



**Deep Release Online**  
*Professional Training for Counsellors*



# Releasing Blocked Emotions



# Session 1

## What are emotions and how do they get blocked?

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# What are Emotions?



## What are emotions?

Emotions are psychological states comprised of thoughts, feelings, physiological changes, expressive behaviors, and inclinations to act.

[familymeans.org](http://familymeans.org)



Emotions are mental states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure.

There is currently no scientific consensus on a definition.

Wikipedia





Does everyone feel things the same?

Love  
Liebe  
Amour  
Amar  
Amore

Urendo  
любов  
lyubov  
Kärlek  
محبت  
Kocham

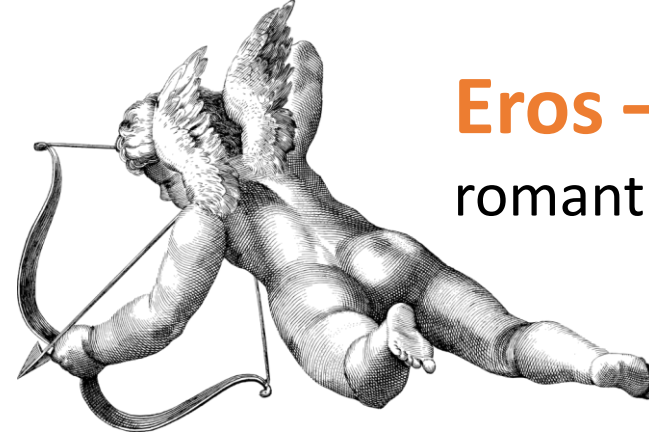




# Greek words for Love



**Philia –**  
Intimate, authentic  
friendship



**Eros –**  
romantic, passionate love



**Storge –**  
Unconditional love of a  
parent to a child



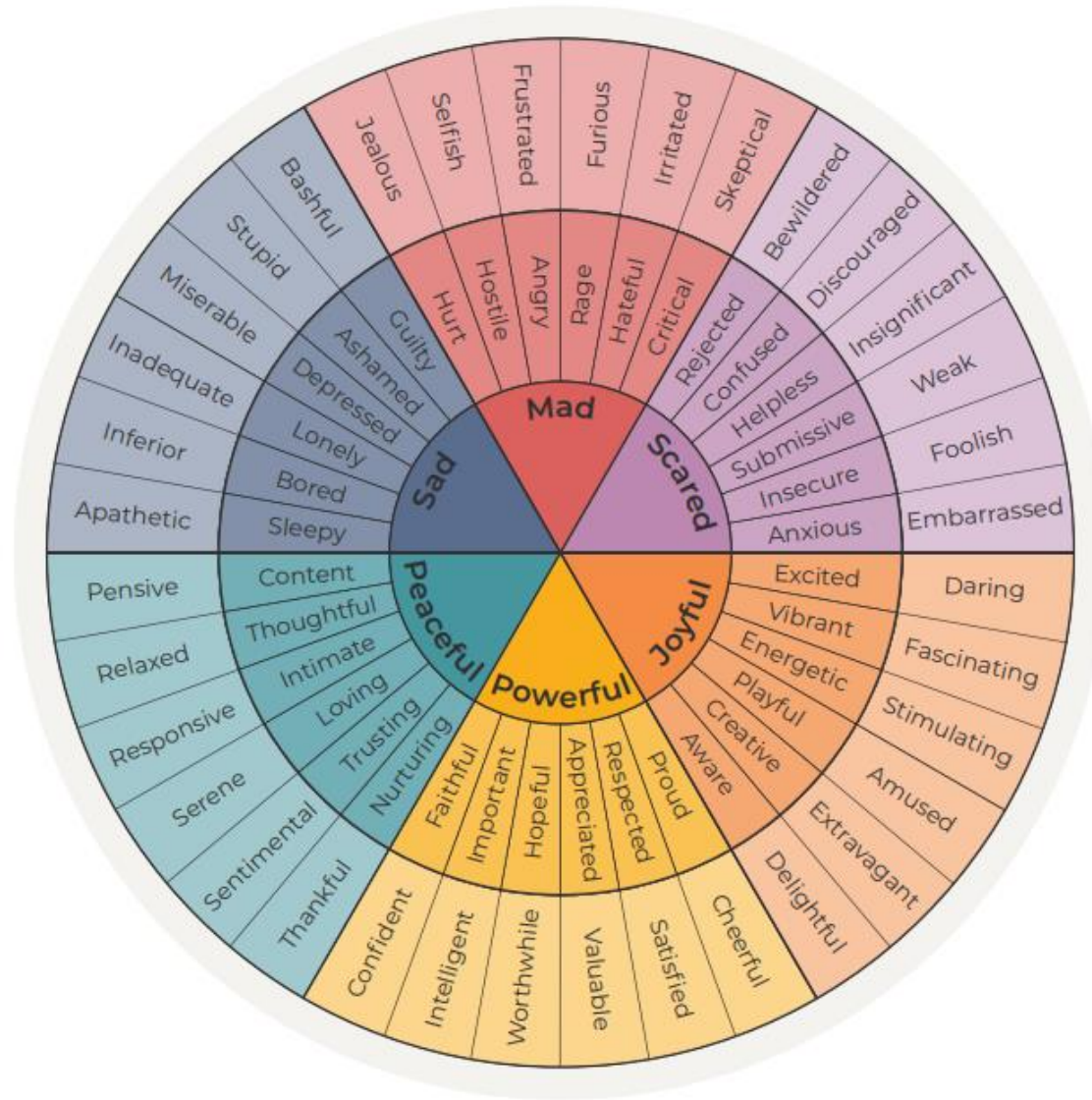
**Philautia –**  
Self-love



**Agape –**  
Empathic, self-sacrificial  
love, love in action

+ Save

# The Feeling Wheel



The Gottman Institute  
Developed by Dr. Gloria Willcox

Download at:  
[https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute\\_The-Feeling-Wheel\\_v2.pdf](https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute_The-Feeling-Wheel_v2.pdf)

# HOW / WHY DO EMOTIONS GET BLOCKED?

## 1. Developmental Deficit

- Our core emotional needs were ignored or dismissed
- We learnt to put a lid on our feelings, building defensive walls to protect ourselves and keep pain out
- *Avoidant Attachment? (by 1 year old...)*



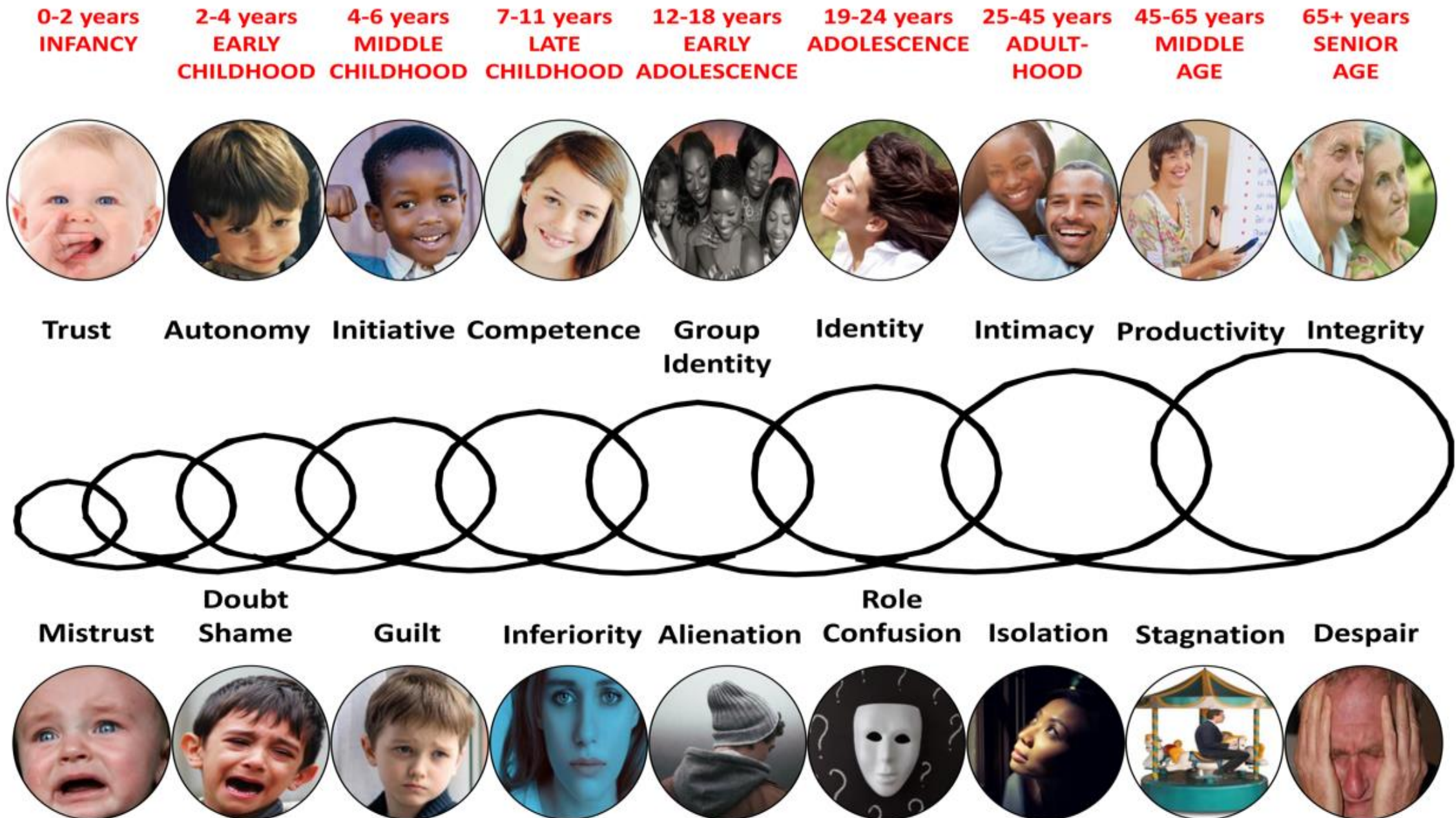
## 2. Trauma

- We were abused, punished or mocked for expressing distress or anger
- Freeze response
- Dissociative parts holding different emotions (at different ages)





# Erikson's Life Stages





# HOW / WHY DO EMOTIONS GET BLOCKED?

## 3. Alexithymia

- We don't have words for what we are feeling – we genuinely don't know how to describe it
- *What are you feeling? ... I don't know.*
- 10% of the general population; 50% of people on the Autism Spectrum

## 4. Autism Spectrum

- Full range of human emotions, but can be hard to identify, process and articulate them
- *"Some of us never get to the point where we can look inward and explain outward..."*
- Care about others but not sure how to respond



<https://www.openforumevents.co.uk/news/what-works-when-counselling-autistic-lives/>


<https://www.elemy.com/studio/autism/empathy-and-emotions>



**“Vulnerability is not weakness, and the uncertainty, risk, and emotional exposure we face every day are not optional. Our only choice is a question of engagement. Our willingness to own and engage with our vulnerability determines the depth of our courage and the clarity of our purpose; the level to which we protect ourselves from being vulnerable is a measure of our fear and disconnection.”**

**Brené Brown**





# Session 2

## A bit of Neuroscience

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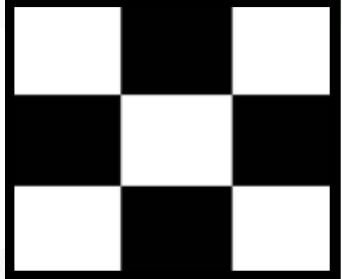


# THE TWO SIDES OF THE BRAIN





# THE TWO HALVES OF THE BRAIN



> “No!”

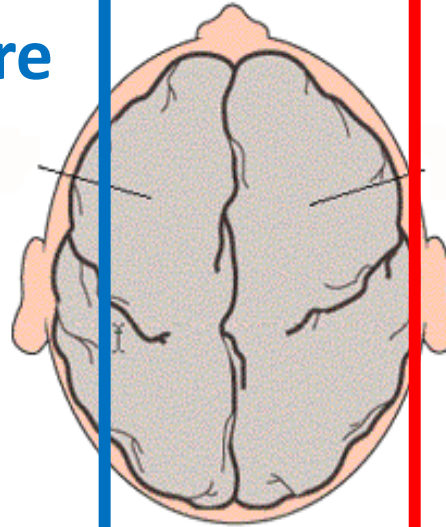
## The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



## The Right Hemisphere

RELATIONAL

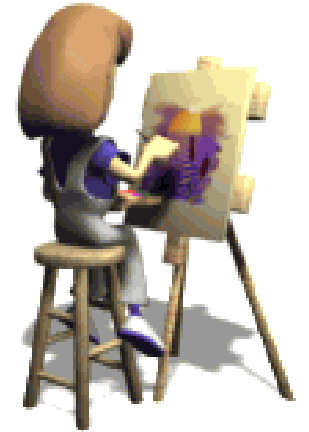
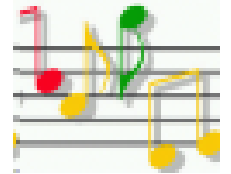
ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING



< “Why Not?”

# THE TOP-DOWN BRAIN

**Cortex**

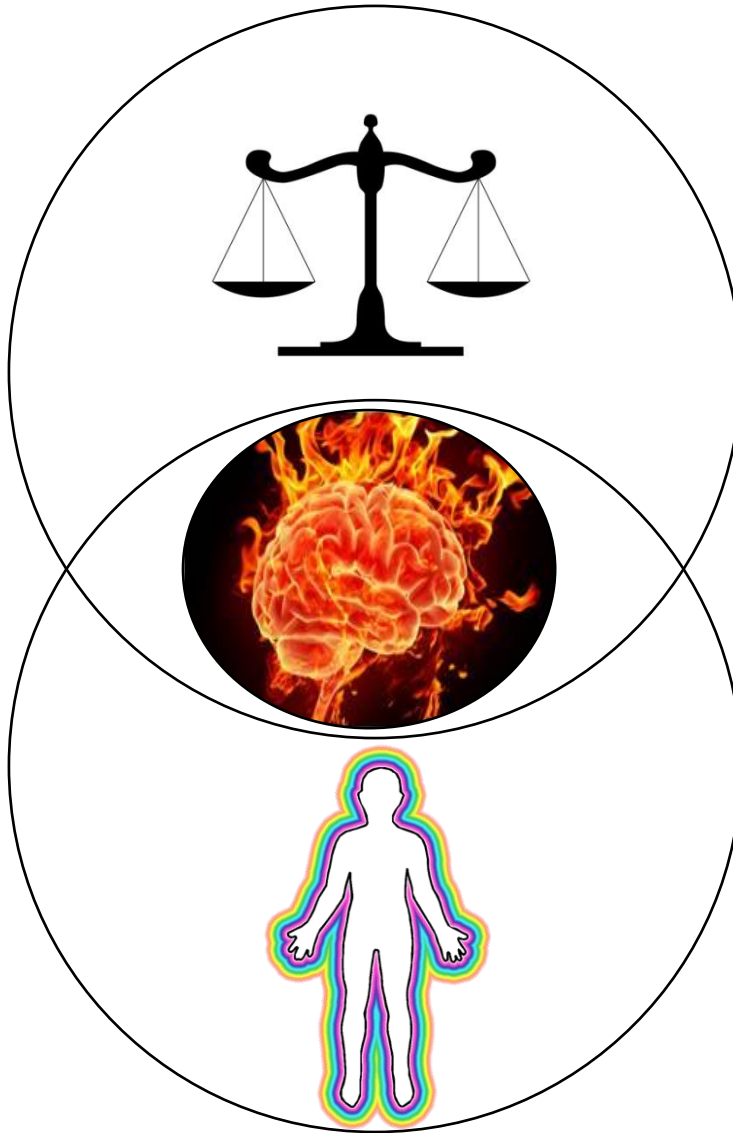
**Thinking**

**Limbic System**  
*"in between"*

**Feeling**

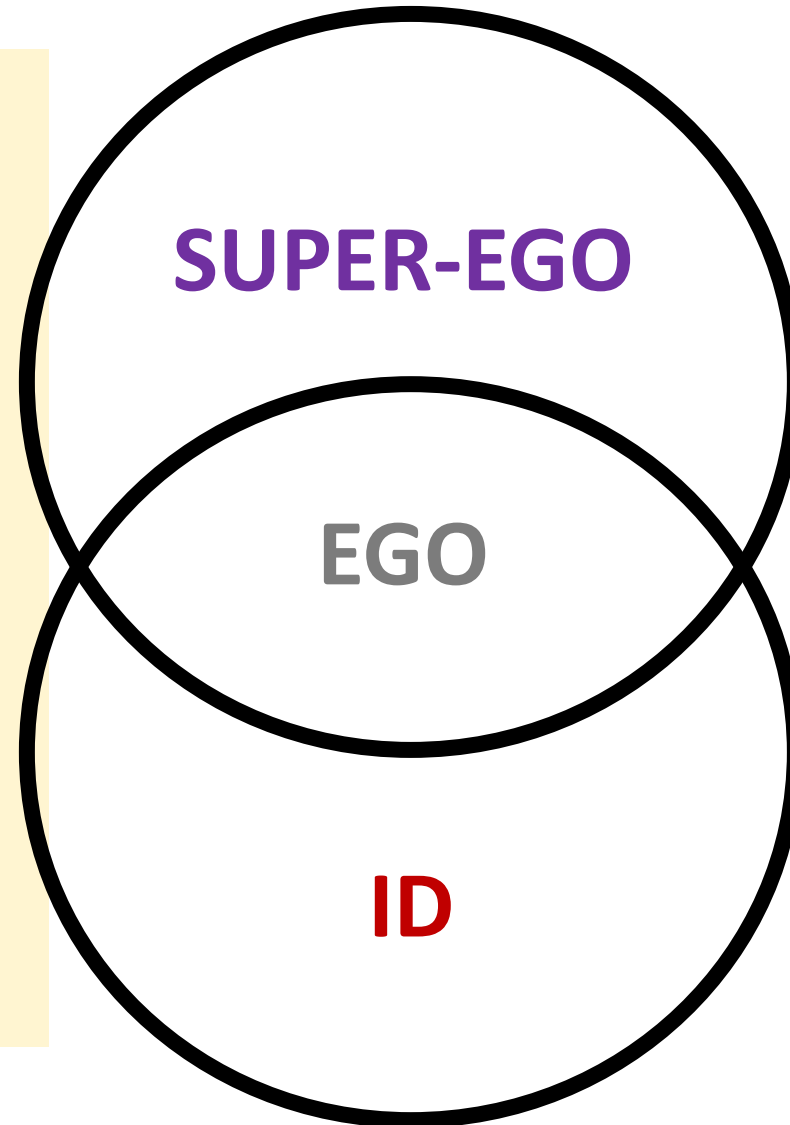
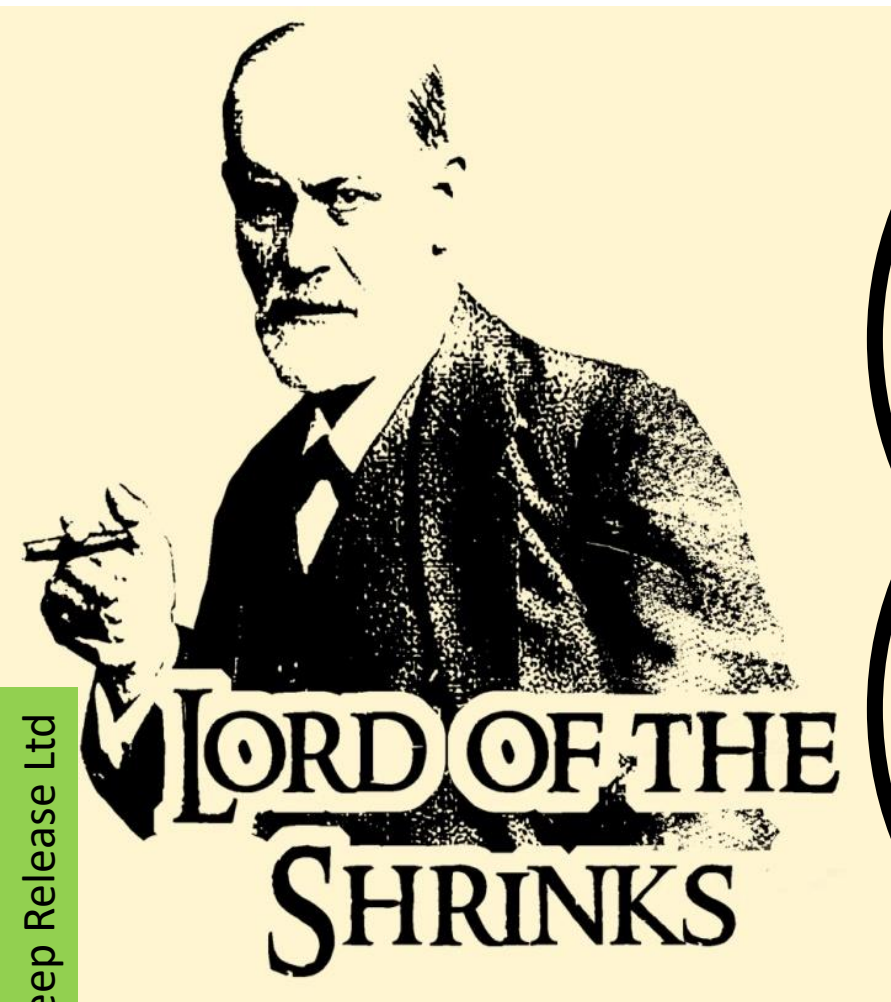
**Hindbrain**

**Being/Doing**





# FREUD'S THEORIES

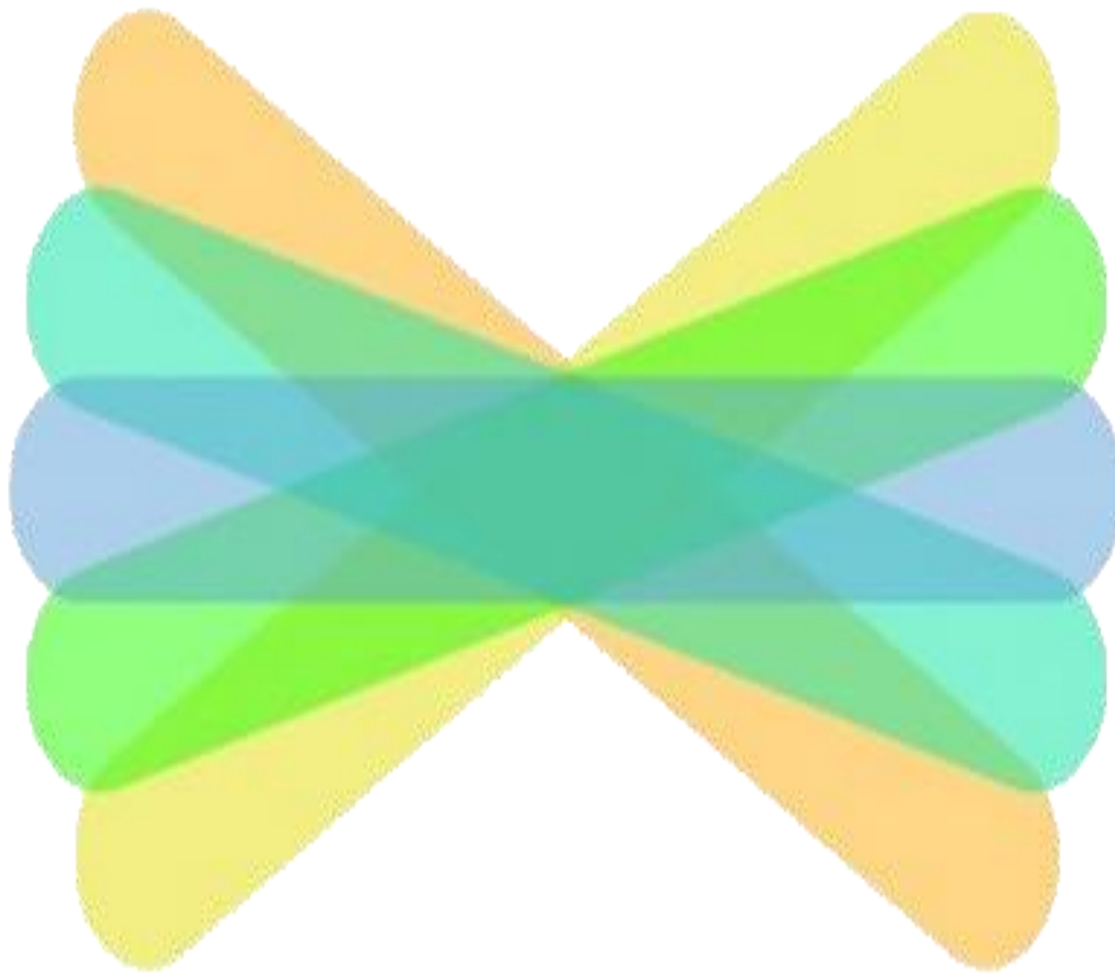


**Parent**

**Adult**

**Child**

**Transactional  
Analysis**



**Parent**

**Adult**

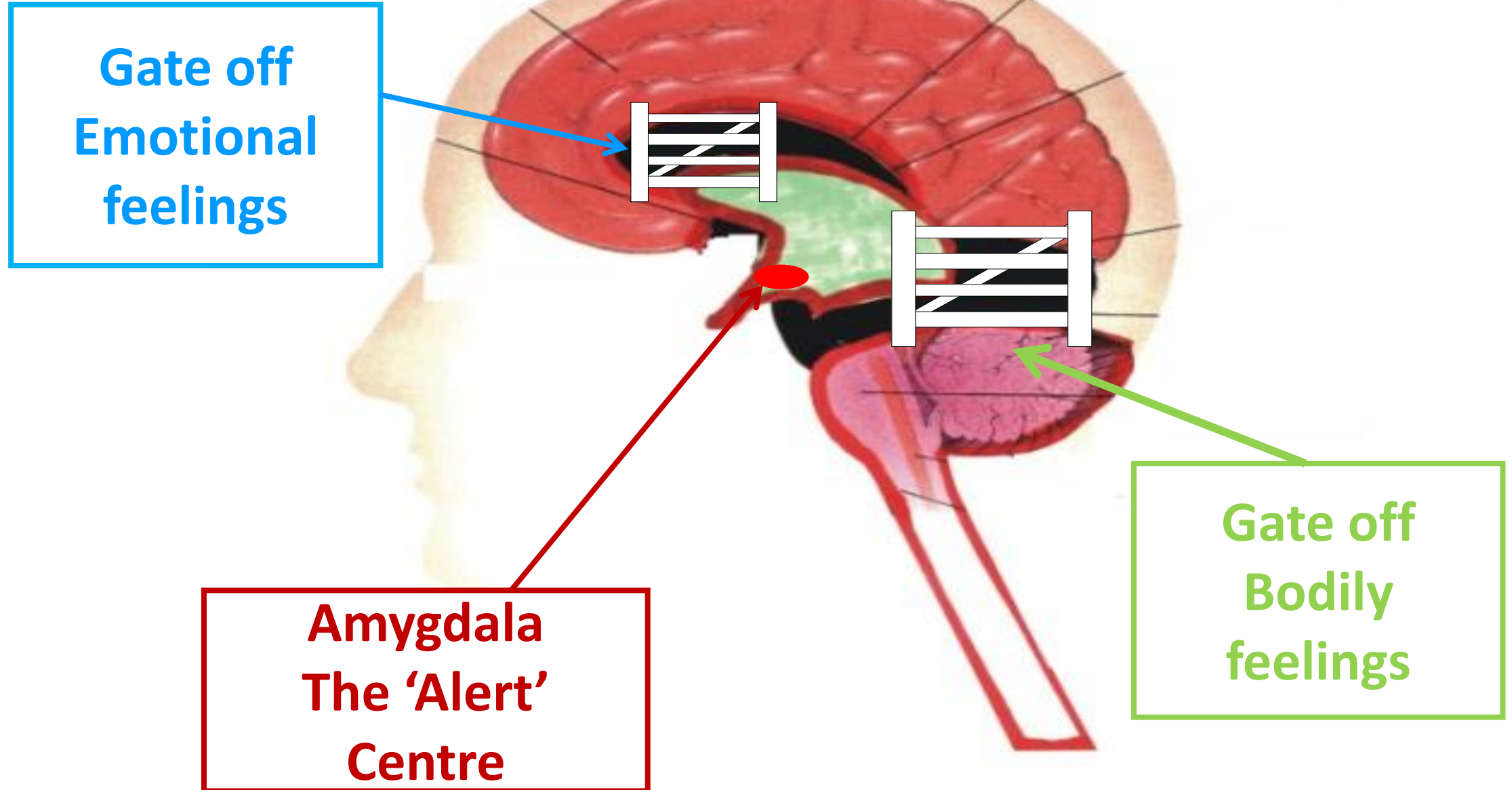
**Child**

**Transactional  
Analysis**





# THE SPLIT BRAIN

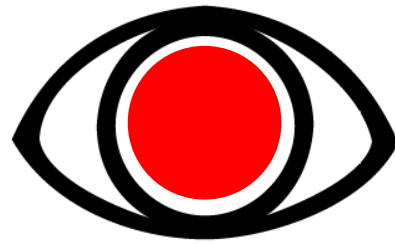




**Feather-horned Beetle**



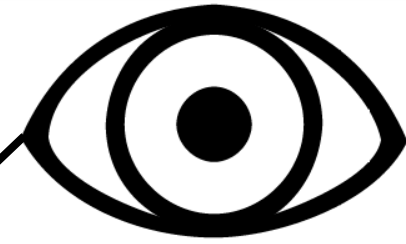
# FRIEND OR FOE?



**FOE**  
*Pupil dilates*



**Cortex**



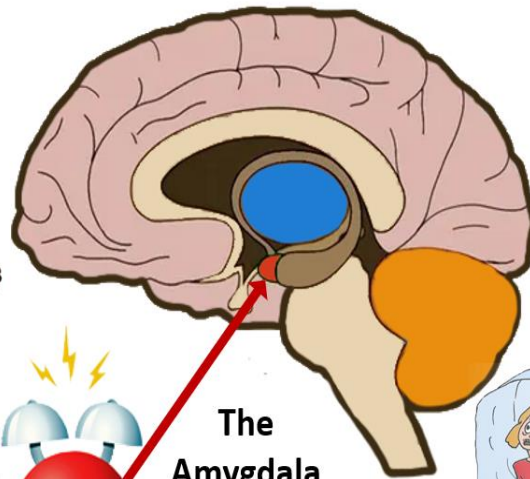
**FRIEND**  
*Pupil constricted*

**Left Brain**

**Limbic System**

**Right Brain**

**Hindbrain**



**The Amygdala**



**Freeze**



**Fight**

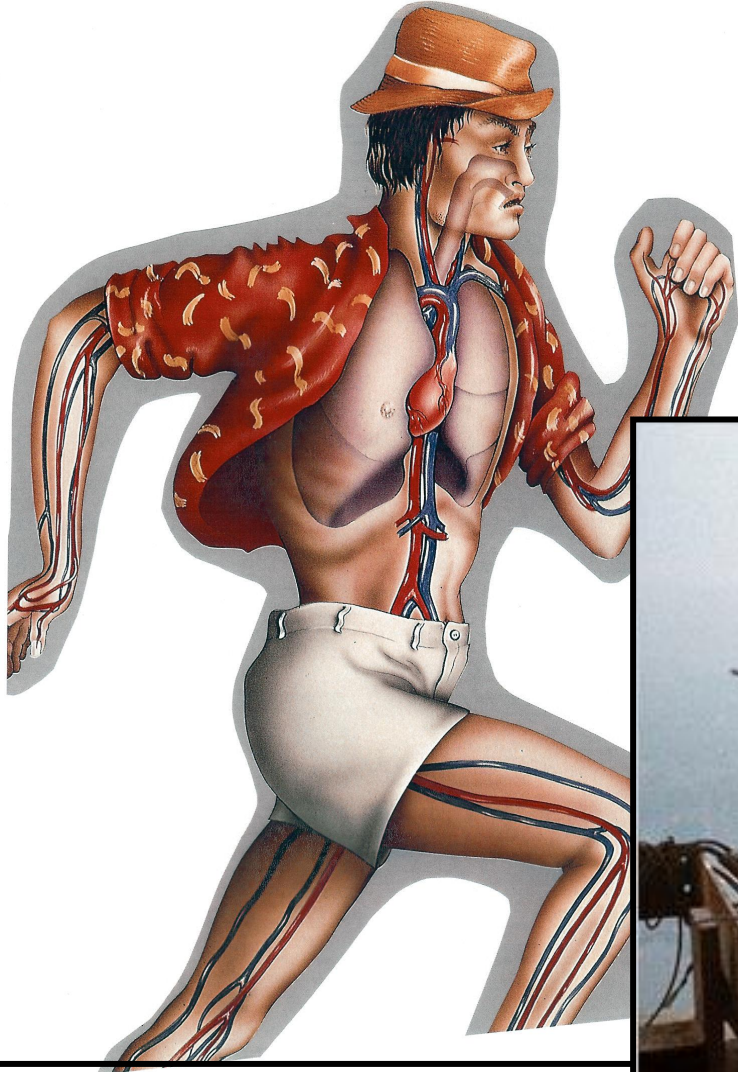


**Flight**



# THE AUTONOMIC NERVOUS SYSTEM

## SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



## PARASYMPATHETIC SYSTEM – CHILL





# EMOTIONAL (AFFECT) REACTIONS

## Looking at the way I feel







**AMYGDALA**





# DOING

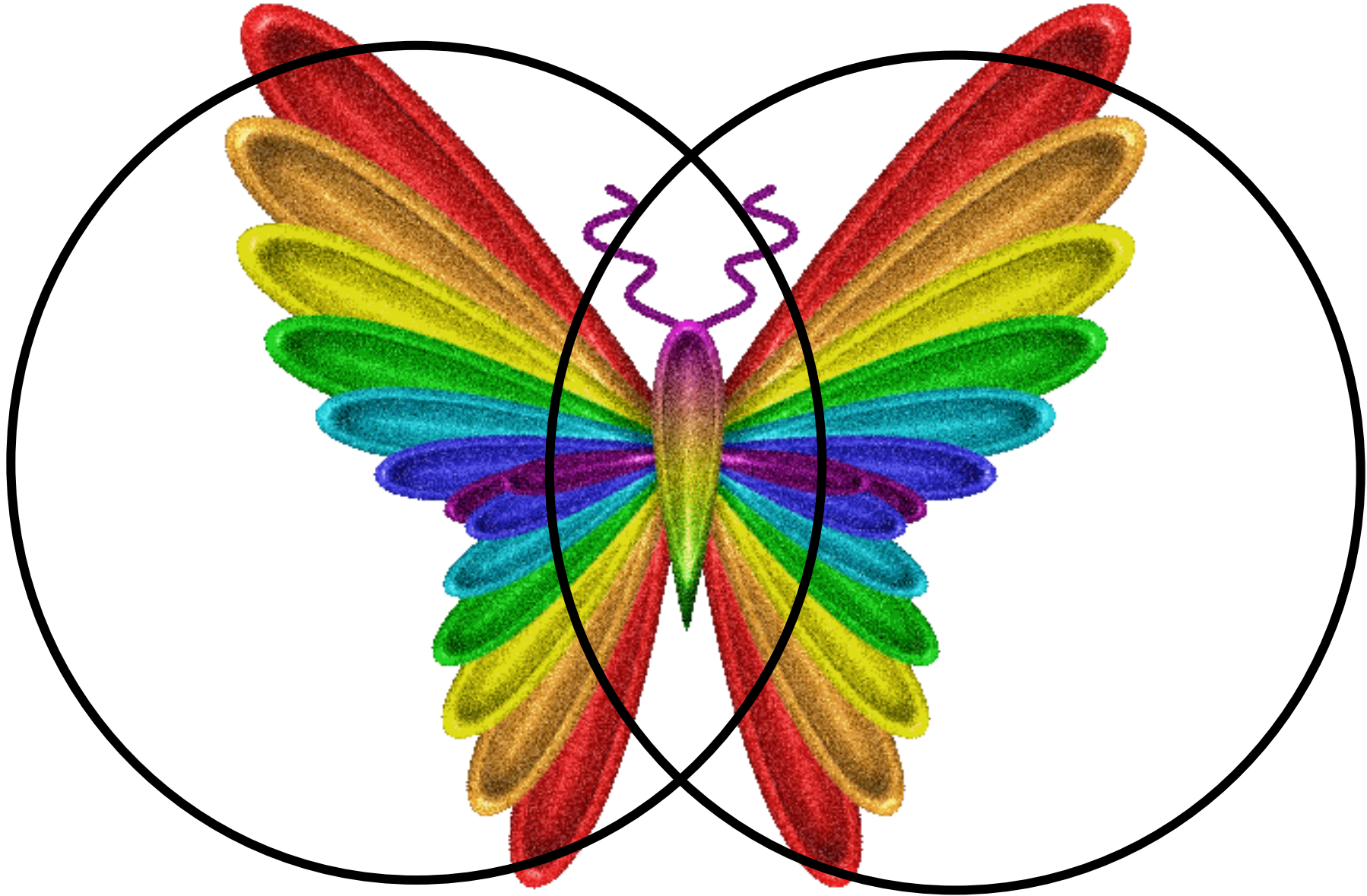


## Monday - Friday

## Saturday

8:30 - 13:30

# BALANCE







# Session 3

## Defences and Layers

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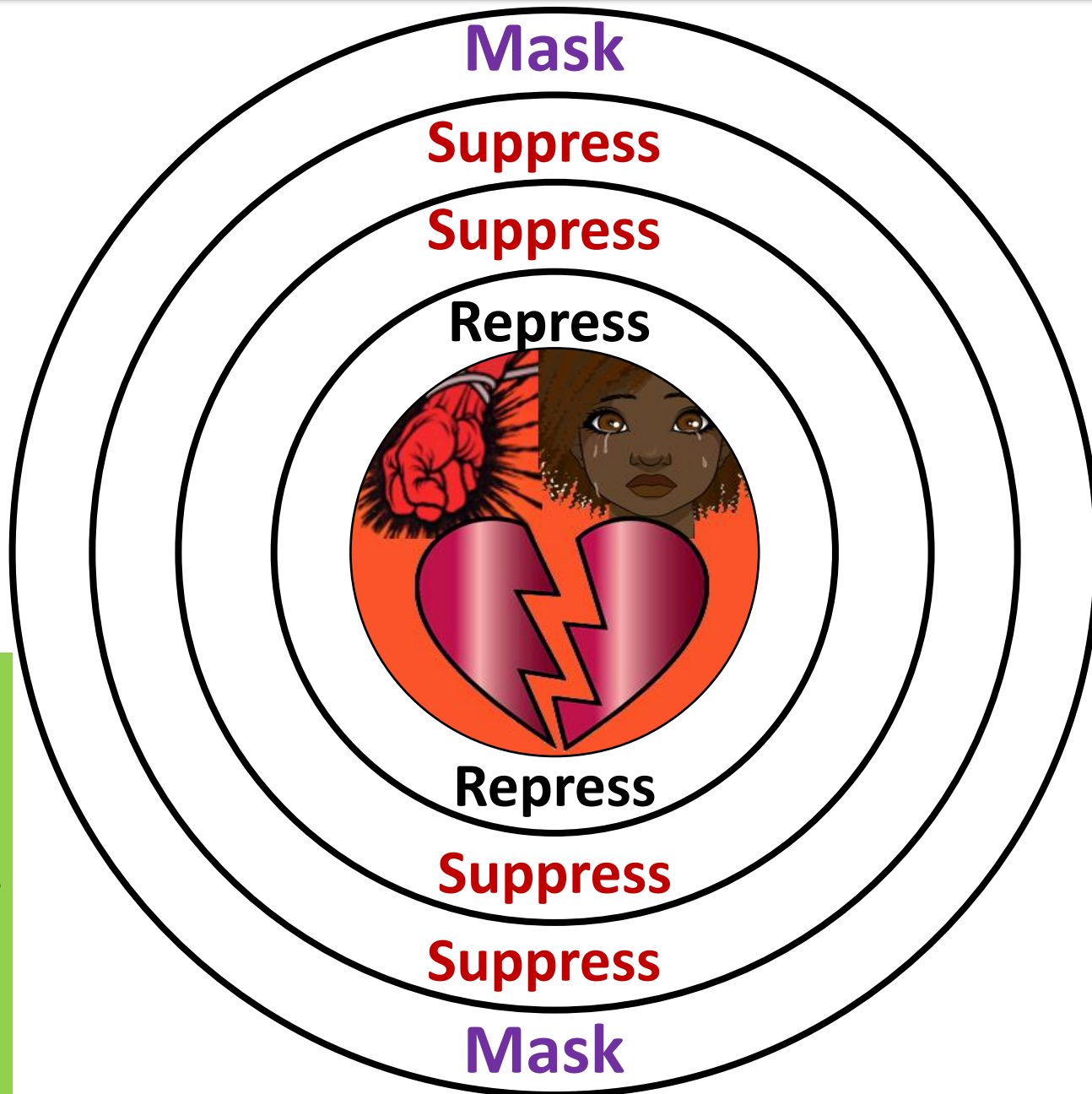









# LAYERS OF DEFENCES



*“Dare I show you who I am?”*







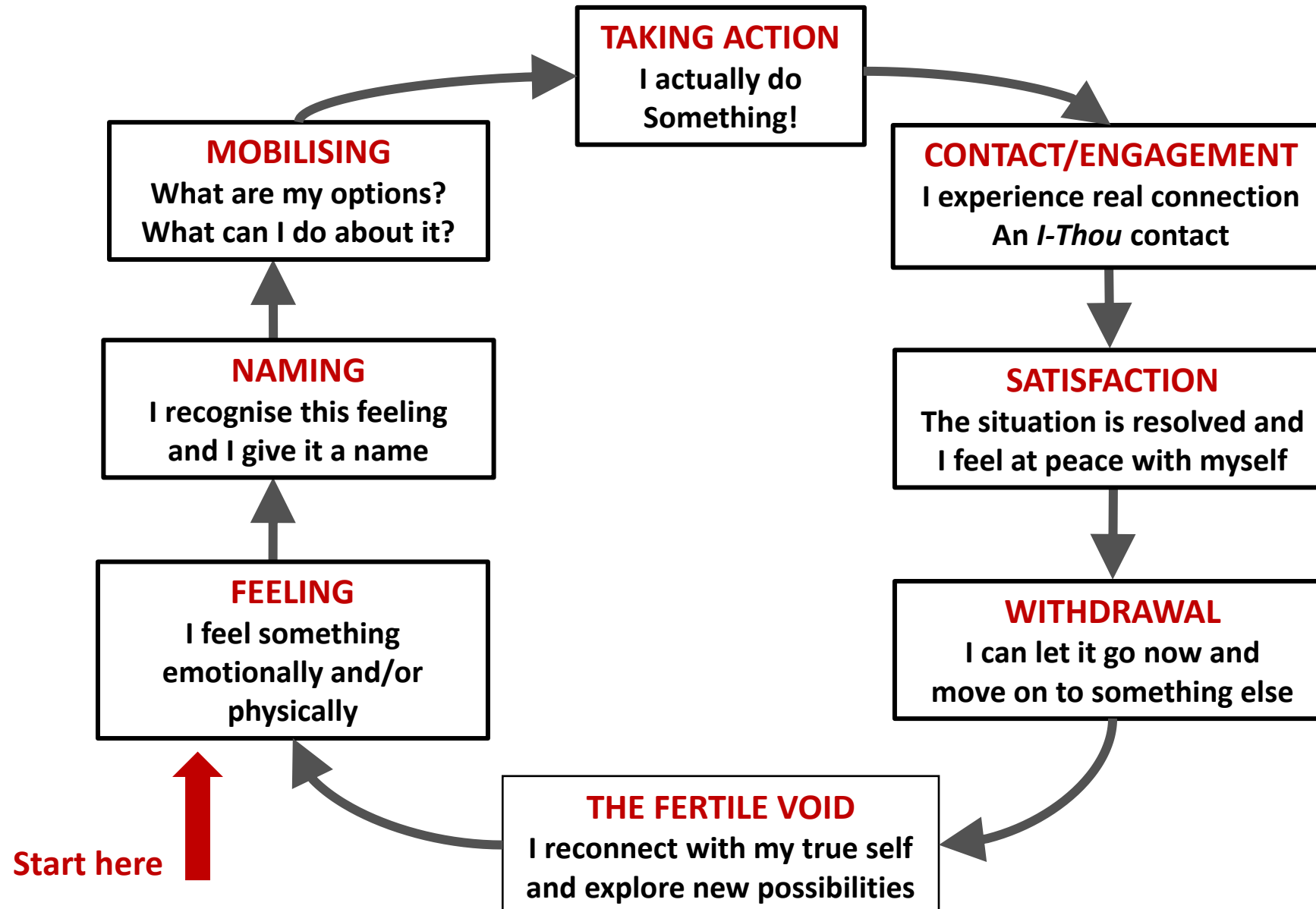
# Session 4

## The Gestalt Cycle of Awareness

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# THE GESTALT CYCLE OF AWARENESS







# INTERVIEW WITH KATY



# Session 6

## Working with the Body

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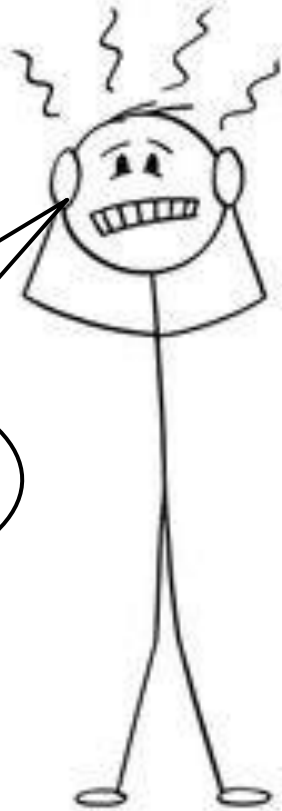
# WORKING WITH THE BODY



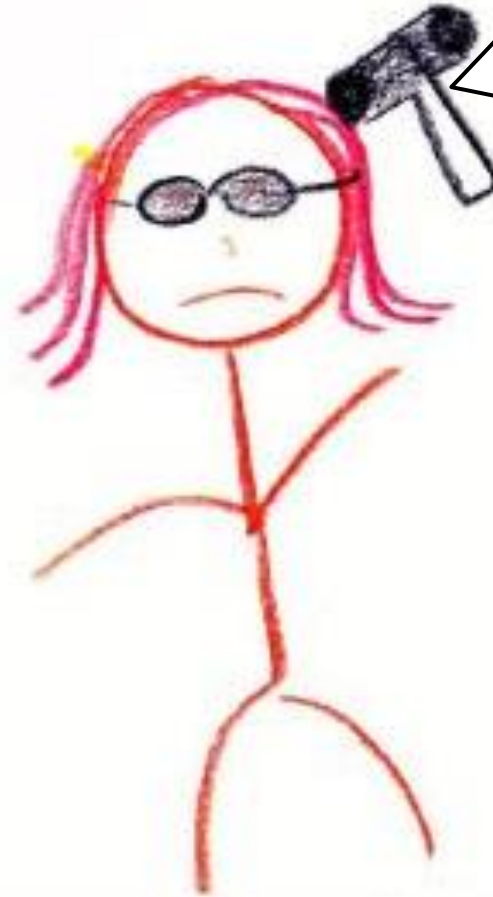
# WORKING WITH THE BODY



*It hurts to move  
but I've got to  
keep going*




*This is too  
much!*



*You need  
some sense  
knocking  
into you!*





# Session 6

## Working with the Body

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# WORKING WITH THE BODY

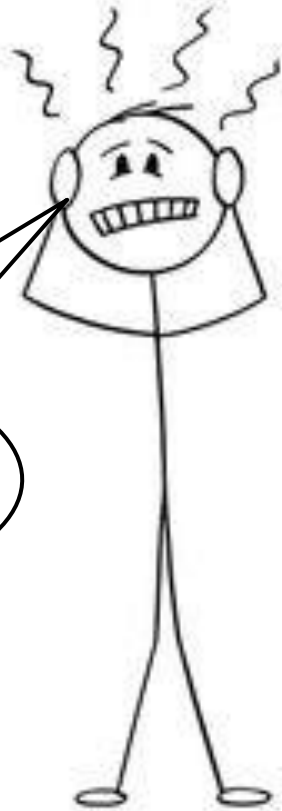




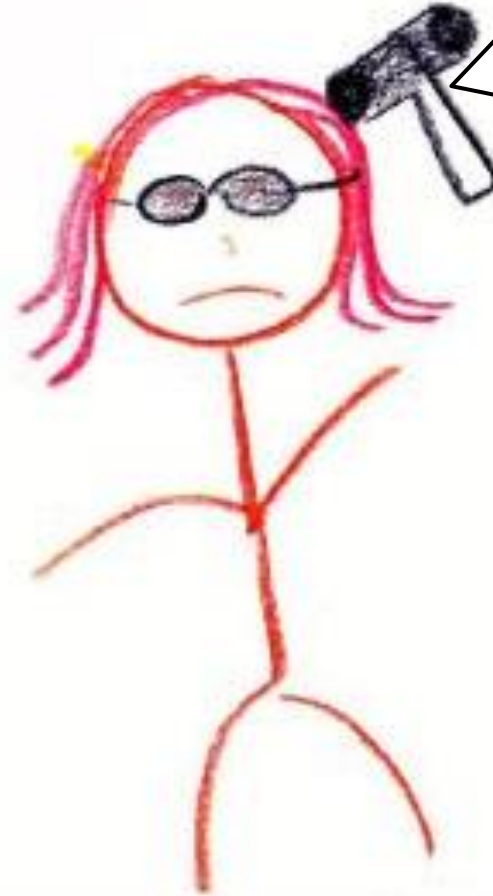
# WORKING WITH THE BODY



*It hurts to move  
but I've got to  
keep going*

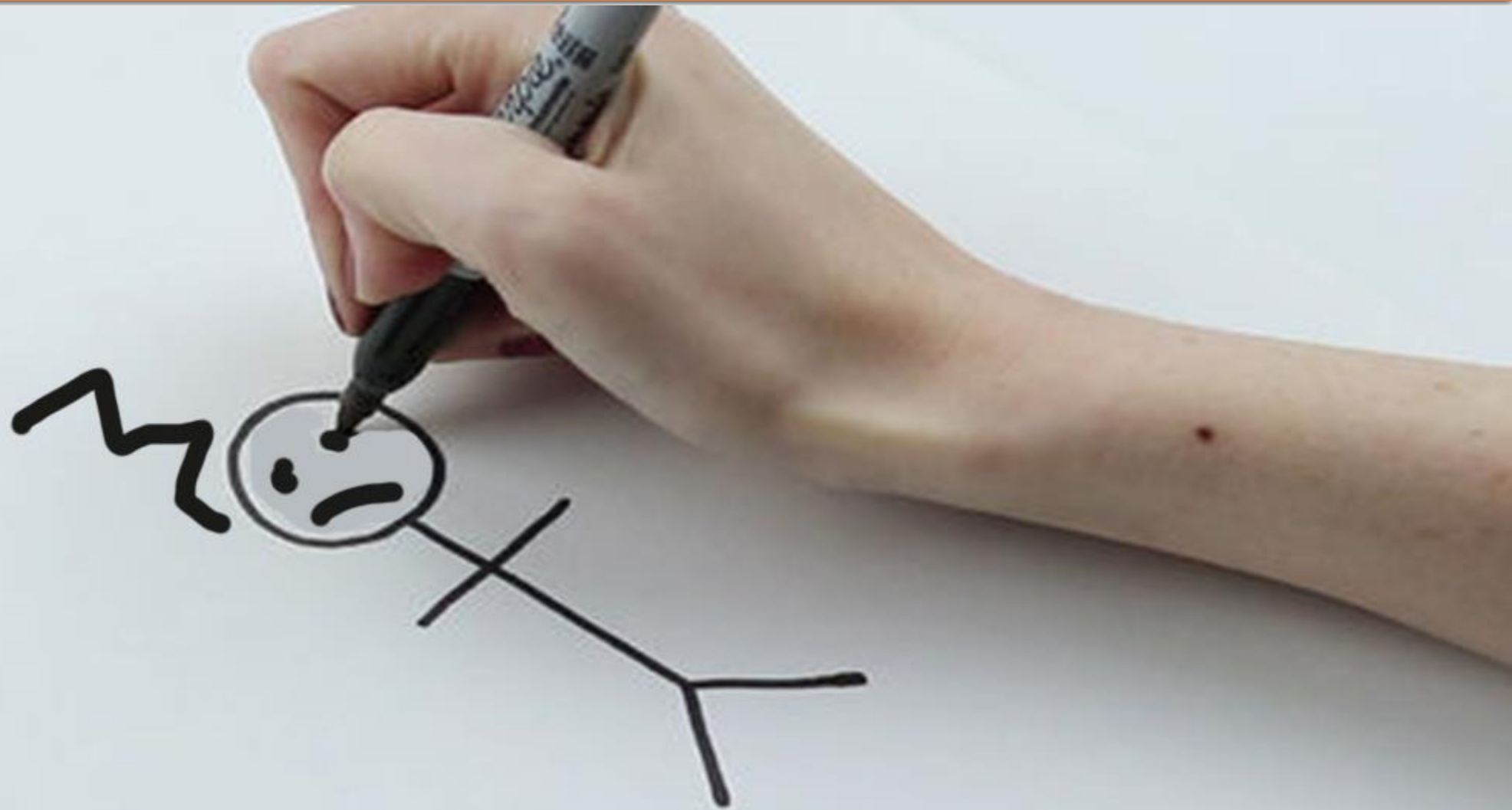


*This is too  
much!*

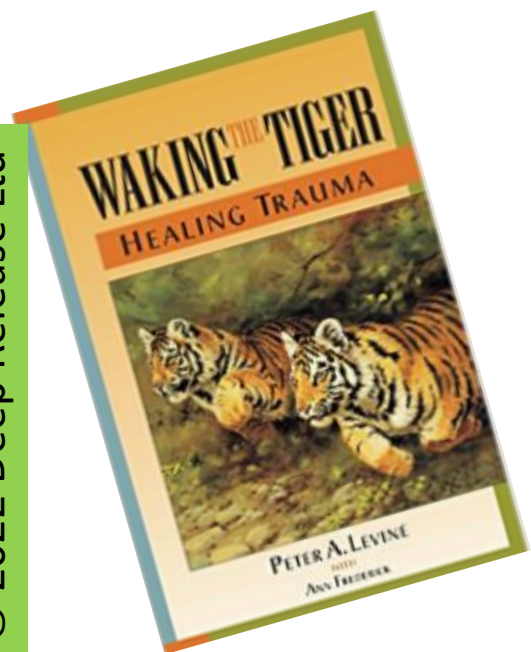


*You need  
some sense  
knocking  
into you!*

# THE MESSAGE FROM YOUR BODY











# Session 5

## Finding your Voice

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## What Triggered Me


- |                                  |                              |
|----------------------------------|------------------------------|
| 1. I felt excluded.              | 13. I felt like the bad guy. |
| 2. I felt powerless.             | 14. I felt forgotten.        |
| 3. I felt unheard.               | 15. I felt unsafe.           |
| 4. I felt scolded.               | 16. I felt unloved.          |
| 5. I felt judged.                | 17. I felt it was unfair.    |
| 6. I felt blamed.                | 18. I felt frustrated.       |
| 7. I felt disrespected.          | 19. I felt disconnected.     |
| 8. I felt lack of affection.     | 20. I felt trapped.          |
| 9. I felt I couldn't speak up.   | 21. I felt lack of passion.  |
| 10. I felt lonely.               | 22. I felt uncared for.      |
| 11. I felt ignored.              | 23. I felt manipulated.      |
| 12. I felt I couldn't be honest. | 24. I felt controlled.       |

The Gottman Institute

BlessingManifesting



The Gottman Institute  
'Blessing Manifesting: Self Love Quotes'



# Session 7

## Working with Sound

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# INTERVIEW WITH MASHA



**“I hear the words, the thoughts, the feeling tones, the personal meaning, even the meaning that is below the conscious intent of the speaker. Sometimes too, in a message which superficially is not very important, I hear a deep human cry that lies buried and unknown far below the surface of the person. So I have learned to ask myself, can I hear the sounds and sense the shape of this other person’s inner world? Can I resonate to what he is saying so deeply that I sense the meanings he is afraid of, yet would like to communicate, as well as those he knows?”**

**Carl Rogers**





# Resources





# PACT LTD

## Original & Creative Counselling Resources

[www.pact-resources.co.uk](http://www.pact-resources.co.uk)



Erikson's Life Stages



Wheel of Life



Working with Animal  
Figures Online Pack



Therapeutic Sandscapes™  
Online Pack



# Instant Online Training Videos from Deep Release

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Working Creatively with Nesting Dolls in Counselling – Training Video

£30.00



Working with Gestalt in the Counselling Room – Training Video

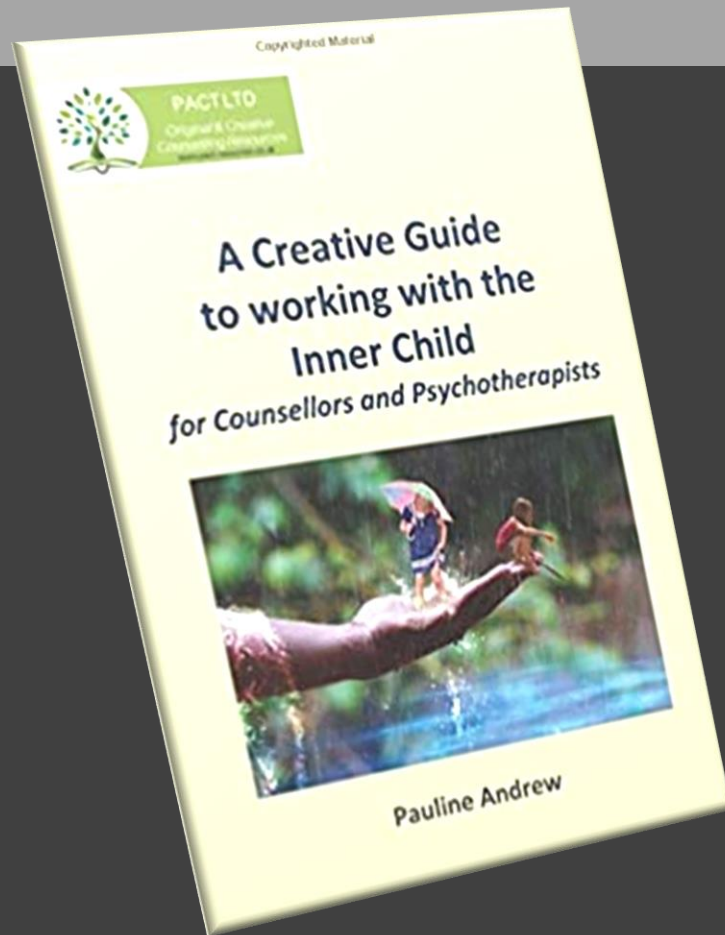
£30.00



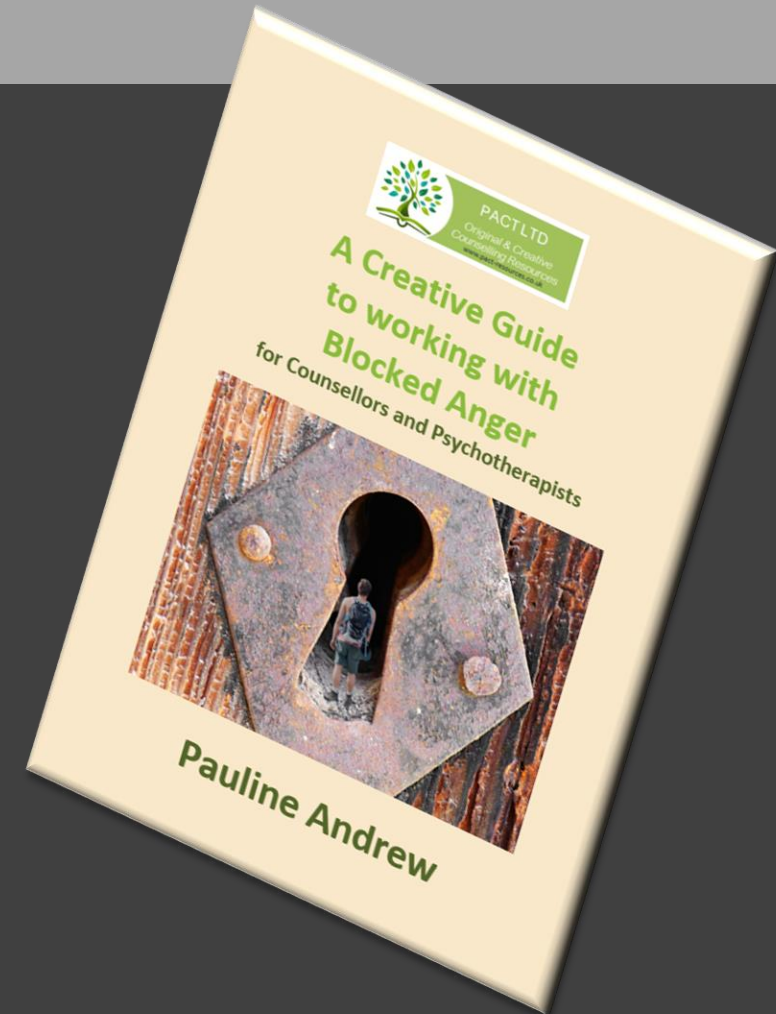
Attachment Behaviour in the Counselling Room – Training Video

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- Please answer the joining questions!



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Private group 1.4K members



+ Invite

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*Thank you*