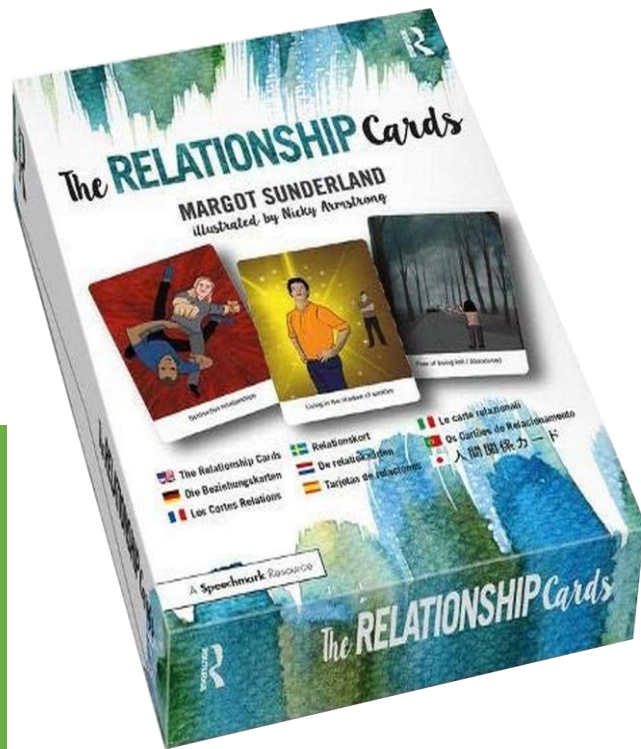
Hope



Time for play



# Working with Cards : Margot Sunderland Relationships Cards



Empowered anger – finding my No



Too many takers in life and not enough givers



The encouragers



Mistrust



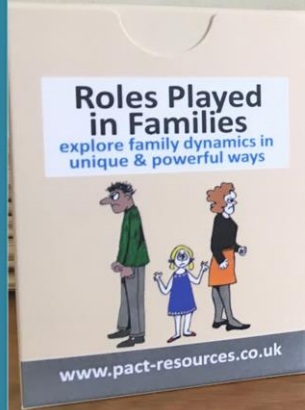
Someone who believes in me



Fear of being myself in case I am too much



# The Roles Played in Families Cards



# Core Needs in Families Cards



## Rescuer Roles THE CARETAKER



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

## Control Roles THE CONTROLLER



I keep control of everything and everyone. I make sure they do things my way – the best way.

## Performer Roles THE ENTERTAINER



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

## Celebrated



Feeling special

## Physically comforted



Safe & tender touch, cuddles & soothing

## Self-Worth



Knowing I am loved just as I am

# Roles Played in Anger Cards



## ASSERTIVENESS



options card

options card

I will set boundaries  
as to how others  
may treat me

## SELF-WORTH



options card

options card

I will stop telling

## SELF-FORGIVENESS



options card

options card

I will show compassion  
towards myself

## TIME OUT



options card

options card

I will remove myself  
from a heated  
situation to gain  
perspective

## FIND MY VOICE



options card

options card

I will be heard –  
I will express my  
feelings

## SELF-PROTECTION



options card

options card

I will step away from  
relationships  
that are harmful

## COURAGE



options card

options card

I will face my fears and  
risk confrontation

## OBSERVE



options card

options card

I will seek to be curious  
about, and not  
overwhelmed by,  
my feelings

## IDENTIFY THE HURT



options card

options card

My anger tells me I  
have been wounded

## THE ANAESTHETISER



I numb my feelings...

## THE VOLCANO



I erupt suddenly  
and frighteningly  
without warning...

## THE DEFEATIST



There's no point  
in getting angry...  
I'm too tired



# Working with Cards : Dixit Cards



QUEST



Stop Video

Security

Participants 1

Polls

New Share

Pause Share

Annotate

You are screen sharing

00:02:23

Stop Share

# Hazel and Pauline work with Pictures and Annotate on Zoom

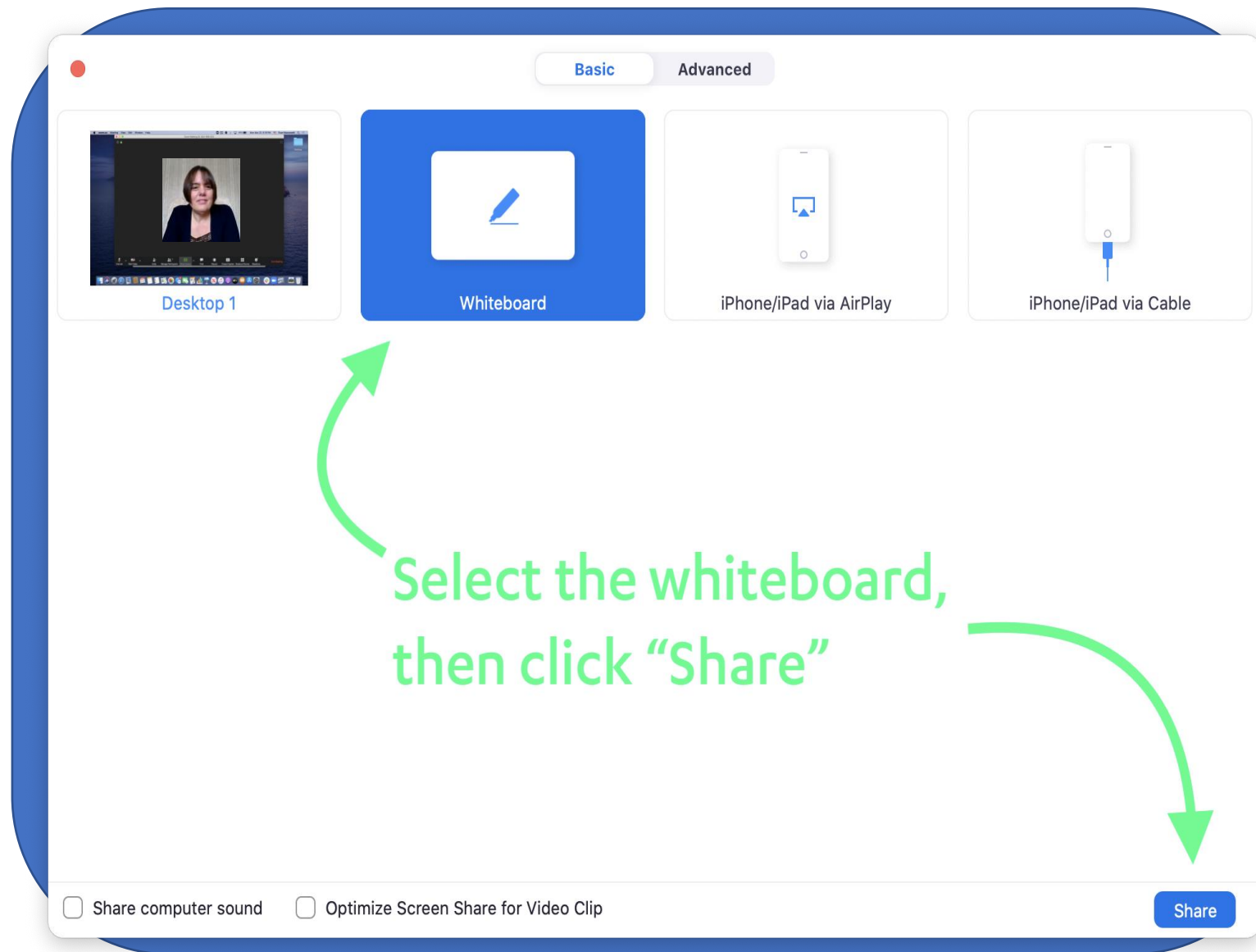






# All around my house with Angie

# Hazel and Pauline work with the Zoom Whiteboard





# THE WHEEL OF LIFE



# Working Online with the Excel Wheel of Life

AutoSave Off The Wheel of Life for Distribution - Read-Only - Excel Search Pauline Andrew PA Share Comments

File Home Insert Page Layout Formulas Data Review View Help

T13

**The Wheel of Life**

Enter your percentage rating in these boxes

Leisure / Holidays	
Neighbours	
Home	
Friendships	
Past Issues	
Current Issues	
The Future	
Spiritual (Corporate)	
Spiritual (Personal)	
Other	

Enter your percentage rating in these boxes

Marriage / Singleness	
Children	
Parents	
Siblings	
Job	
Colleagues	
Finances	
Physical Health	
Exercise	
Diet	

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The Wheel of Life is a circular diagram divided into 24 segments, each representing a different area of life. The segments are labeled as follows: Marriage / Singleness, Children, Parents, Siblings, Job, Colleagues, Finances, Physical Health, Exercise, Diet, Leisure / Holidays, Neighbours, Home, Friendships, Past Issues, Current Issues, The Future, Spiritual (Corporate), Spiritual (Personal), Other, and Marriage / Singleness. The diagram is used to assess the balance of one's life by rating each segment on a scale of 1 to 100.



# From iPhone to PowerPoint





# Working with Paper Cone Nesting Dolls

---







## Working Online with Therapeutic Sandscapes





# HRH PRINCE PHILIP, THE DUKE OF EDINBURGH





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- Lots of videos on working creatively
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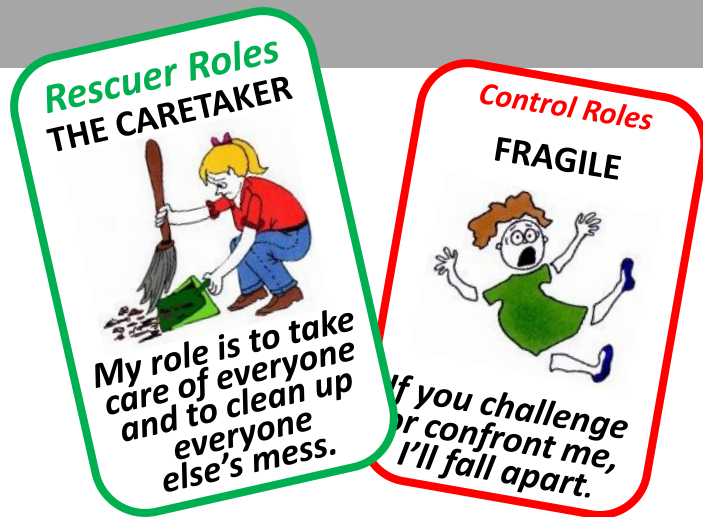
## YOUTUBE CHANNEL

**Search: Brain Body and Beyond**

- Videos on Life, the Brain and Relationships
- Please subscribe!



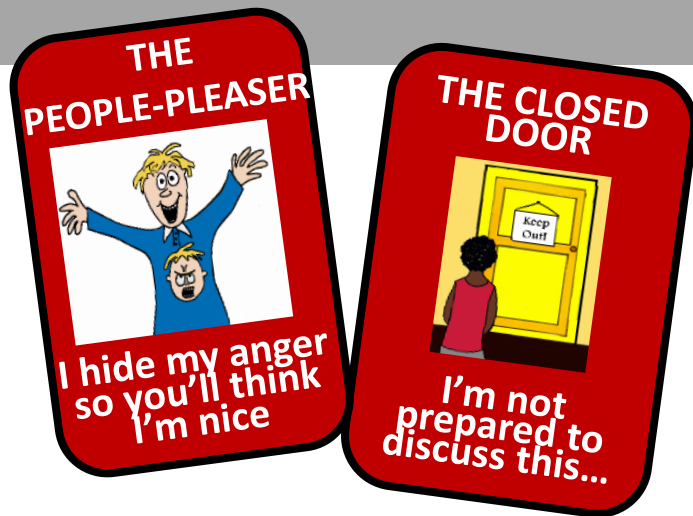




ROLES PLAYED IN FAMILIES CARDS



CORE NEEDS IN FAMILIES CARDS

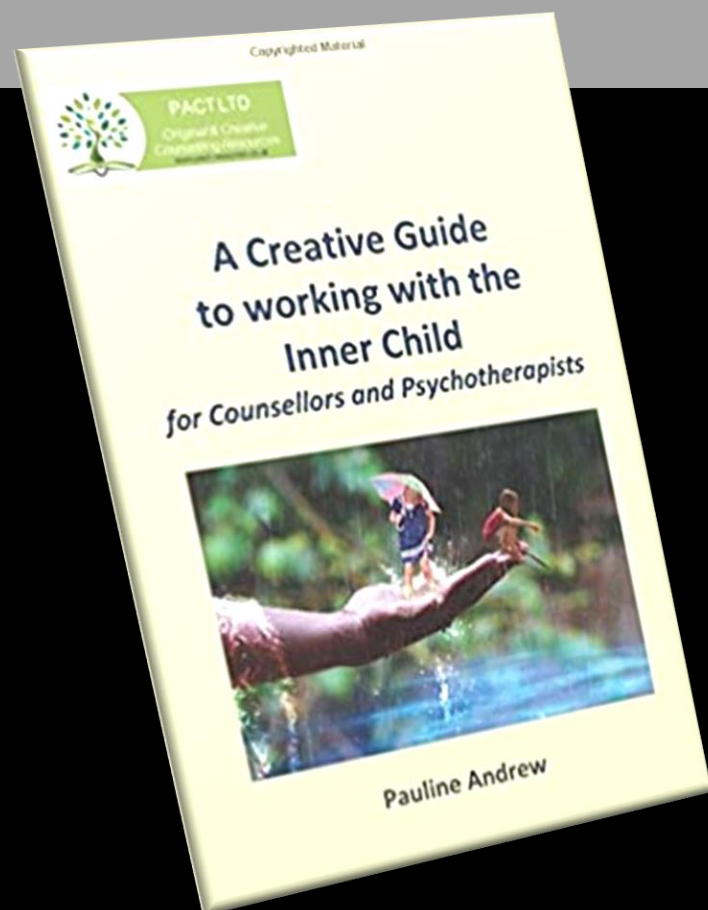


ROLES PLAYED IN ANGER CARDS



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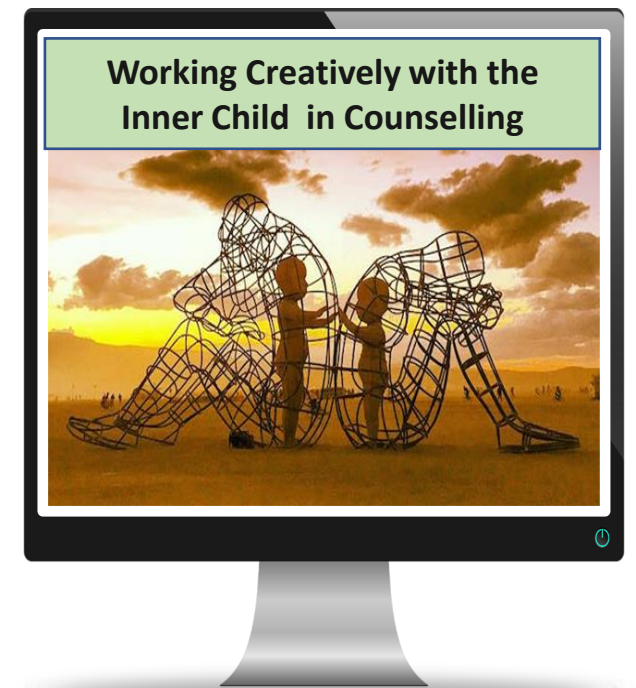
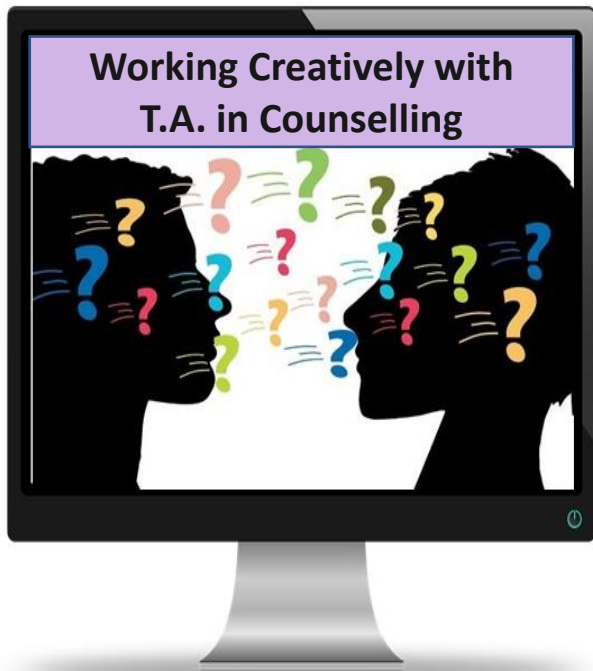
**A Creative Guide  
to working with  
Blocked Anger**



**Pauline Andrew**



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