



Deep Release Online
Professional Training for Counsellors



Releasing Blocked Emotions

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child's hand is visible at the bottom edge of the lantern. The background is a soft, colorful sky, likely at sunset or sunrise, with hues of orange, pink, and purple. The overall mood is contemplative and hopeful.

Session 1
What are
emotions and
how do they
get blocked?

What are Emotions?



What are emotions?

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

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

Уренко
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

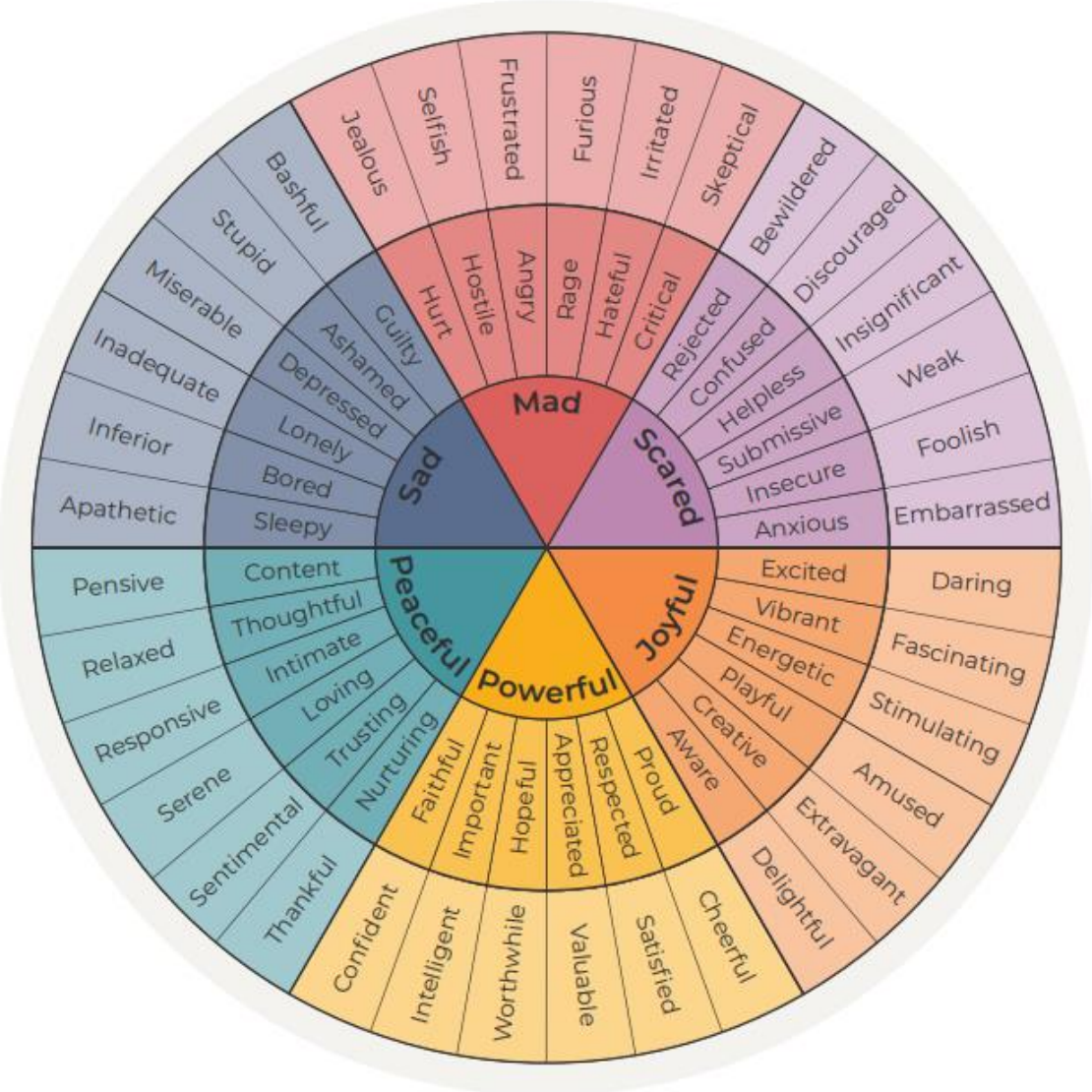


Philautia –
Self-love



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

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

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

0-2 years
INFANCY

2-4 years
EARLY
CHILDHOOD

4-6 years
MIDDLE
CHILDHOOD

7-11 years
LATE
CHILDHOOD

12-18 years
EARLY
ADOLESCENCE

19-24 years
ADOLESCENCE

25-45 years
ADULT-
HOOD

45-65 years
MIDDLE
AGE

65+ years
SENIOR
AGE



Trust

Autonomy

Initiative

Competence

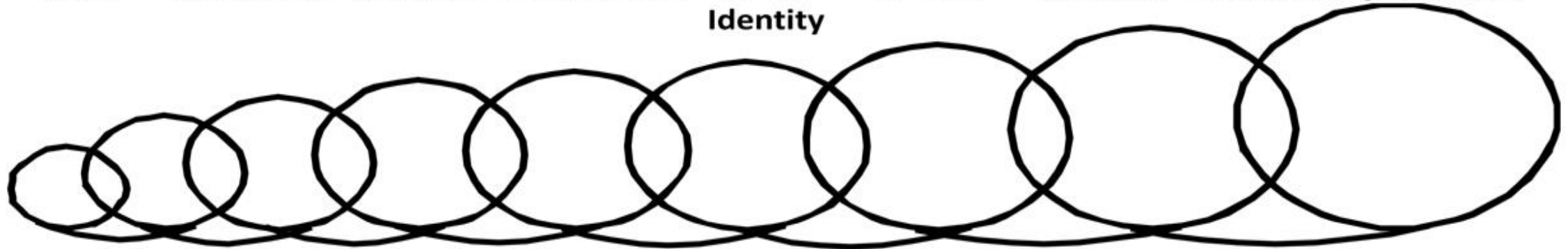
Group
Identity

Identity

Intimacy

Productivity

Integrity



Mistrust

Doubt
Shame

Guilt

Inferiority
Alienation

Role
Confusion

Isolation

Stagnation

Despair



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

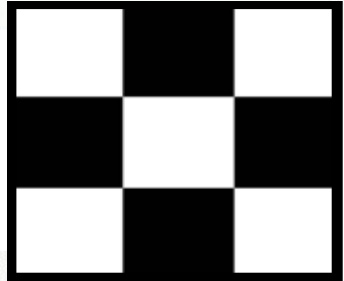
A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm, orange glow. The child's hand is visible, holding the bottom edge of the lantern. The background is a soft, hazy sky with a gradient of colors from light blue to orange, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

Session 2
A bit of
Neuroscience

THE TWO SIDES OF THE BRAIN



THE TWO HALVES OF THE BRAIN



> "No!"

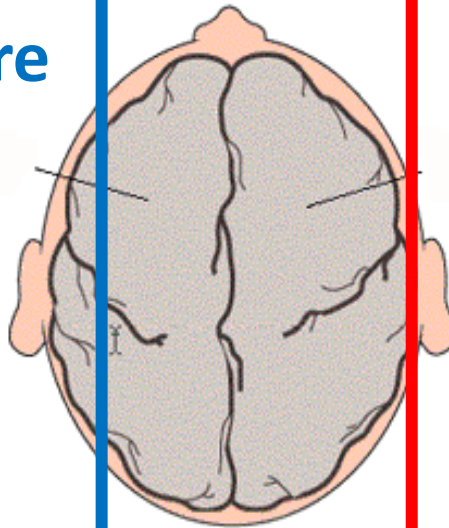
The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



The Right Hemisphere

RELATIONAL

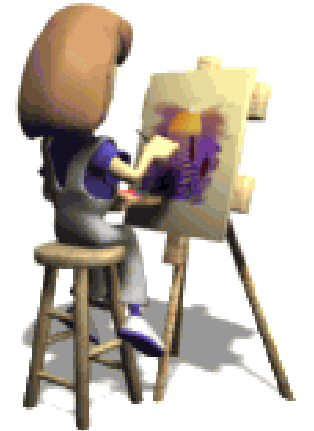
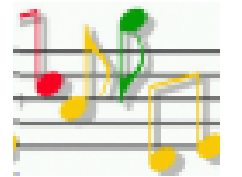
ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING



< "Why Not?"

THE TOP-DOWN BRAIN

Cortex



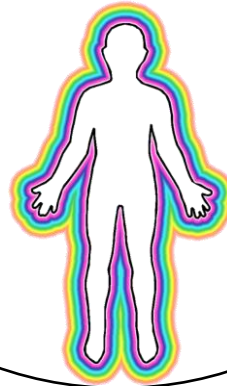
Thinking

Limbic System
“in between”



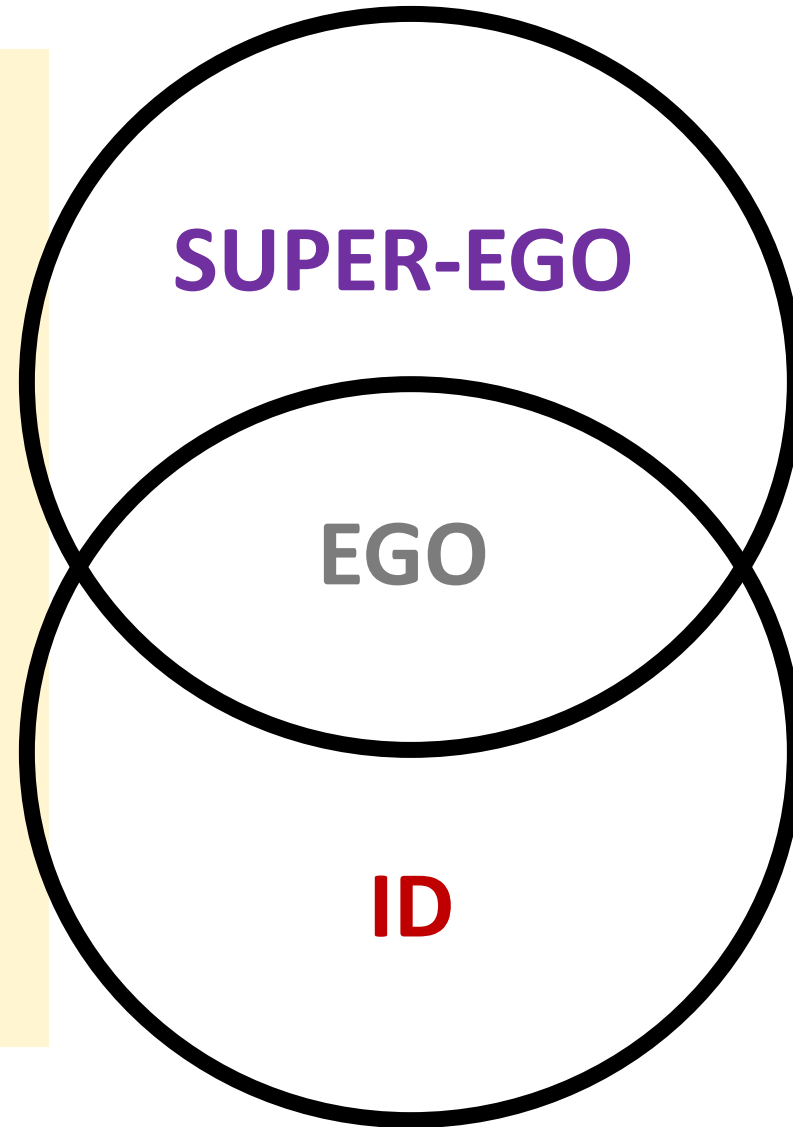
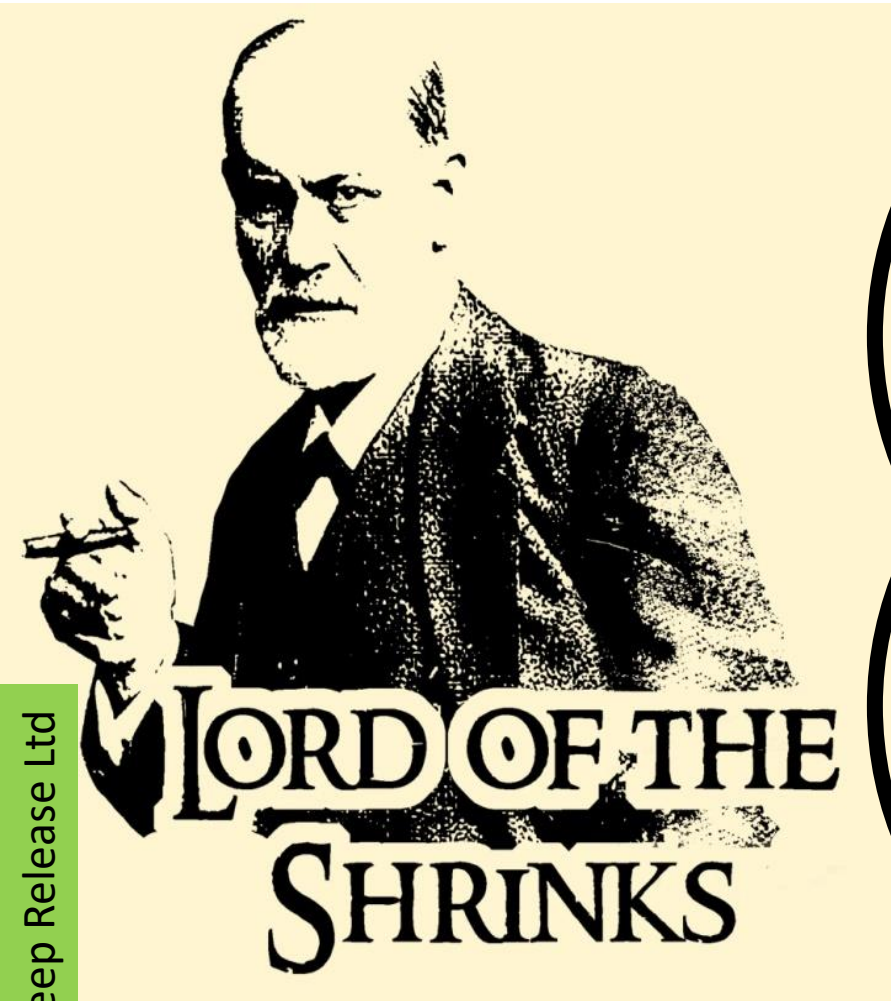
Feeling

Hindbrain



Being/Doing

FREUD'S THEORIES

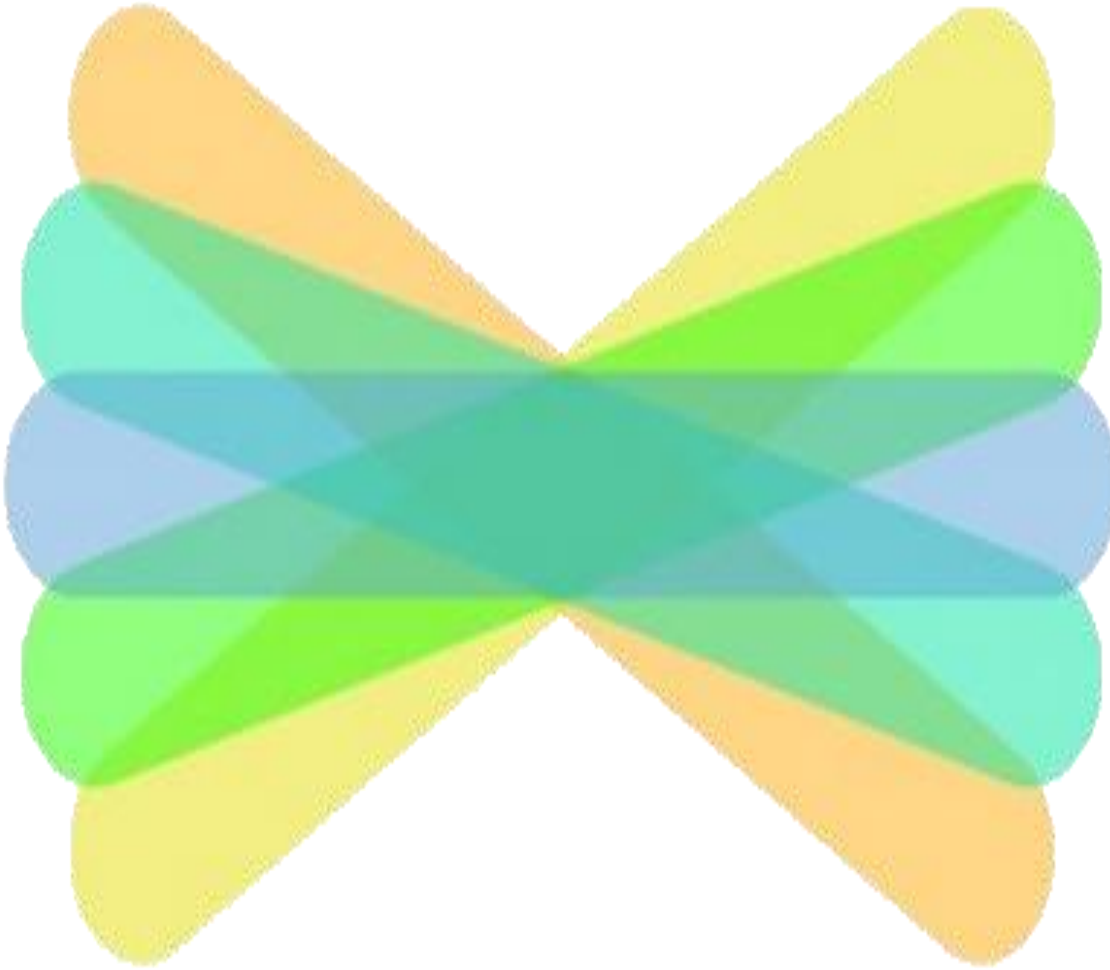


Parent

Adult

Child

**Transactional
Analysis**



Parent

Adult

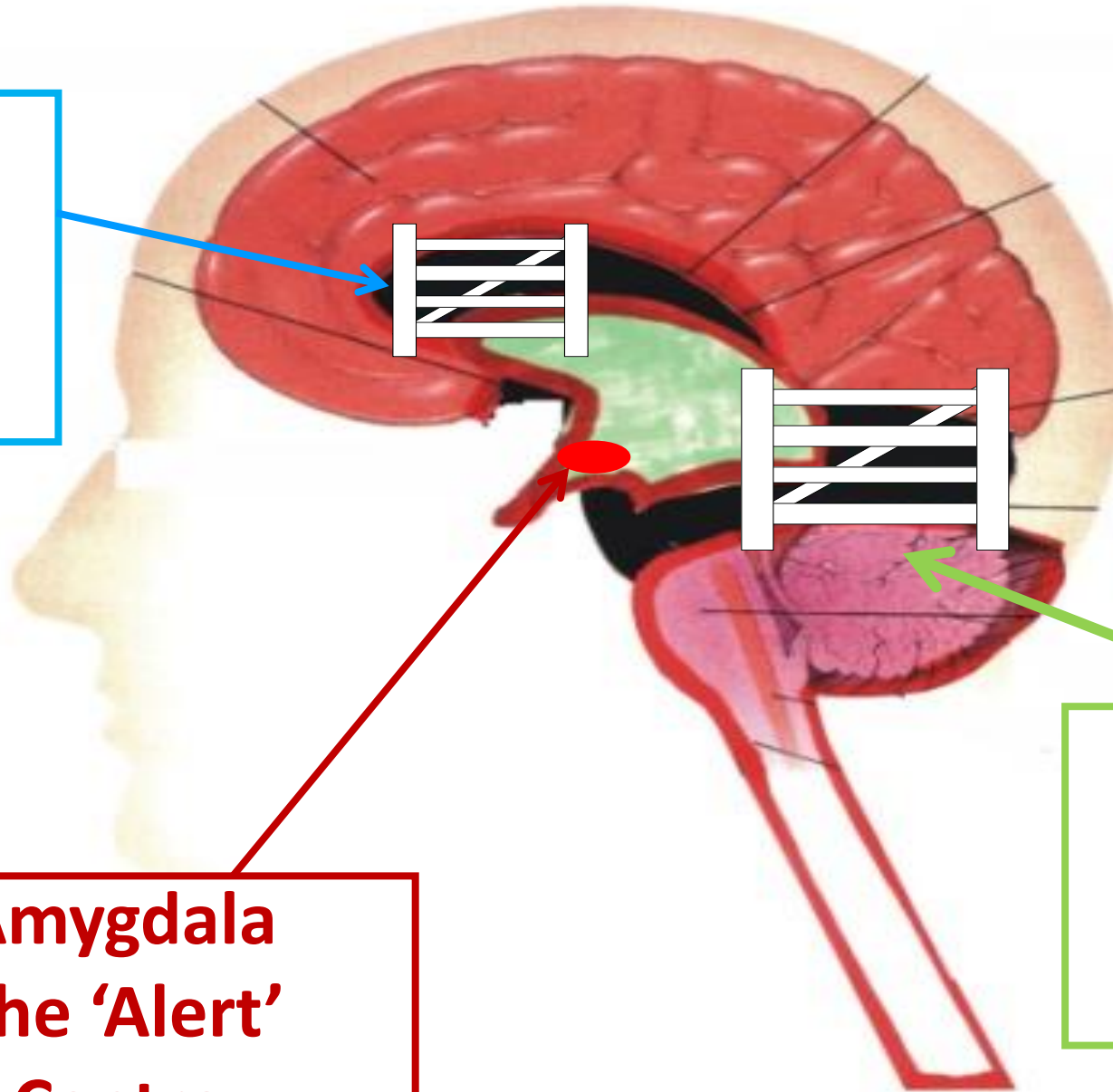
Child

**Transactional
Analysis**



THE SPLIT BRAIN

**Gate off
Emotional
feelings**



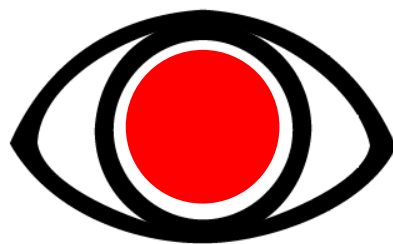
**Amygdala
The 'Alert'
Centre**

**Gate off
Bodily
feelings**

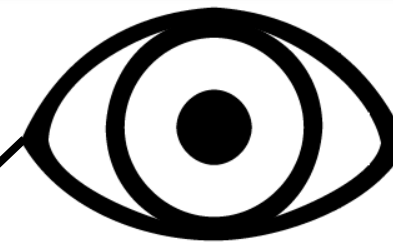
Feather-horned Beetle



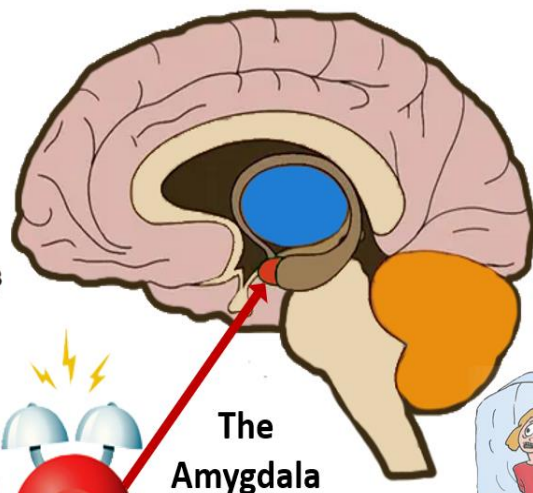
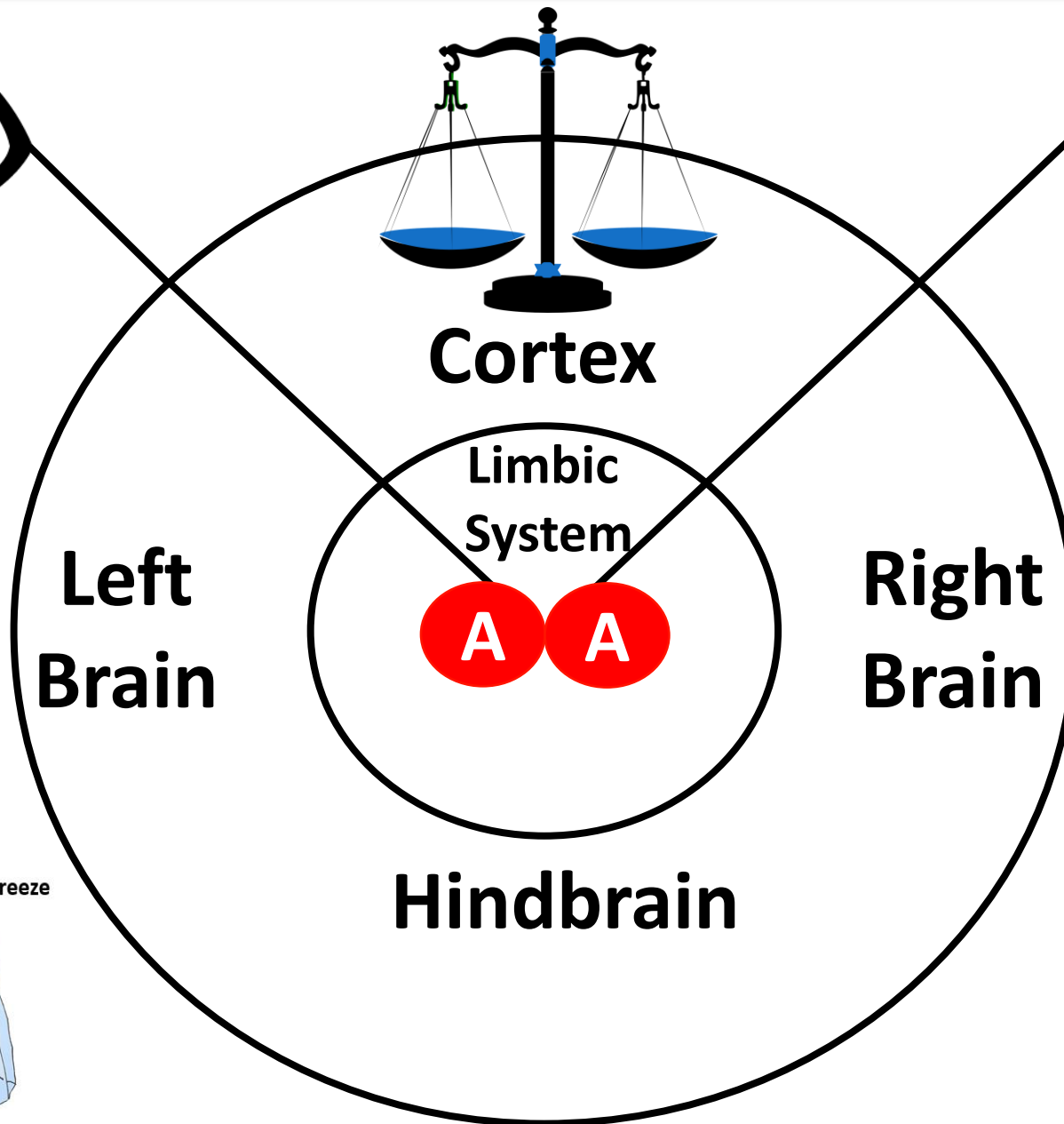
FRIEND OR FOE?



FOE
Pupil dilates



FRIEND
Pupil constricted

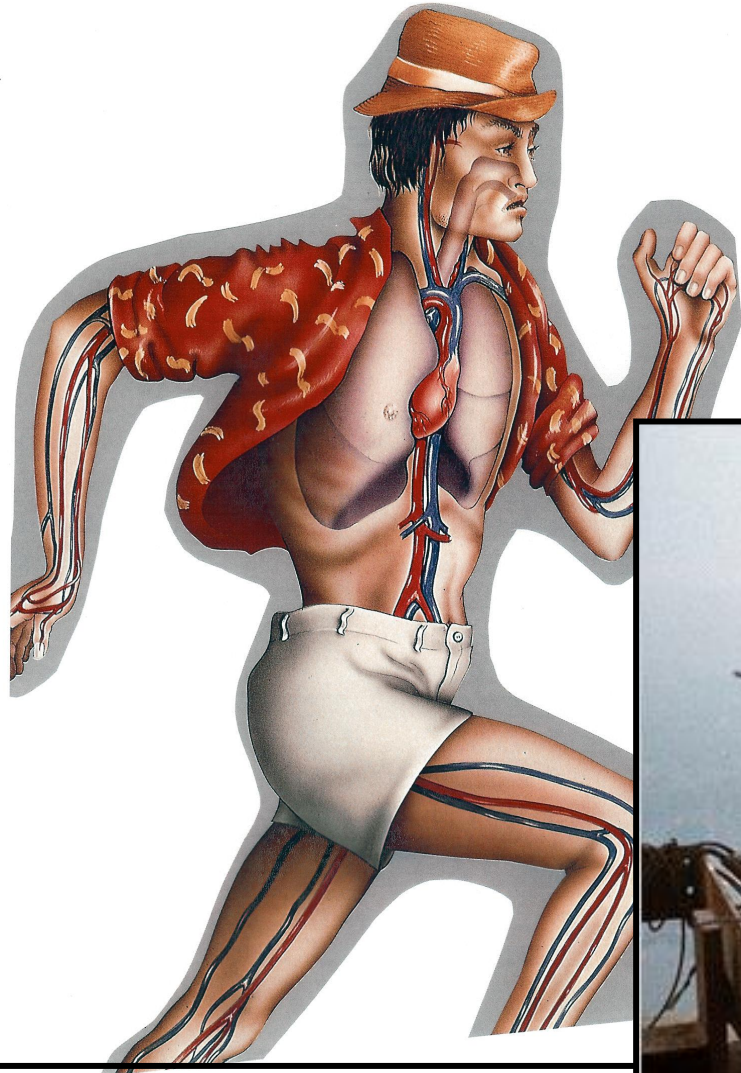


The Amygdala



THE AUTONOMIC NERVOUS SYSTEM

SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



PARASYMPATHETIC SYSTEM – CHILL



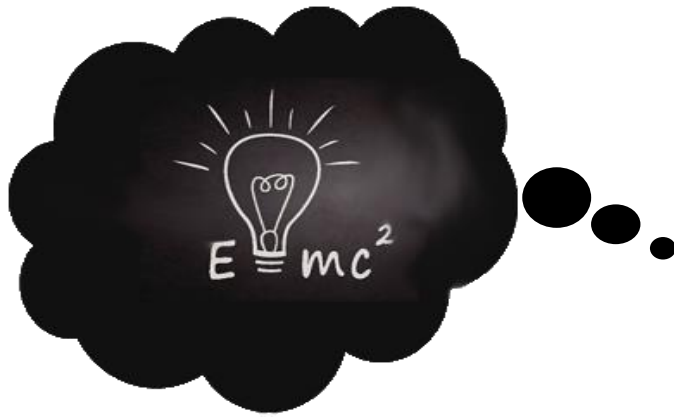
EMOTIONAL (AFFECT) REACTIONS

Looking at the way I feel

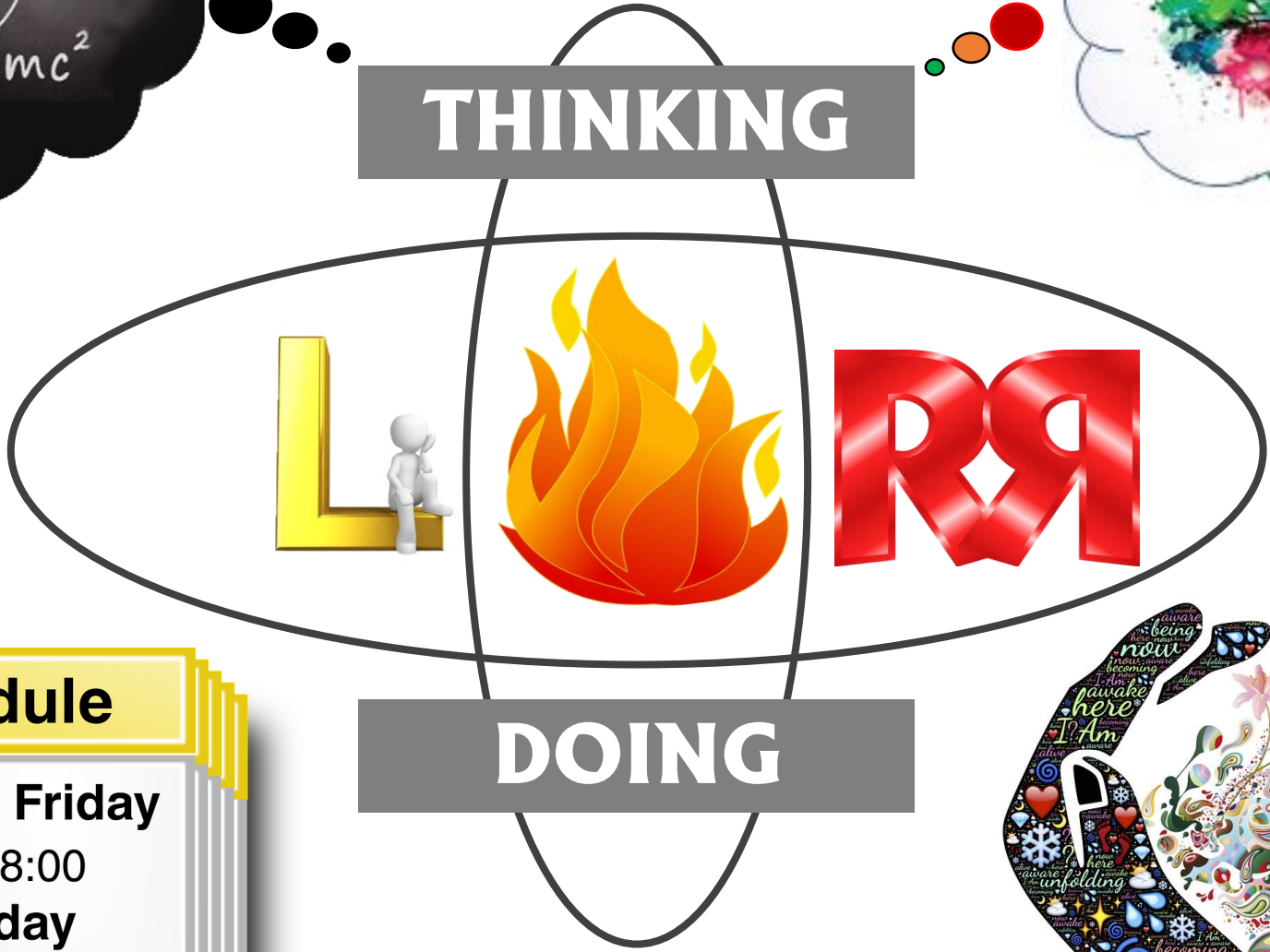




AMYGDALA



THINKING



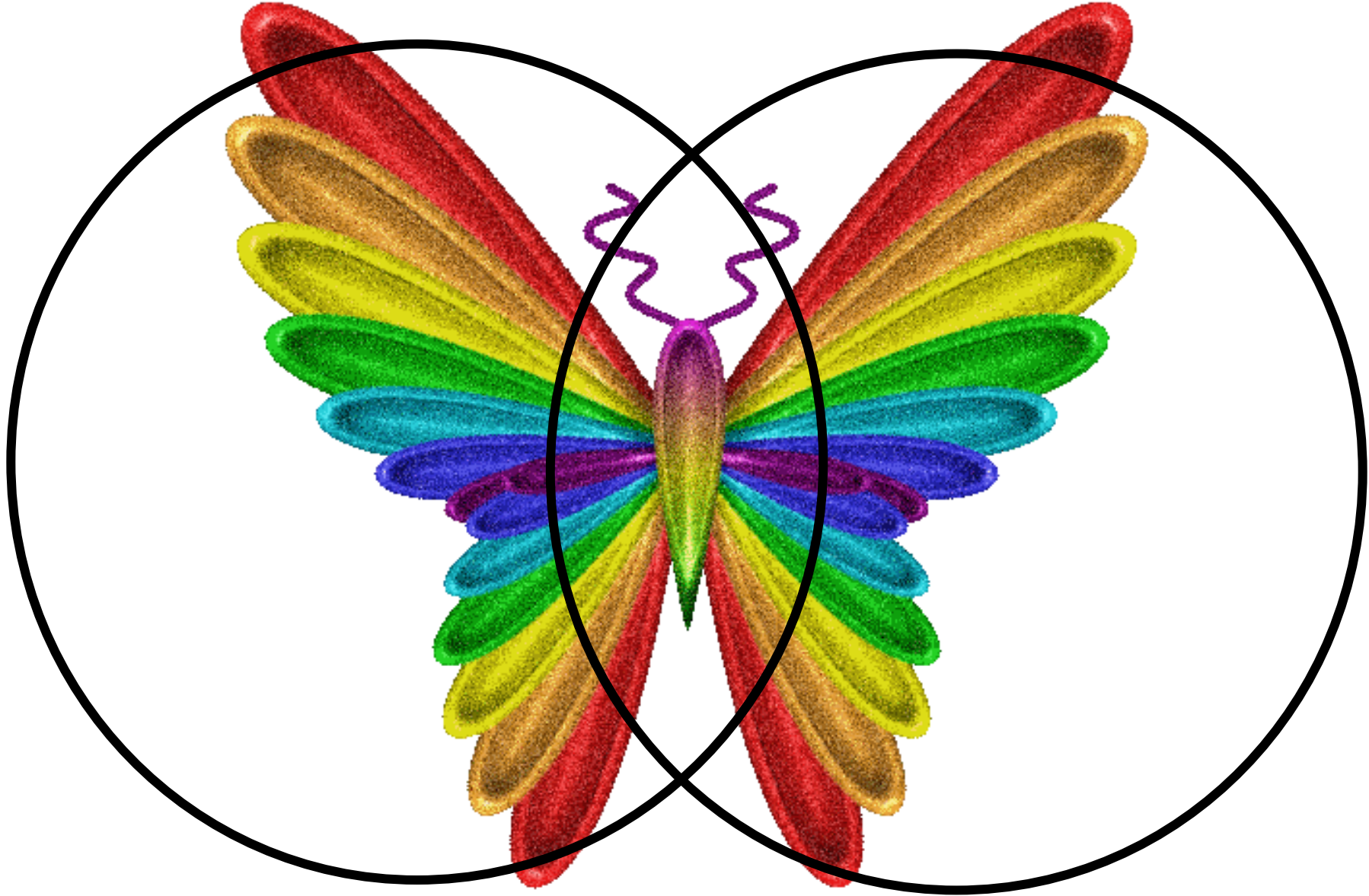
Schedule


Monday - Friday
8:30 - 18:00

Saturday
8:30 - 13:30



BALANCE



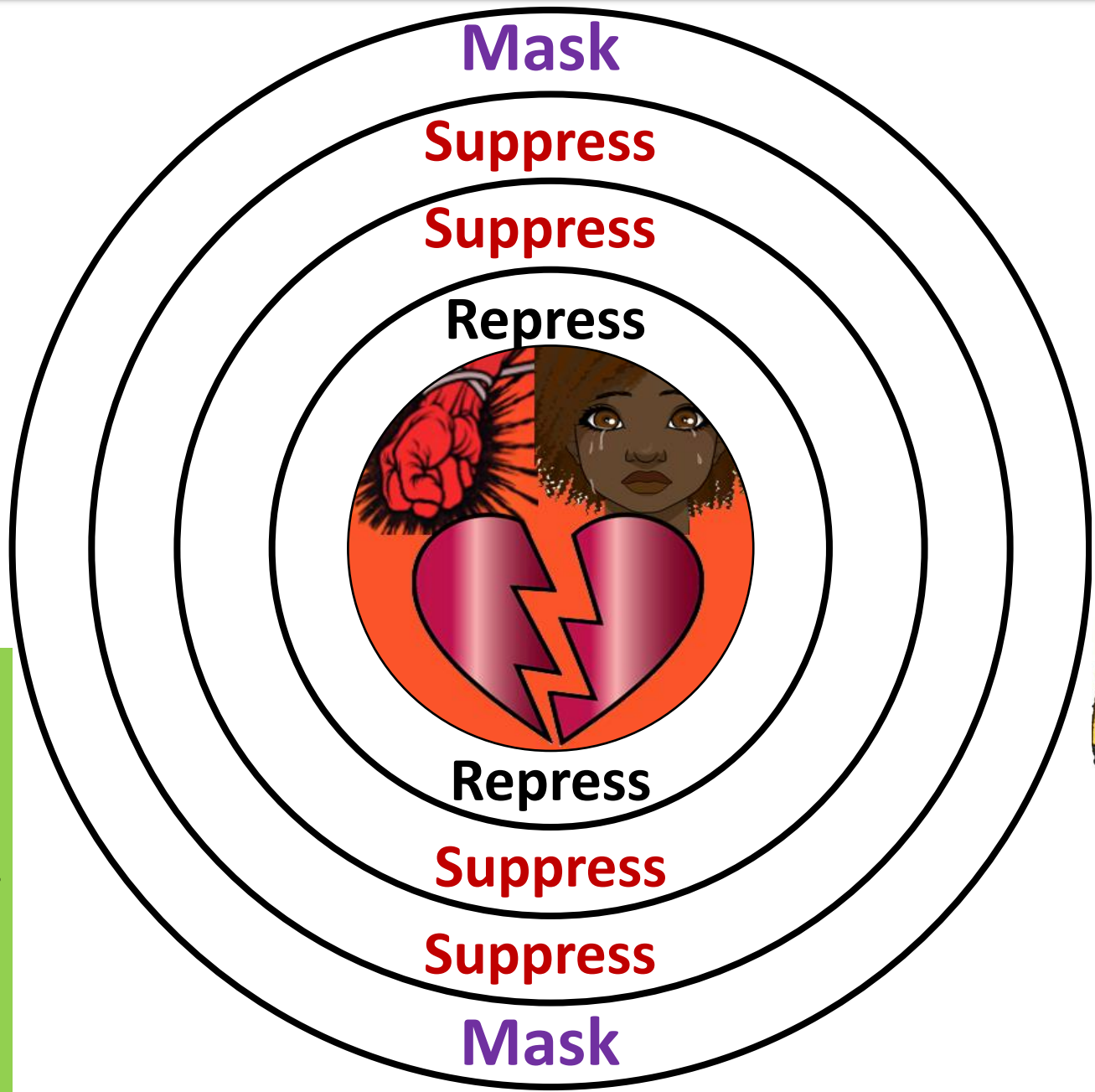
A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm orange and yellow light. The child's silhouette is dark against the bright, colorful sky of a sunset or sunrise. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The lantern is made of a textured, crumpled paper material. The child's hand is visible, holding the bottom edge of the lantern's frame.

Session 3

Defences and Layers



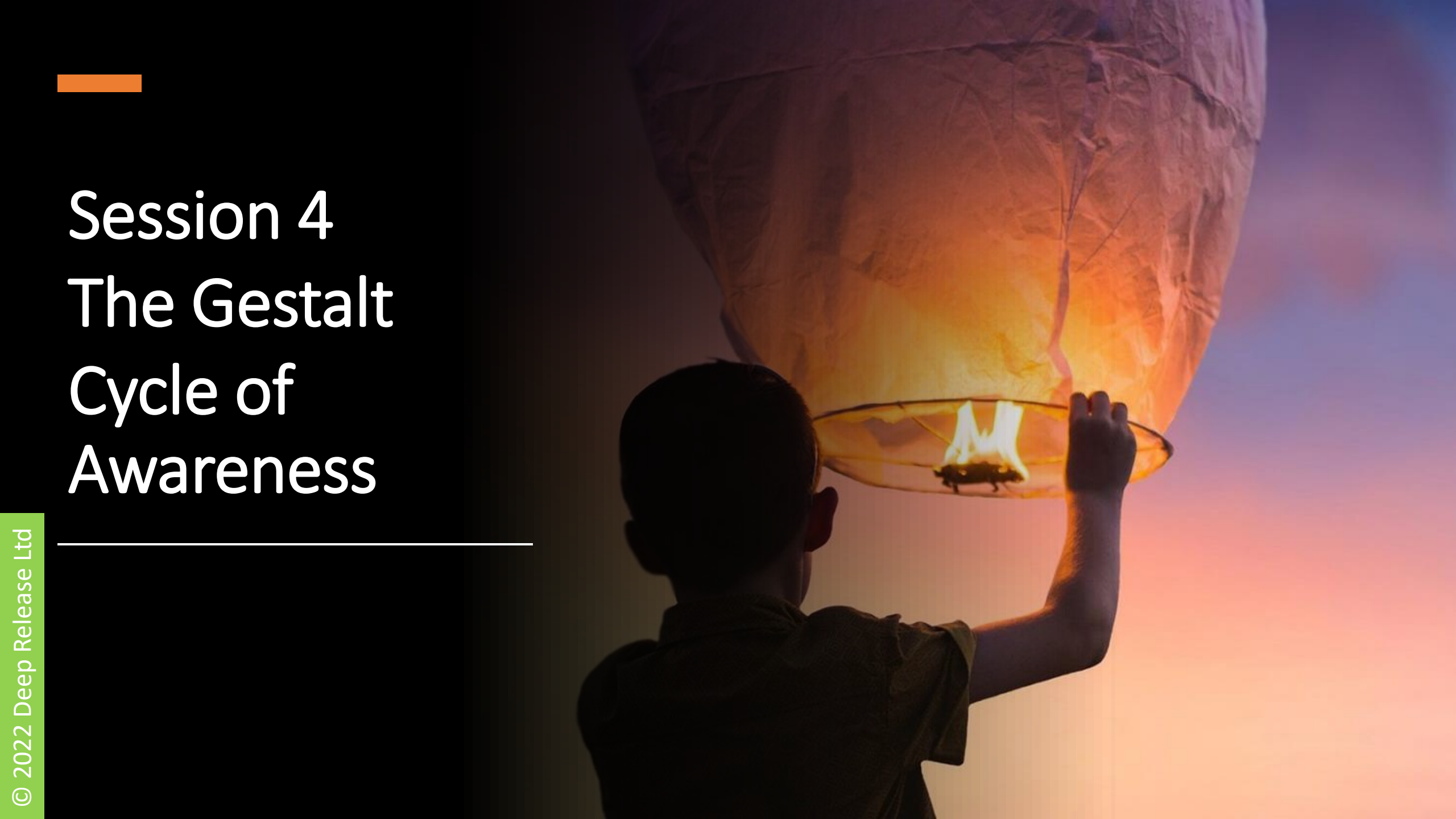
LAYERS OF DEFENCES



DOWN THROUGH THE LAYERS

“Dare I show you who I am?”

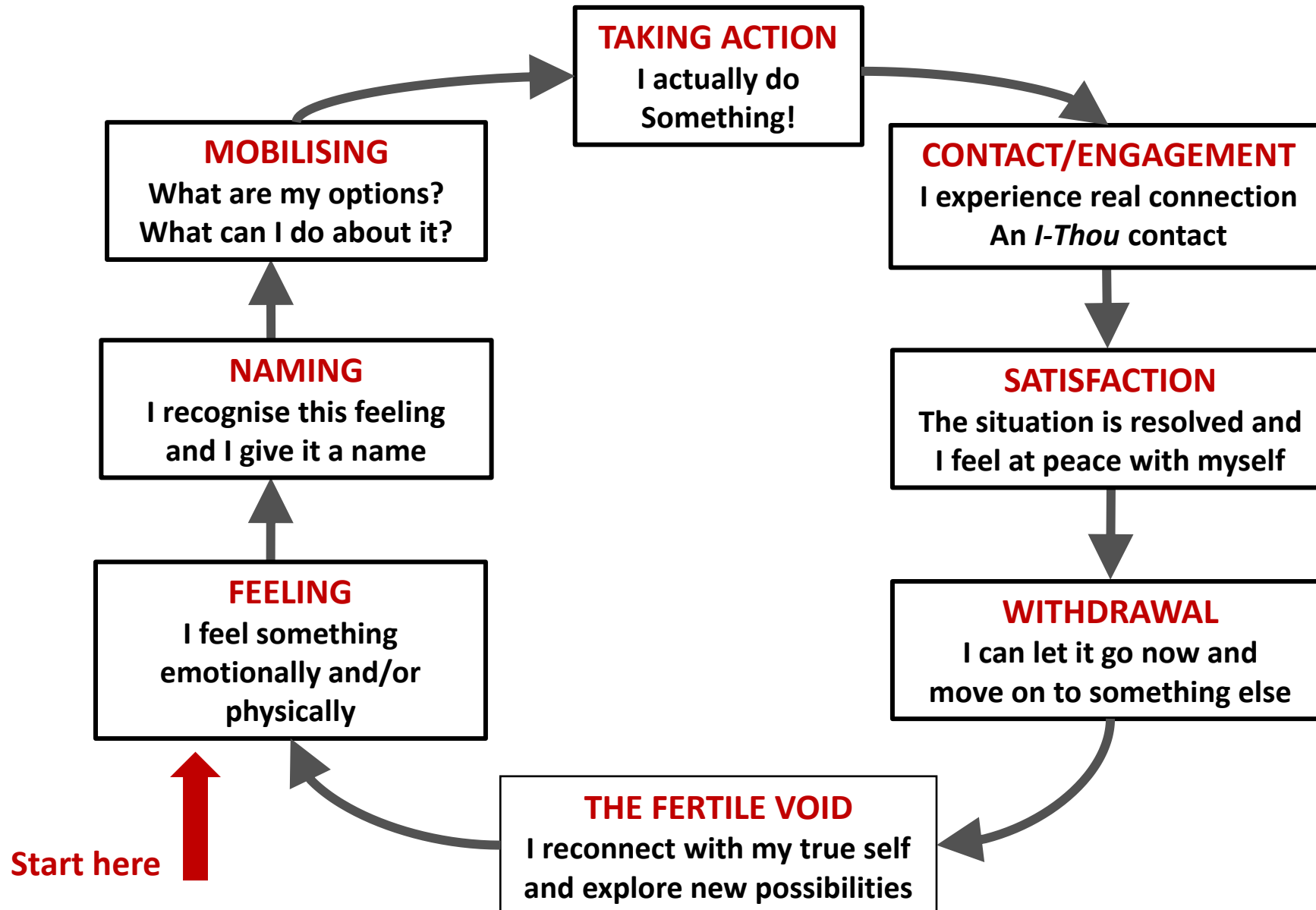


A person is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm, orange light. The person's hand is visible, holding the bottom edge of the lantern. The background is a soft, hazy sky with a gradient of colors from light blue to orange, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Session 4

The Gestalt Cycle of Awareness

THE GESTALT CYCLE OF AWARENESS





INTERVIEW WITH KATY

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm, orange glow. The child's silhouette is dark against the bright, colorful sky of a sunset or sunrise. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The lantern is made of a textured, light-colored paper and has a circular opening at the bottom where the flame is visible. The child's hand is raised, holding the edge of the lantern's opening. The overall mood is peaceful and hopeful.


Session 5

Finding your Voice

WHAT TRIGGERED ME

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



A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm orange and yellow light. The child's silhouette is dark against the bright, colorful sky of a sunset or sunrise. The sky transitions from a deep orange near the horizon to a soft purple and blue at the top. The lantern is made of a textured, slightly wrinkled paper. The child's hand is visible, holding the bottom rim of the lantern. The overall mood is peaceful and contemplative.

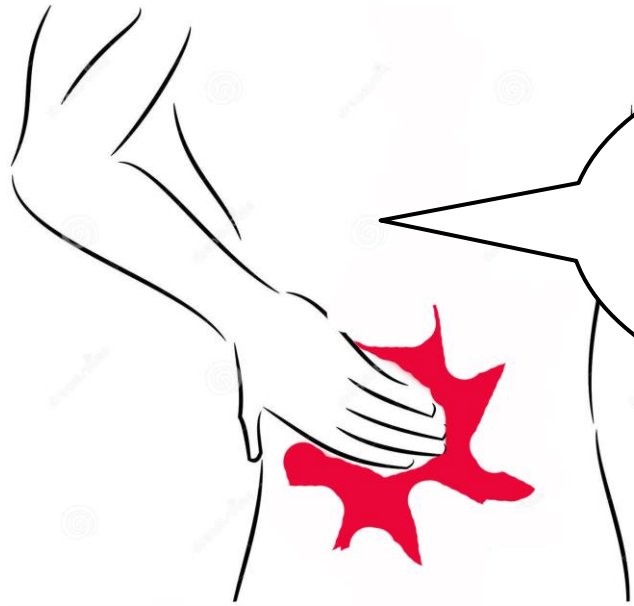
Session 6

Working with the Body

WORKING WITH THE BODY

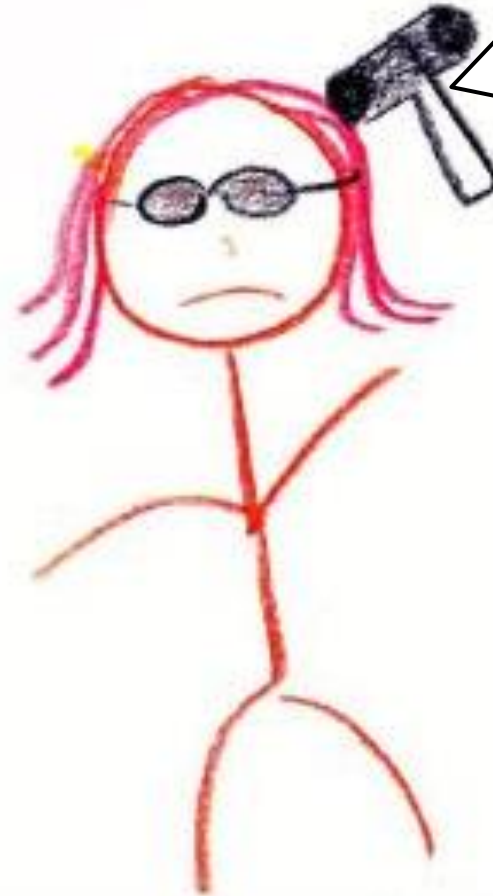
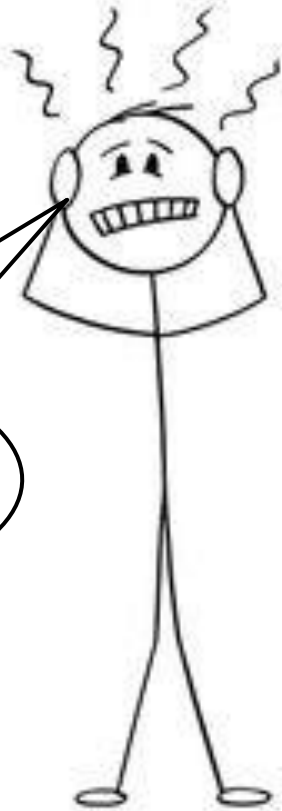


WORKING WITH THE BODY



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

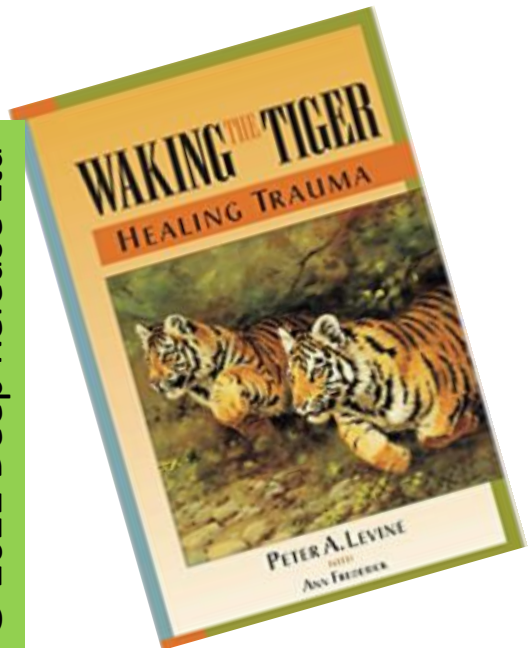
*This is too
much!*




*You need
some sense
knocking
into you!*



**Your body hears
everything your mind
says**



A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm, orange glow. The child's hand is visible, holding the bottom edge of the lantern. The background is a soft, hazy sunset sky with shades of orange, pink, and blue. The overall mood is peaceful and contemplative.

Session 7

Working with Sound



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




online & face to face therapy tool

Instant download

Erikson's Life Stages



online & face to face therapy tool

Instant download

Wheel of Life



online therapy tool

Instant download

Working with Animal Figures Online Pack



online therapy tool

Instant download

Therapeutic Sandscapes™ Online Pack

Instant Online Training Videos from Deep Release

Buy 2 get 1 free on all videos – discount automatically applied at checkout



Disordered Eating and Attachment – Training Video

£30.00



Working Creatively with Dreams – Training Video

£30.00



Working Creatively with Aspects of Self – Training Video

£30.00



Mending Broken Relationships – Training Video

£30.00



Using TA Creatively in Counselling – Training Video

£30.00



Working Creatively with the Inner Child in Counselling Training Video

£30.00



Working Creatively with Blocked Anger – Training Video

£30.00



Working Creatively with Nesting Dolls in Counselling – Training Video

£30.00



Working with Gestalt in the Counselling Room – Training Video

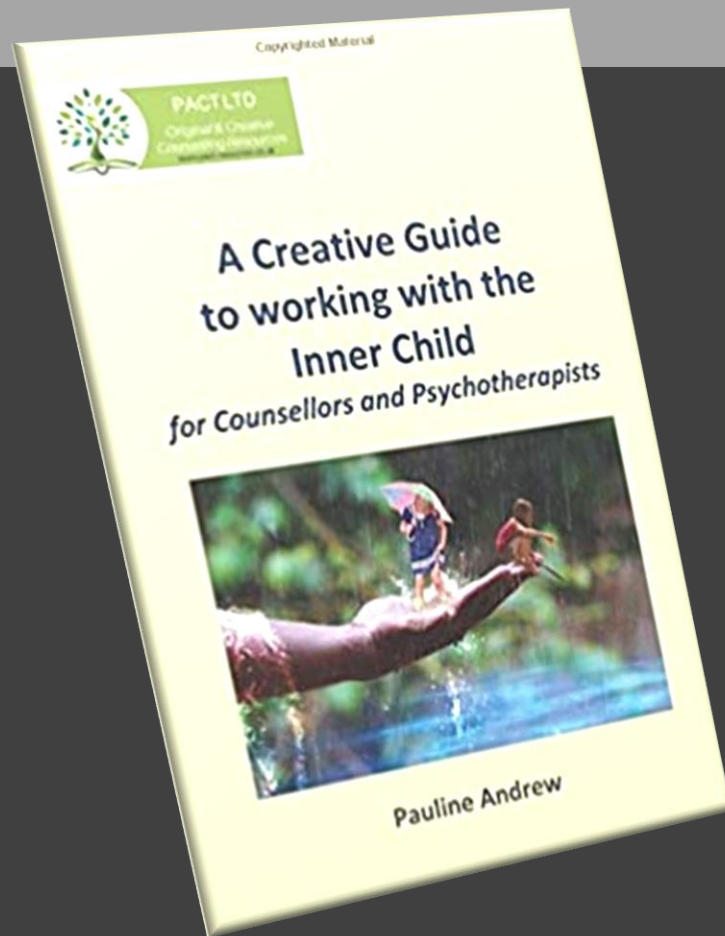
£30.00



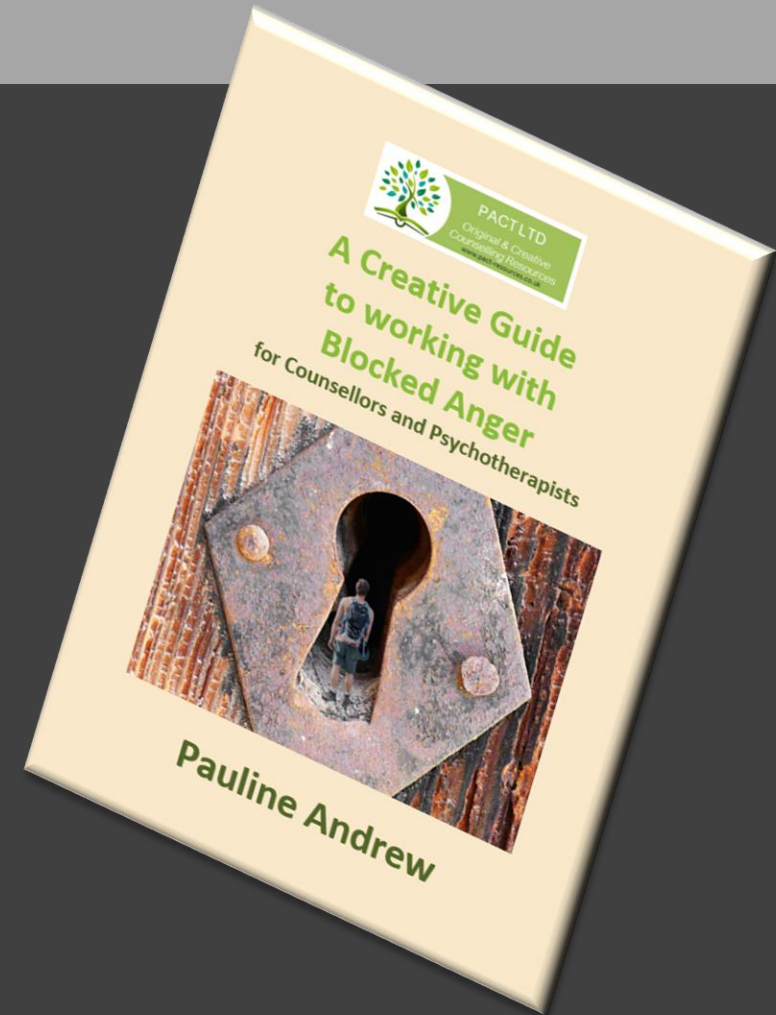
Attachment Behaviour in the Counselling Room – Training Video

£30.00

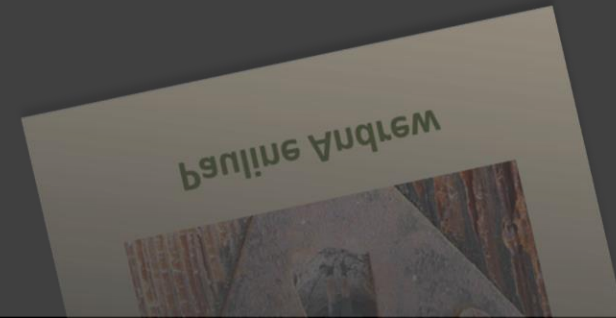
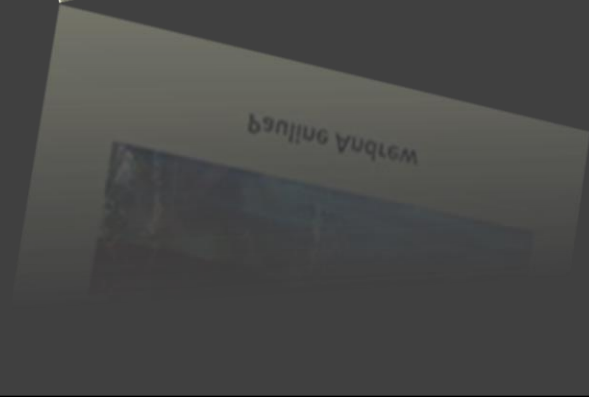




Now available on Kindle
and as Paperback
from Amazon.co.uk
and Paperback from
www.pact-resources.co.uk



**A Creative Guide to
Working with Nesting Dolls**
for counsellors and
psychotherapists



CONNECT WITH US!

FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



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



Edit

Deep Release Ltd - Counselling & Training

Private group 1.4K members



+ Invite

CONNECT WITH US!

YOUTUBE CHANNEL

Search: Pauline Andrew Creative Counselling

- Lots of videos on working creatively
- Please subscribe!

Or visit:

[YouTube.com/c/PaulineAndrewCreativeCounselling](https://www.youtube.com/c/PaulineAndrewCreativeCounselling)



YOUTUBE CHANNEL

Search: Brain Body and Beyond

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



Please send us
your feedback!



info@deeprelease.org.uk



<https://www.info@deeprelease.org.uk>

<https://www.pact-resources.co.uk>

Thank you