



**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

Уренко  
любов  
lyubov  
Kärlek  
محبت  
Kocham

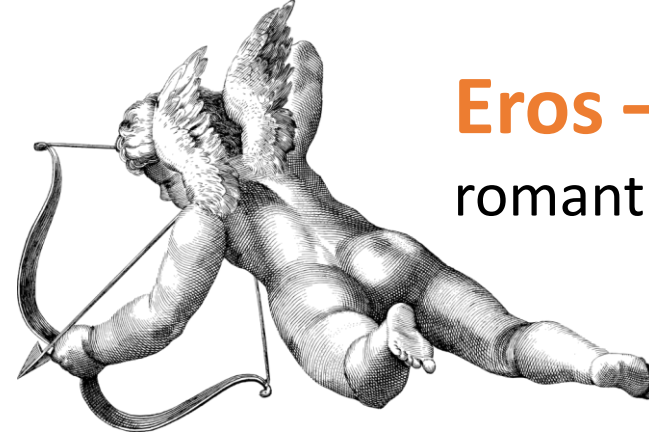




# Greek words for Love



**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

+ Save

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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

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

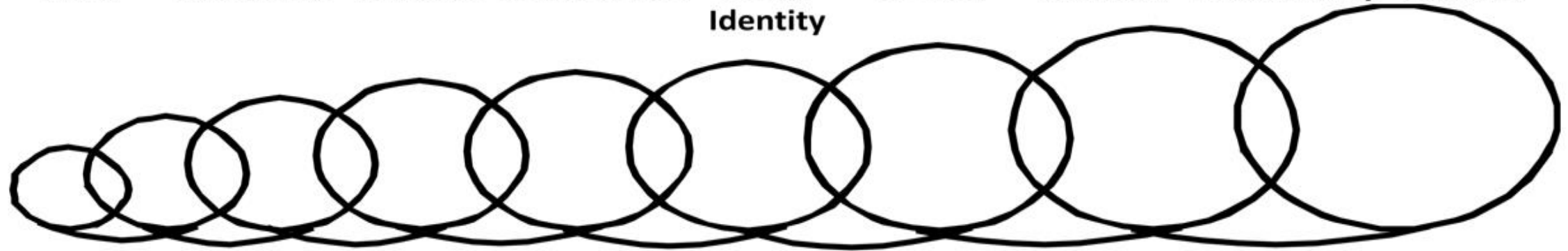
Group  
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Mistrust

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 against a sunset sky. The lantern is made of crinkled paper and has a small flame inside. The child's silhouette is dark against the bright, orange and yellow light of the setting sun. The sky transitions from a deep orange near the horizon to a darker blue at the top.

# Session 2

## A bit of Neuroscience

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with Dr Chris

# THE TWO SIDES OF THE BRAIN

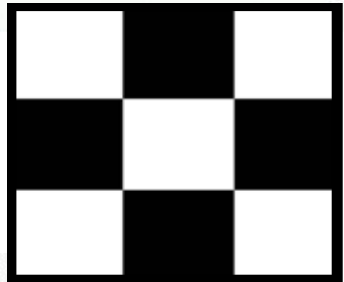
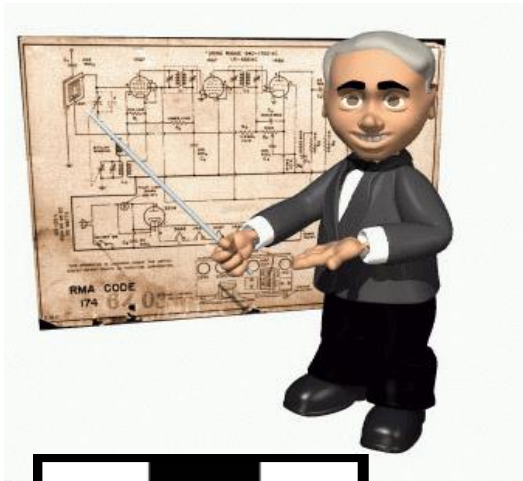


$x \sqrt{a+bx} dx$   $8 \times 7 = 56$   $79$   $x^2$   $42$   $51 + 1$   
 $3 + 2$   $9 \times 10 = 90$   $\sqrt{5}$   $2 \times 4$   $5 \times 4 = 20$   $32$   $48$   
 $12$   $6 + 7 = 13$   $21 - 3 = 18$   $45 \div 10 = 4.5$   $\sqrt{6}$   $x^2$   
 $78$   $83$   $a$   $b$   $4 + 5 = 10$   $b \frac{1}{2} a$   $48 - 8 = 40$   $a$   
 $21$   $y = \frac{1}{8} \left( \sqrt{\frac{(3x-5)}{2}} \right) \times$   $\int \frac{3}{x^2} dx$   $x$   $\int \frac{36}{x^2} dx$   $x$   $\int \frac{3}{x^2} dx$   $x$   $\int \frac{3}{x^2} dx$   $x$   
 $x$   $a$   $\left( \frac{3x-5}{2} \right) \times$   $\int \frac{3}{x^2} dx$   $x$   $\int \frac{36}{x^2} dx$   $x$   $\int \frac{3}{x^2} dx$   $x$   
 $7 \times 6 = 42$   $83 \times 1$   $65 - 60$   $5$   $1$   $x$   $1502$   $20$   $5 + 6 = 11$   
 $a$   $9 \times 7 =$   $4 \times 36$   $\sqrt{}$   $35$   $(x)$   $60$   $151$   $20$   $7$   
 $22) \int \sqrt{a}$   $+ bx^2 + C$   $(3)$   $28$   $45$   $6$   $17$   $20$   $106 b^2$   
 $x^2$   $5 \times 6 = 30$   $48$   $8$   $6$   $(20)$   $20$   $106 b^2$   
 $9 \times 6$   $4$   $12 abx + 3b^2 x^2$   $105 b^2 + C$   $45$   $7$   $8$   $x$   
 $a$   $\frac{x^2}{\sqrt{a-bx}}$   $(a-bx)$   $\sqrt{(a+bx)^3}$   $45$   $7$   $8$   $x$   
 $\frac{x^2}{\sqrt{a-bx}}$   $(a-bx)$   $\sqrt{(a+bx)^3}$   $45$   $7$   $8$   $x$





# LEFT AND RIGHT BRAIN



> “No!”

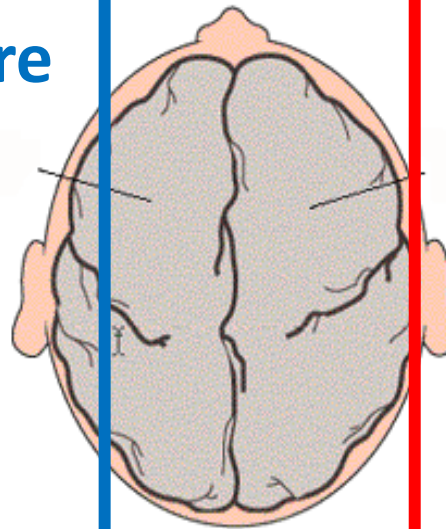
## The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



## The Right Hemisphere

RELATIONAL

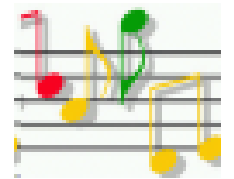
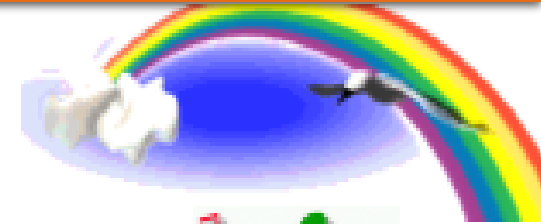
ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING



< “Why Not?”

# THE TOP-DOWN BRAIN

**Cortex**

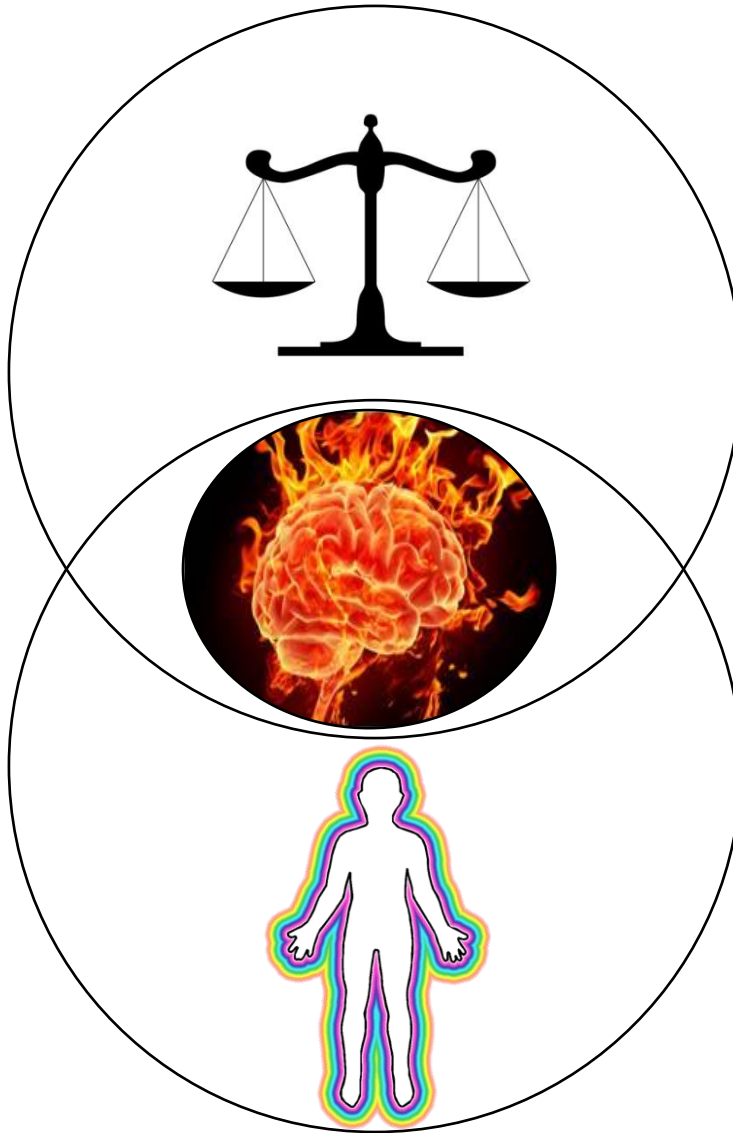
**Thinking**

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

**Feeling**

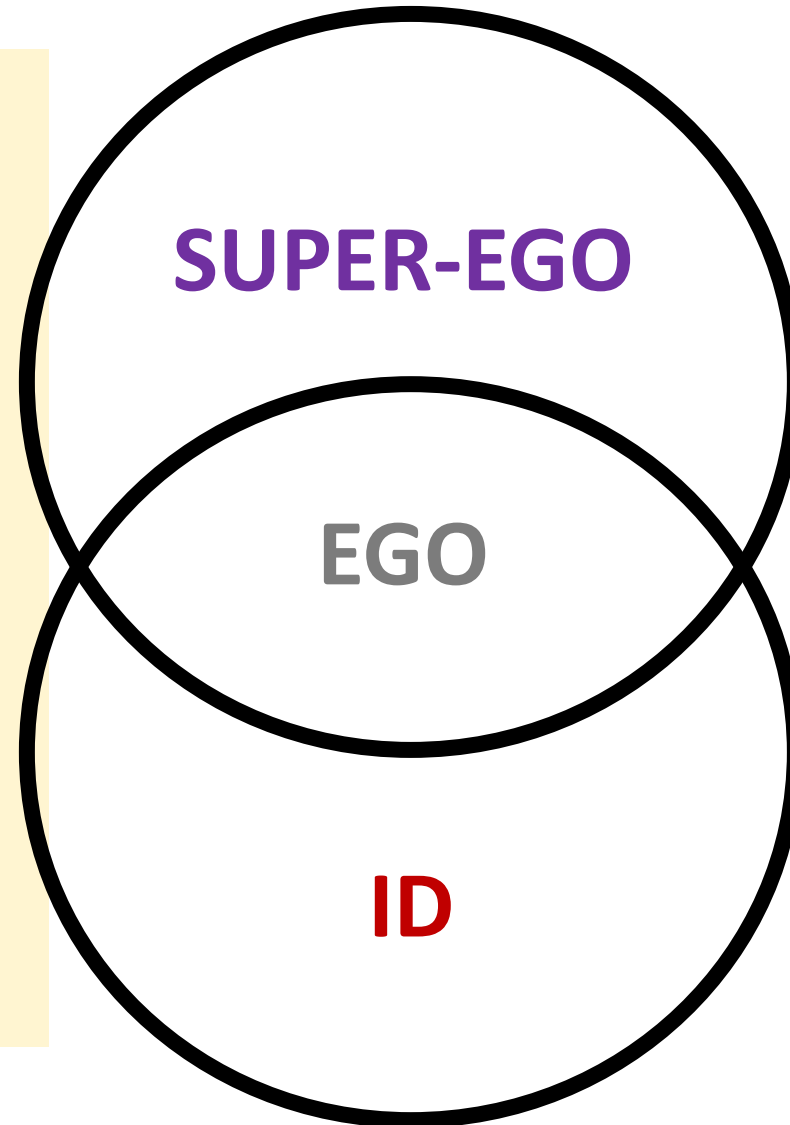
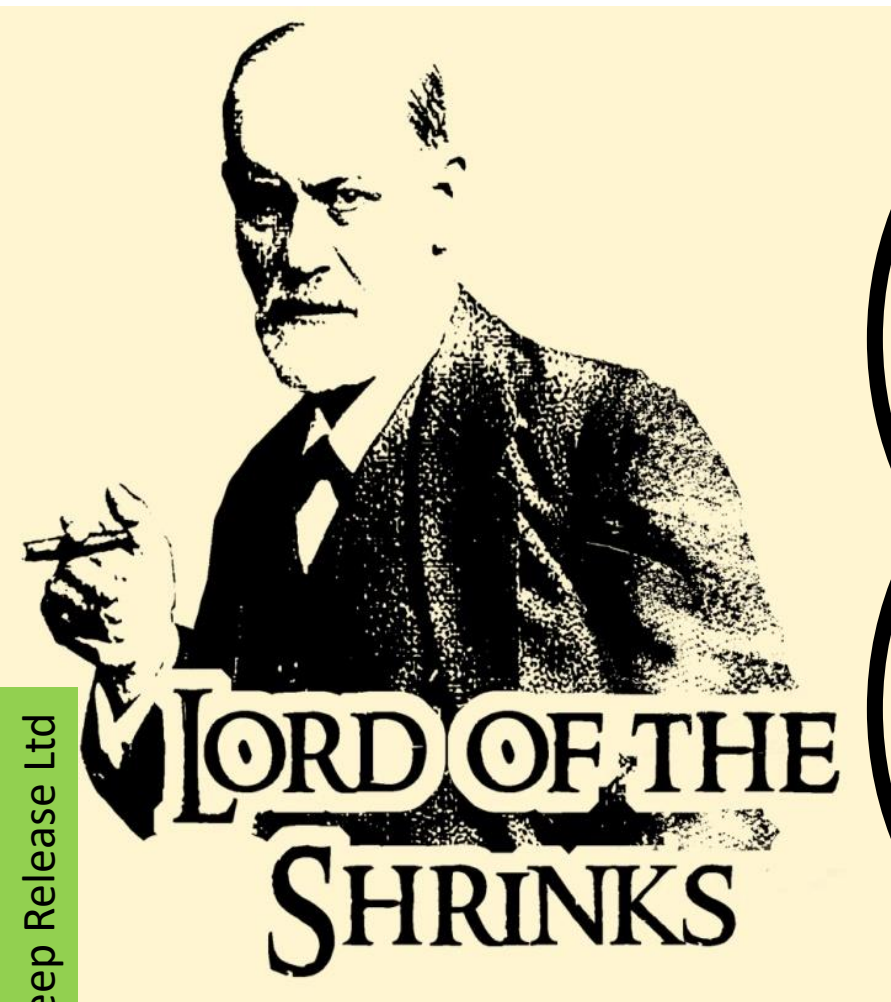
**Hindbrain**

**Being/Doing**





# FREUD'S THEORIES

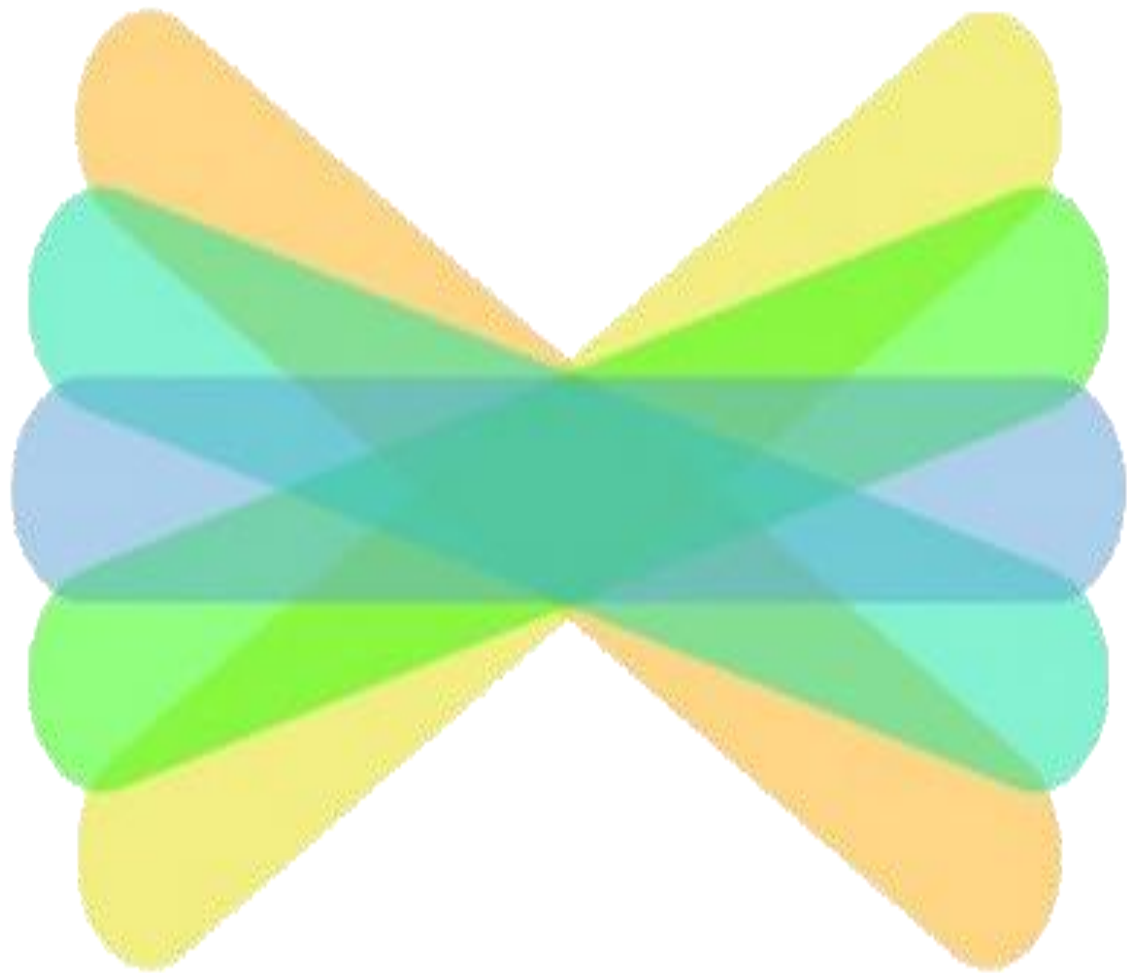


**Parent**

**Adult**

**Child**

**Transactional  
Analysis**



**Parent**

**Adult**

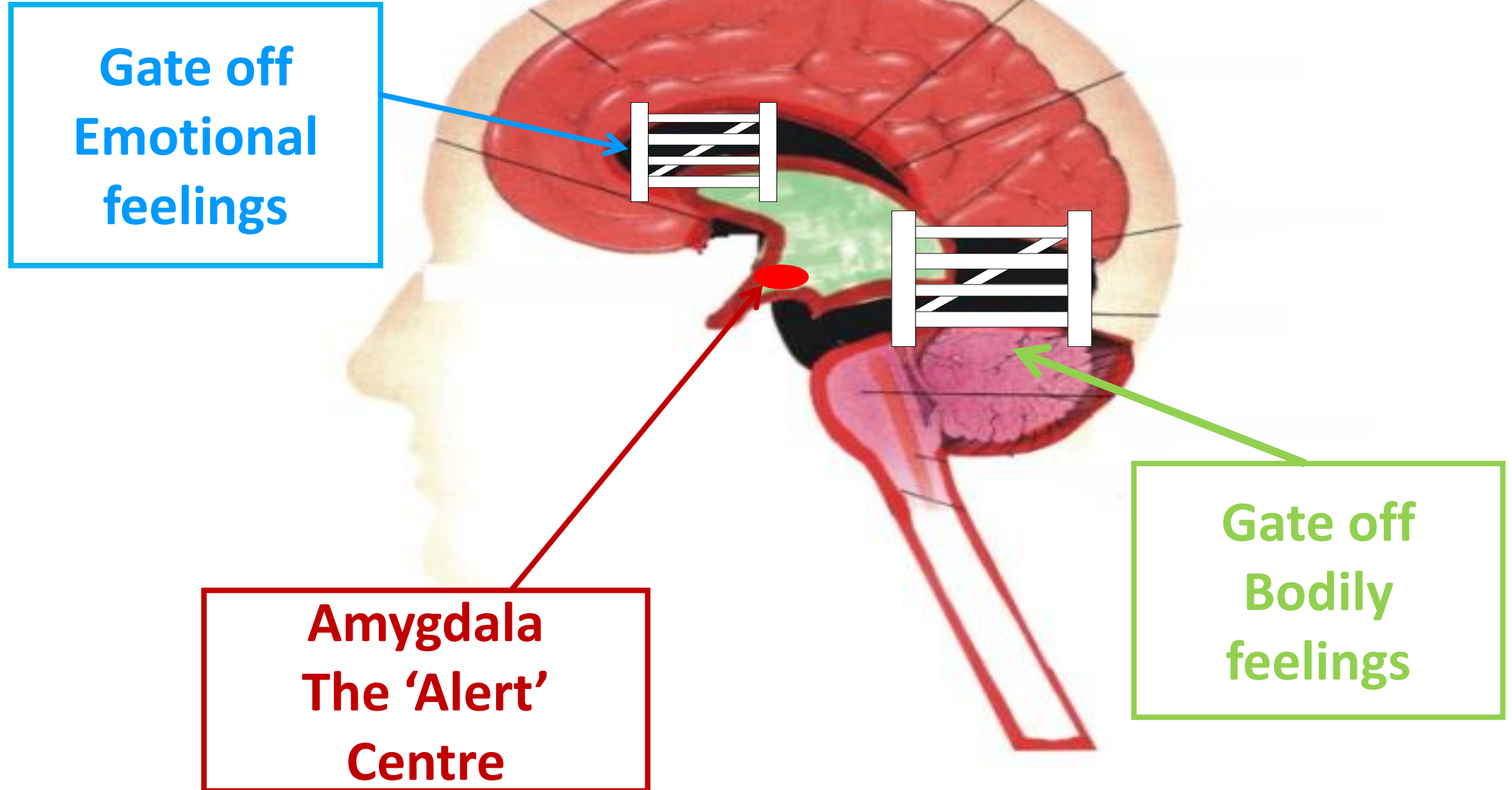
**Child**

**Transactional  
Analysis**





# THE SPLIT BRAIN

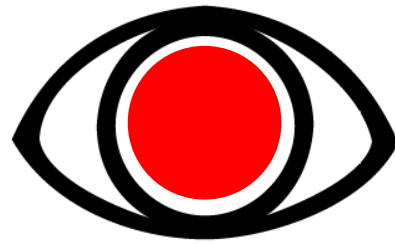




**Feather-horned Beetle**



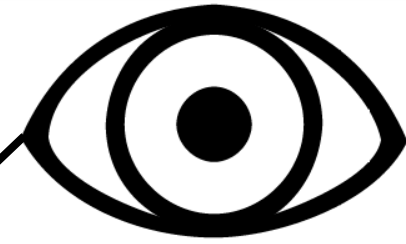
# FRIEND OR FOE?



**FOE**  
*Pupil  
dilates*



**Cortex**



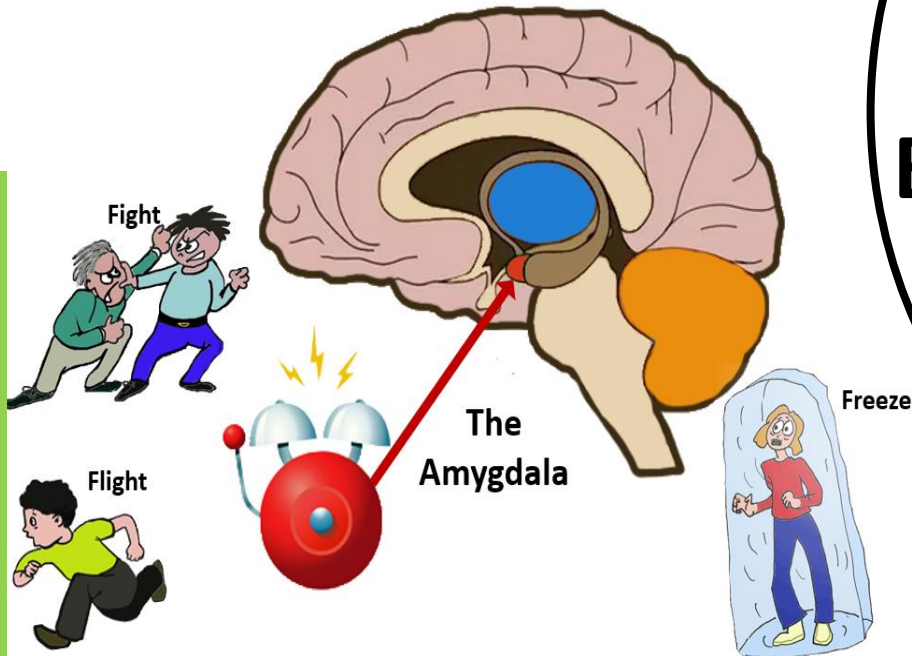
**FRIEND**  
*Pupil  
constricted*

**Left  
Brain**

**Limbic  
System**

**Right  
Brain**

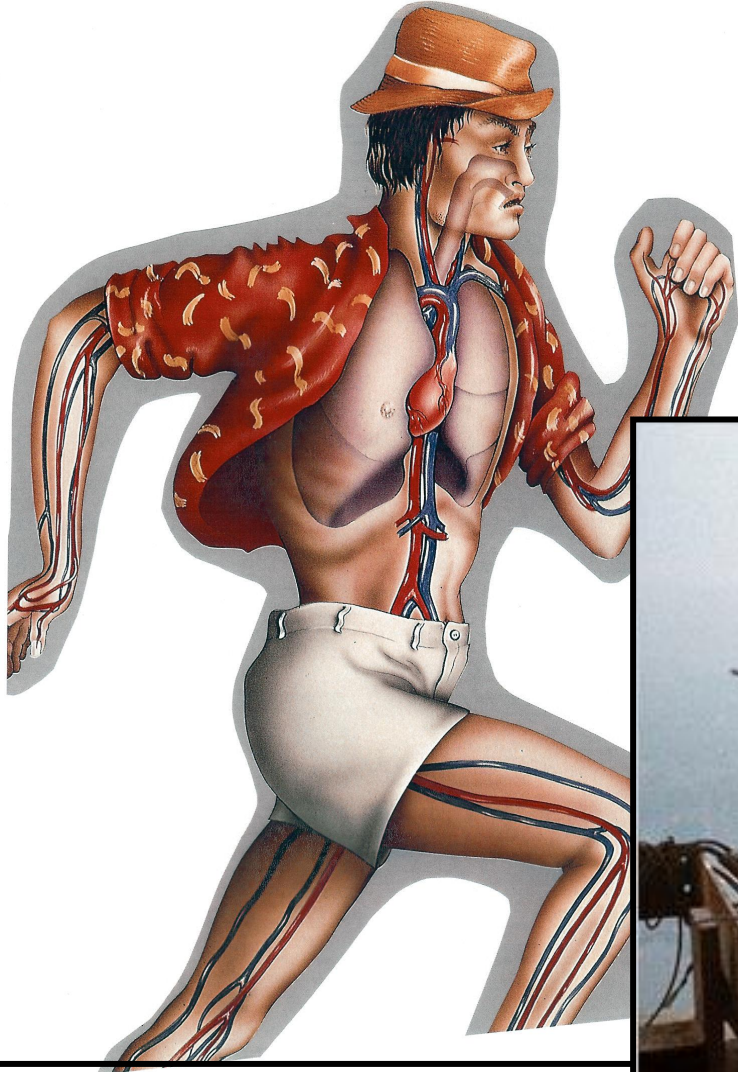
**Hindbrain**





# THE AUTONOMIC NERVOUS SYSTEM

## SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



## PARASYMPATHETIC SYSTEM – CHILL





# EMOTIONAL (AFFECT) REACTIONS

## Looking at the way I feel

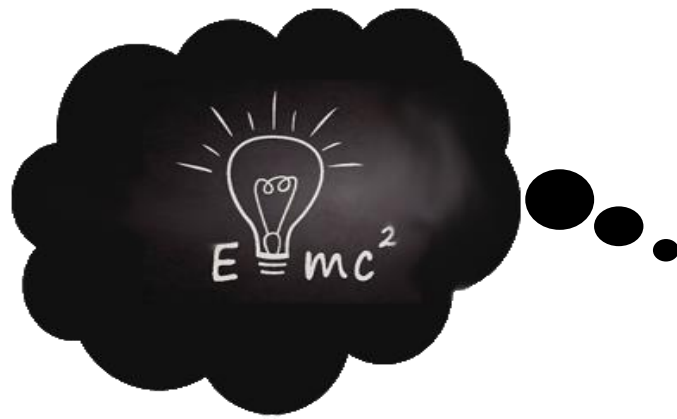




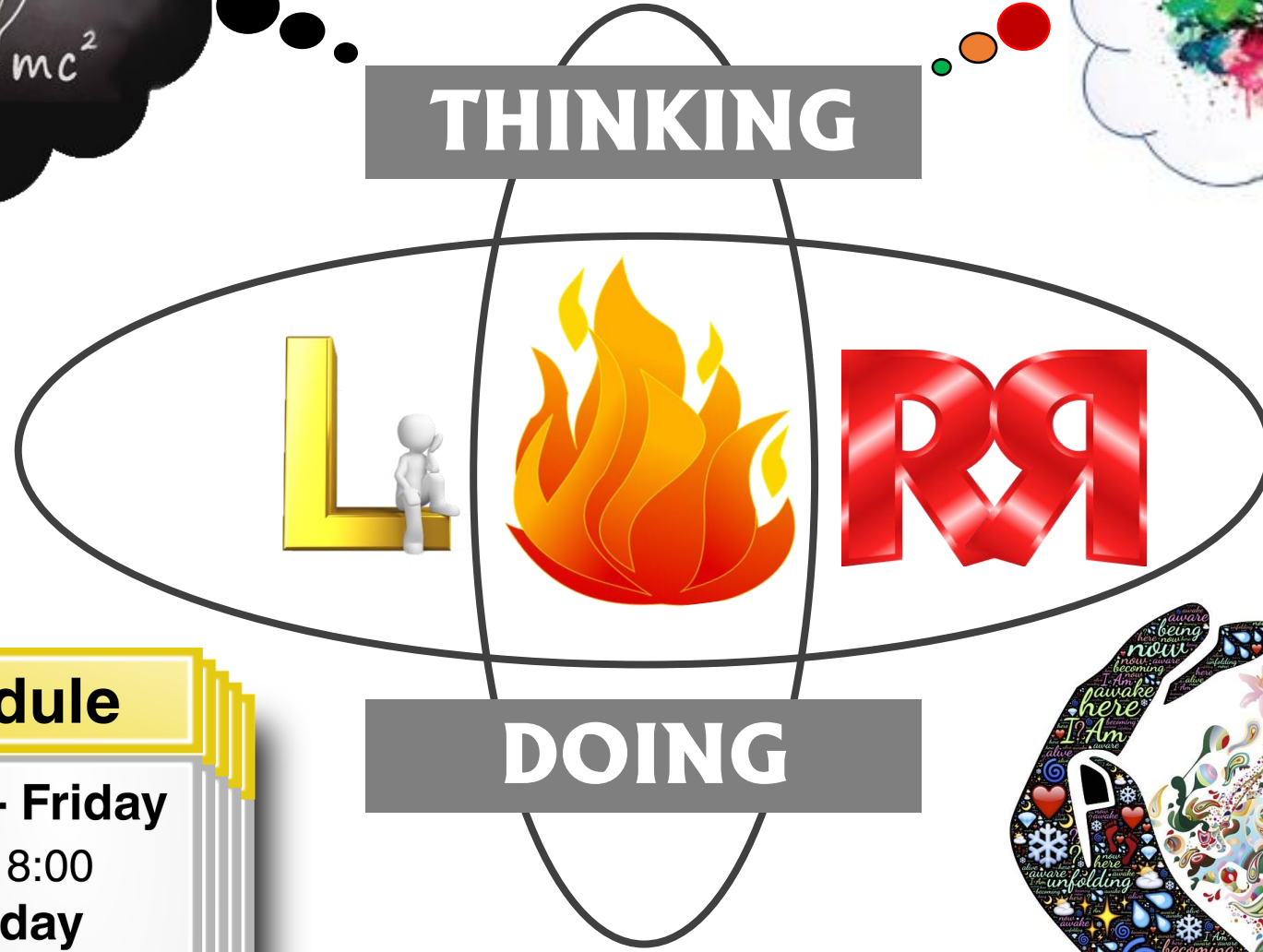


**AMYGDALA**





THINKING



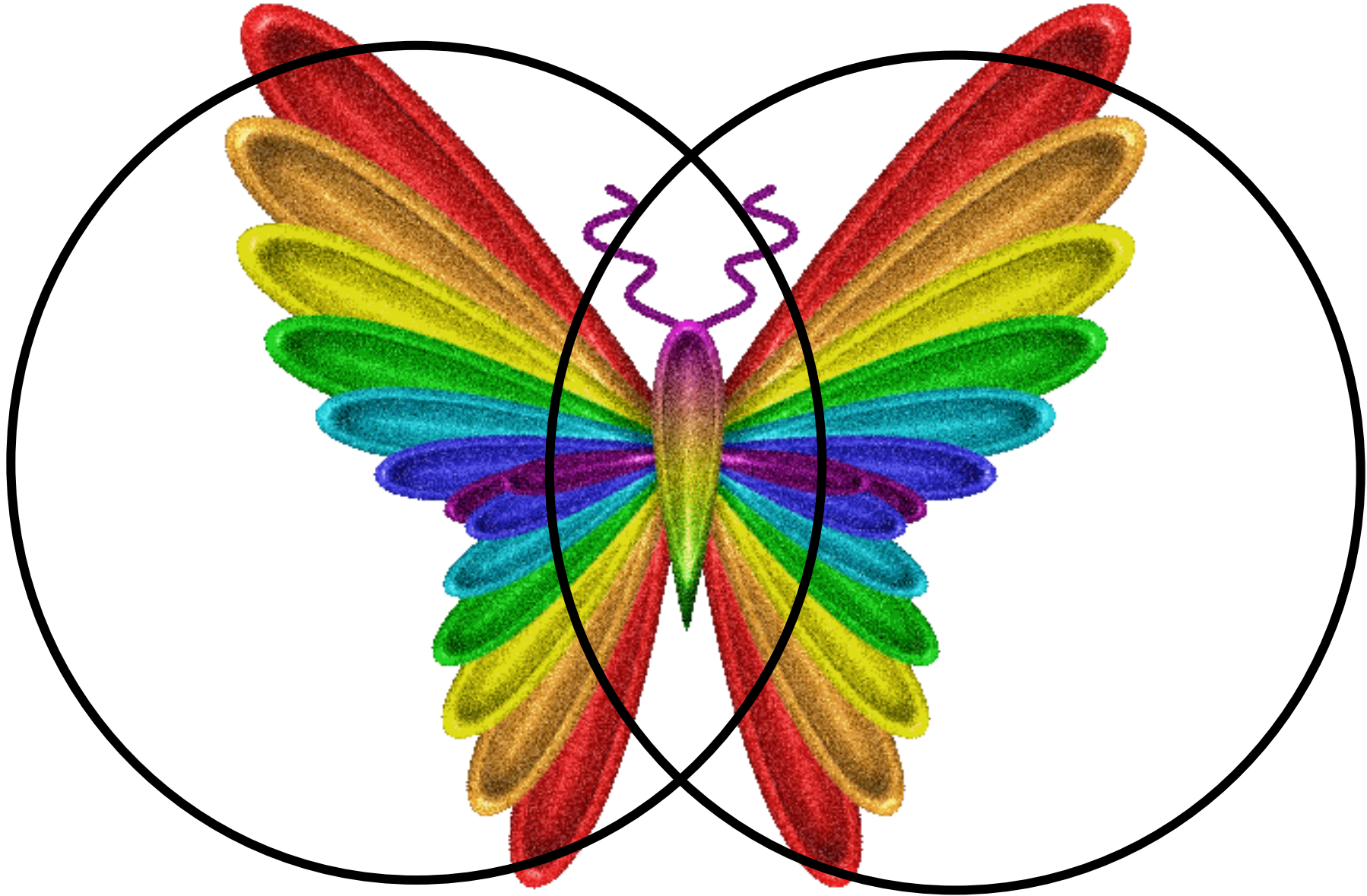
**Schedule**

**Monday - Friday**  
8:30 - 18:00

**Saturday**  
8:30 - 13:30



# BALANCE





# Session 3

## Defences and Layers

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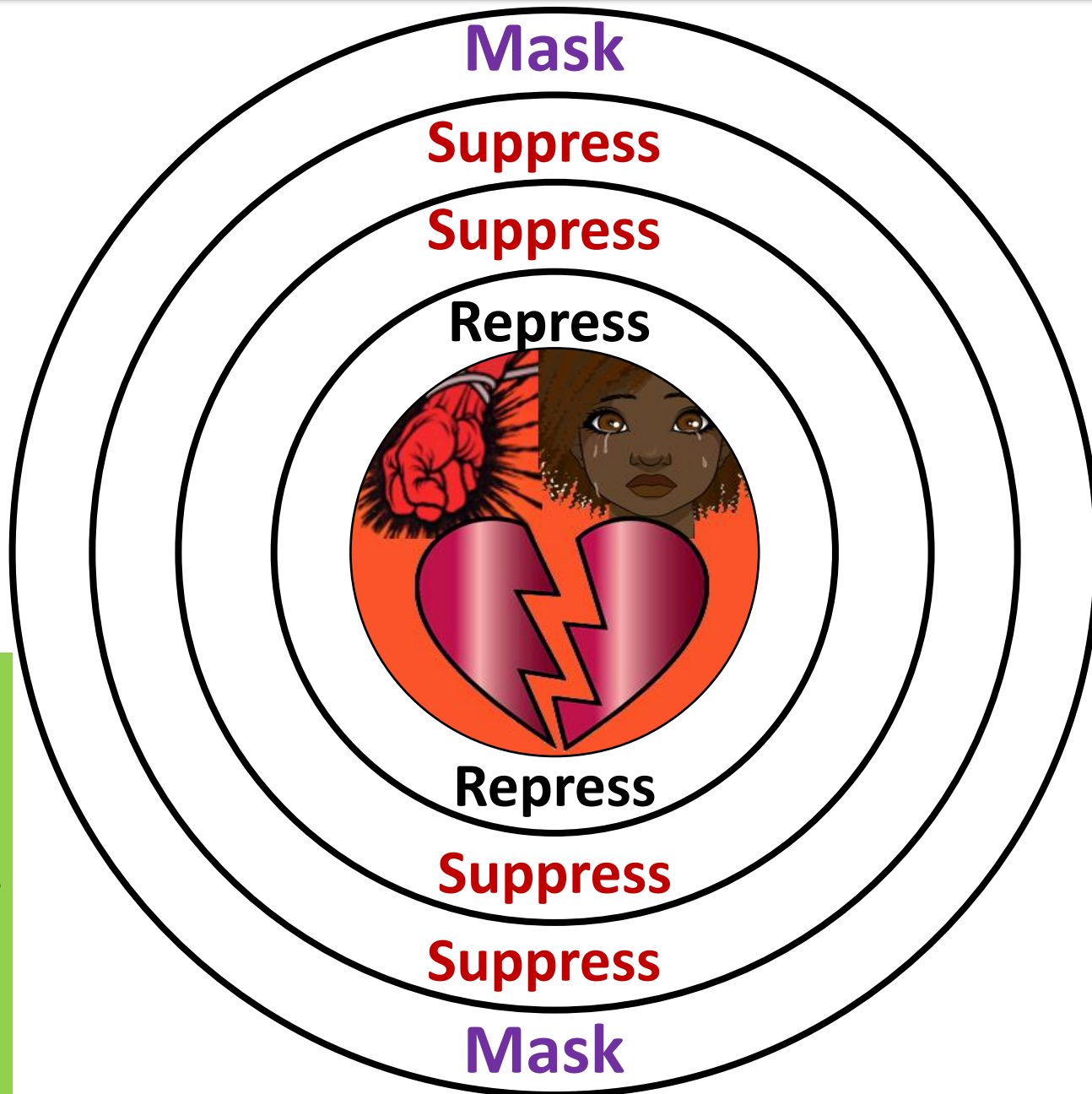








# LAYERS OF DEFENCES






## DOWN THROUGH THE LAYERS

*“Dare I show you who I am?”*





# Session 4

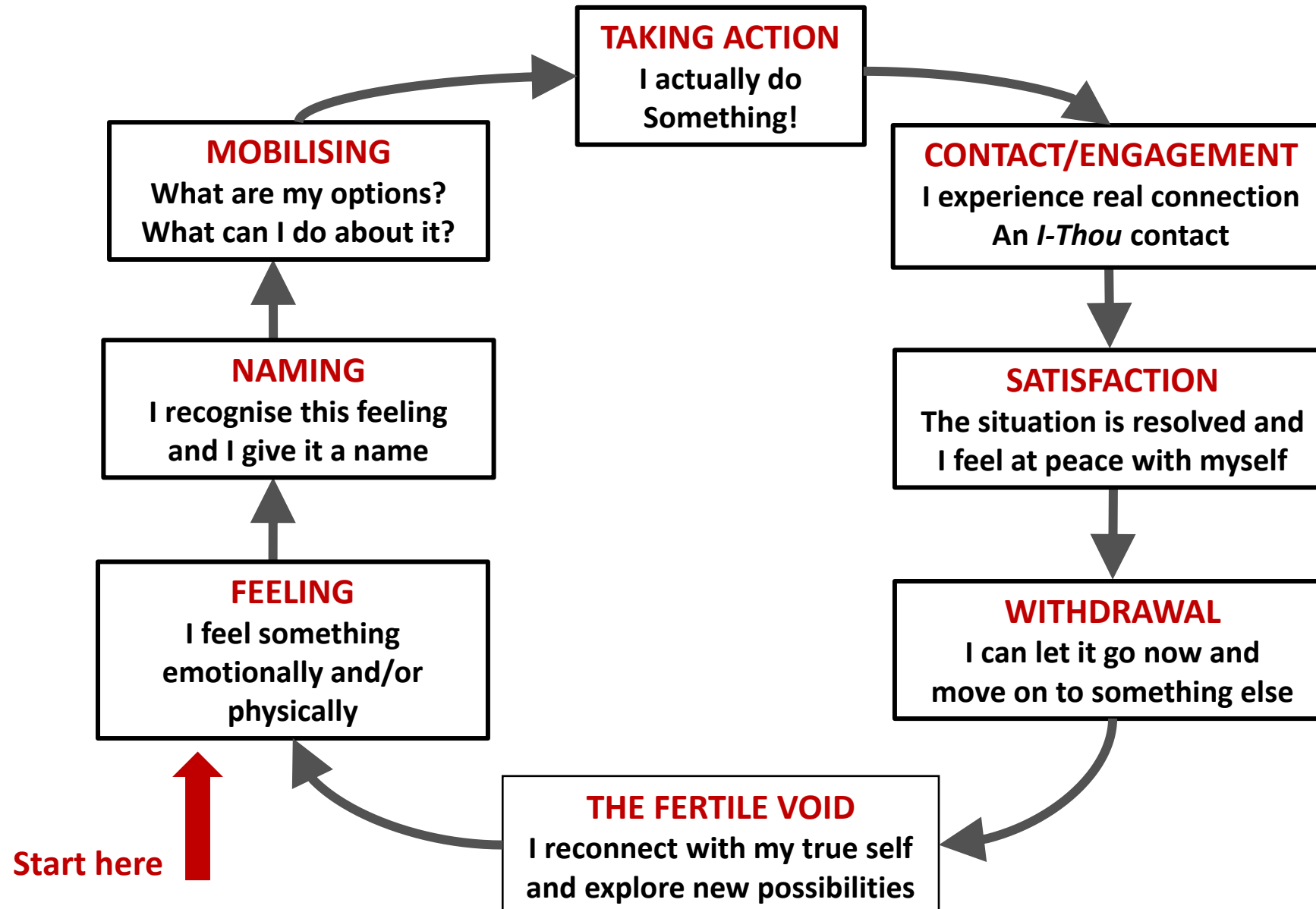
## The Gestalt Cycle of Awareness

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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

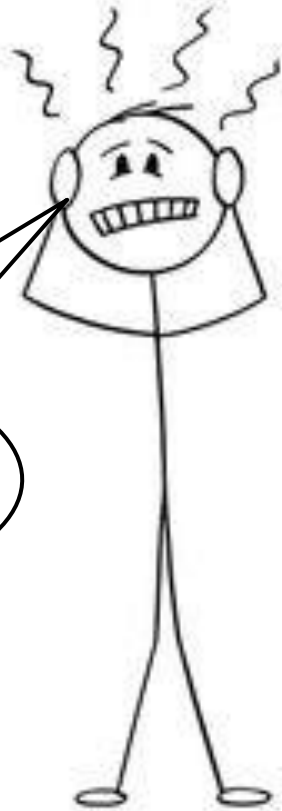




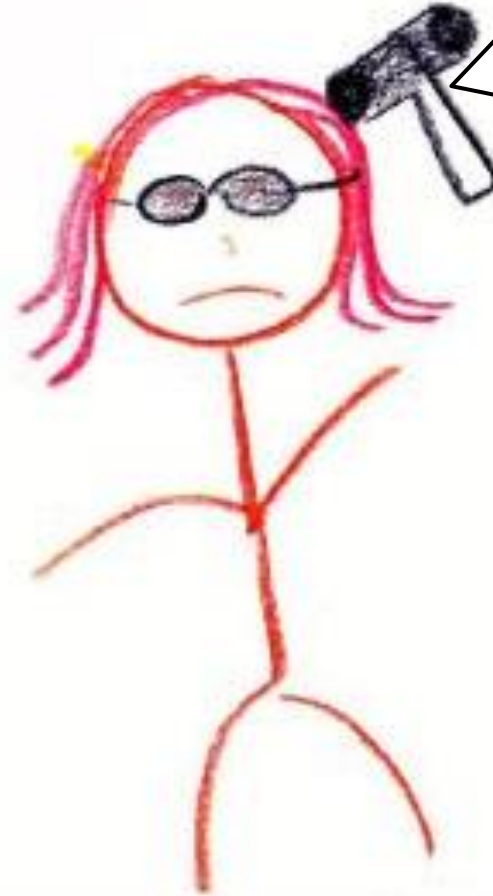
# WORKING WITH THE BODY



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

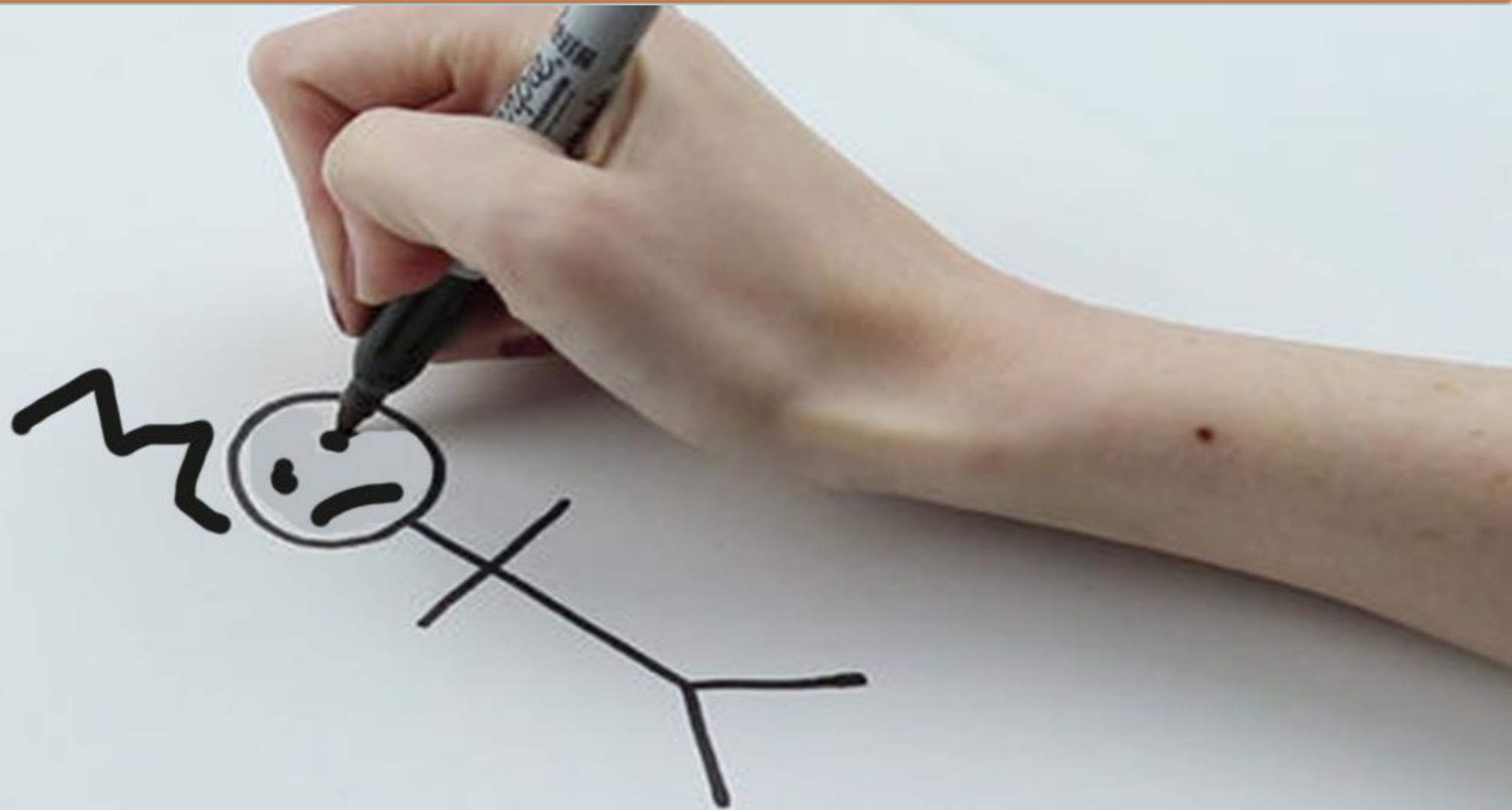


*This is too  
much!*

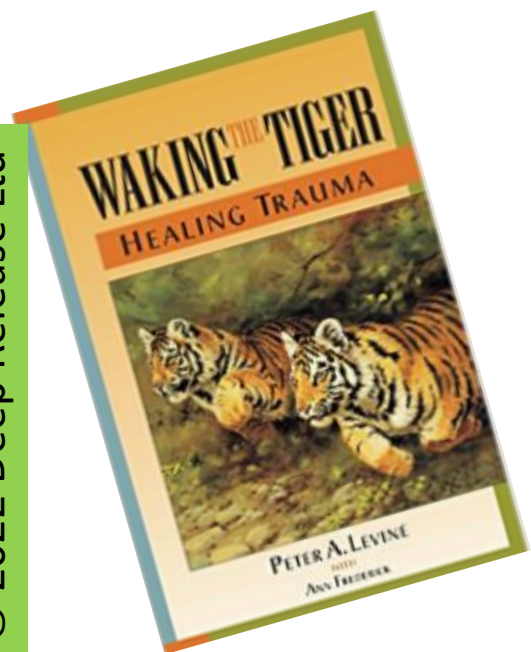


*You need  
some sense  
knocking  
into you!*

# THE MESSAGE FROM YOUR BODY







<https://youtu.be/z41x1BaXMdE>





# Session 5

## Finding your Voice

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# Working with Cards : Dixit Cards

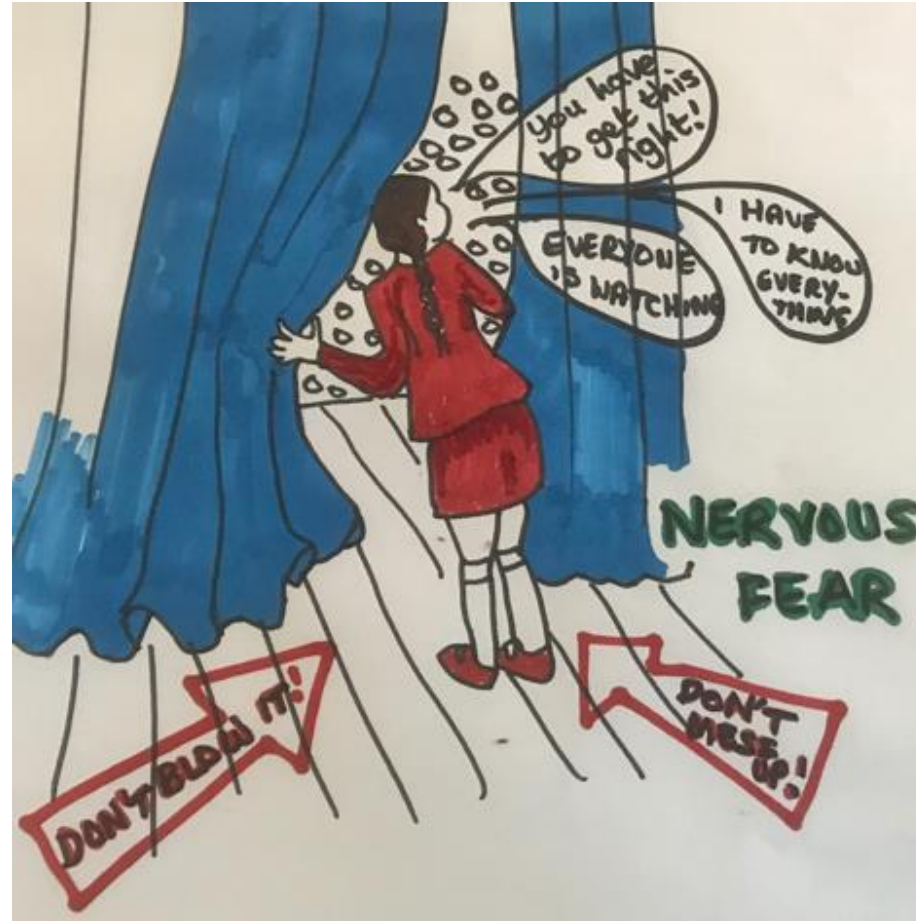


QUEST





# Working with Cards : Dixit Cards





## What **Triggered** Me


- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1. I felt excluded.                 | 13. I felt like the bad guy.    |
| 2. I felt <b>powerless.</b>         | 14. I felt forgotten.           |
| 3. I felt unheard.                  | 15. I felt <b>unsafe.</b>       |
| 4. I felt scolded.                  | 16. I felt unloved.             |
| 5. I felt judged.                   | 17. I felt it was unfair.       |
| 6. I felt <b>blamed.</b>            | 18. I felt frustrated.          |
| 7. I felt disrespected.             | 19. I felt <b>disconnected.</b> |
| 8. I felt <b>lack</b> 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 <b>uncared</b> for.  |
| 11. I felt <b>ignored.</b>          | 23. I felt manipulated.         |
| 12. I felt I couldn't be honest.    | 24. I felt <b>controlled.</b>   |

**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 Dreams – Training Video

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Using TA Creatively in Counselling – Training Video

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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

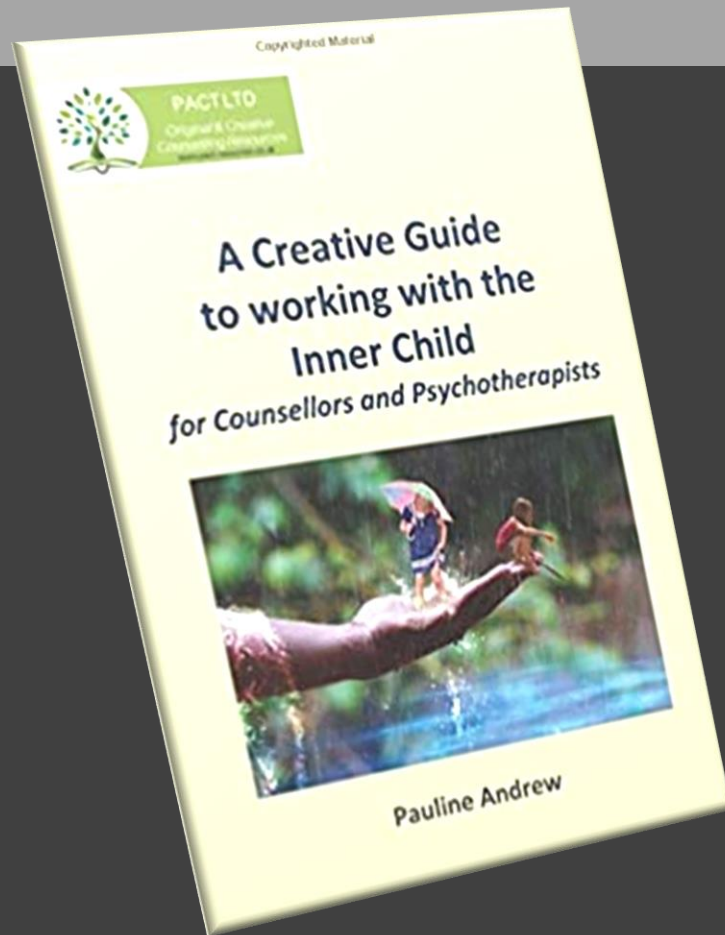
£30.00



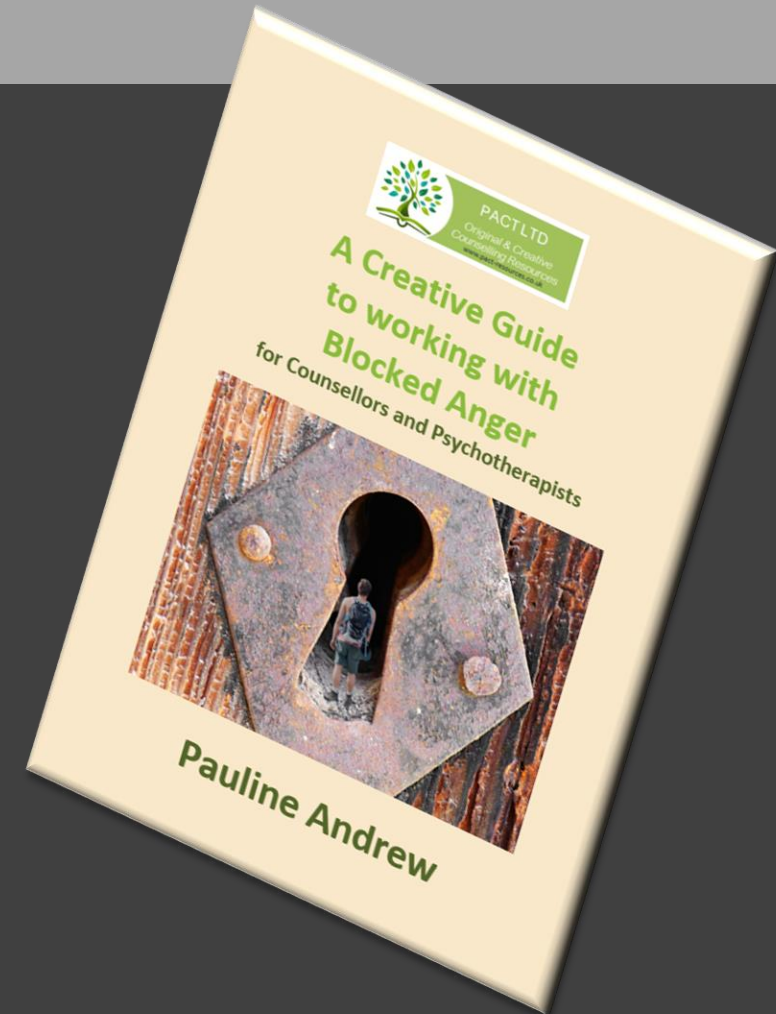
Attachment Behaviour in the Counselling Room – Training Video

£30.00

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



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Private group 1.4K members



+ Invite

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*Thank you*