



Deep Release Online
Professional Training for Counsellors

OVERCOMING STRESS & ANXIETY



DR CHRIS ANDREW MRCPsych, MA (Couns/Psych), UKCP

LIFE'S EASY, ISN'T IT?

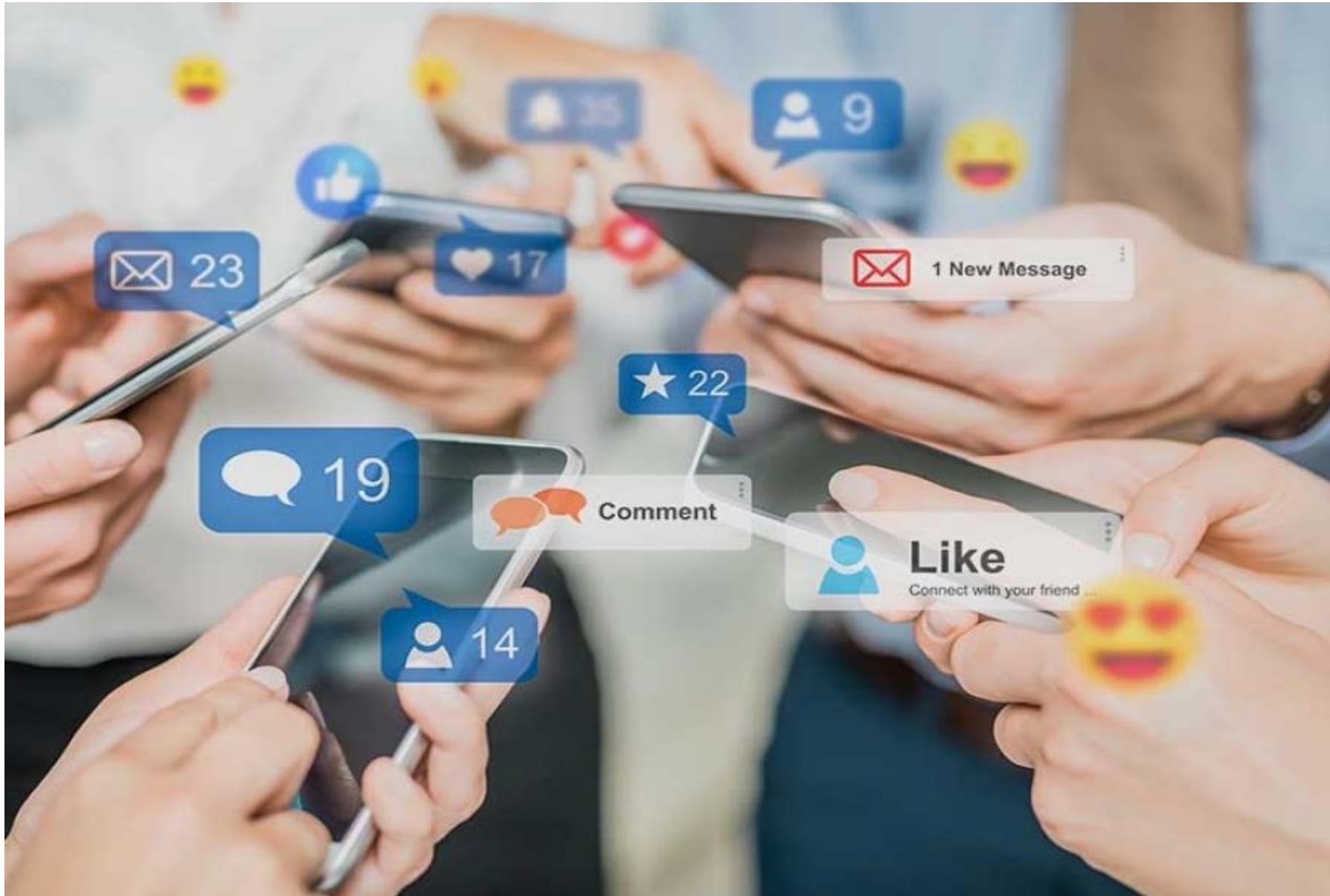


STRETCHED TO THE LIMIT





SOCIAL MEDIA OVERLOAD



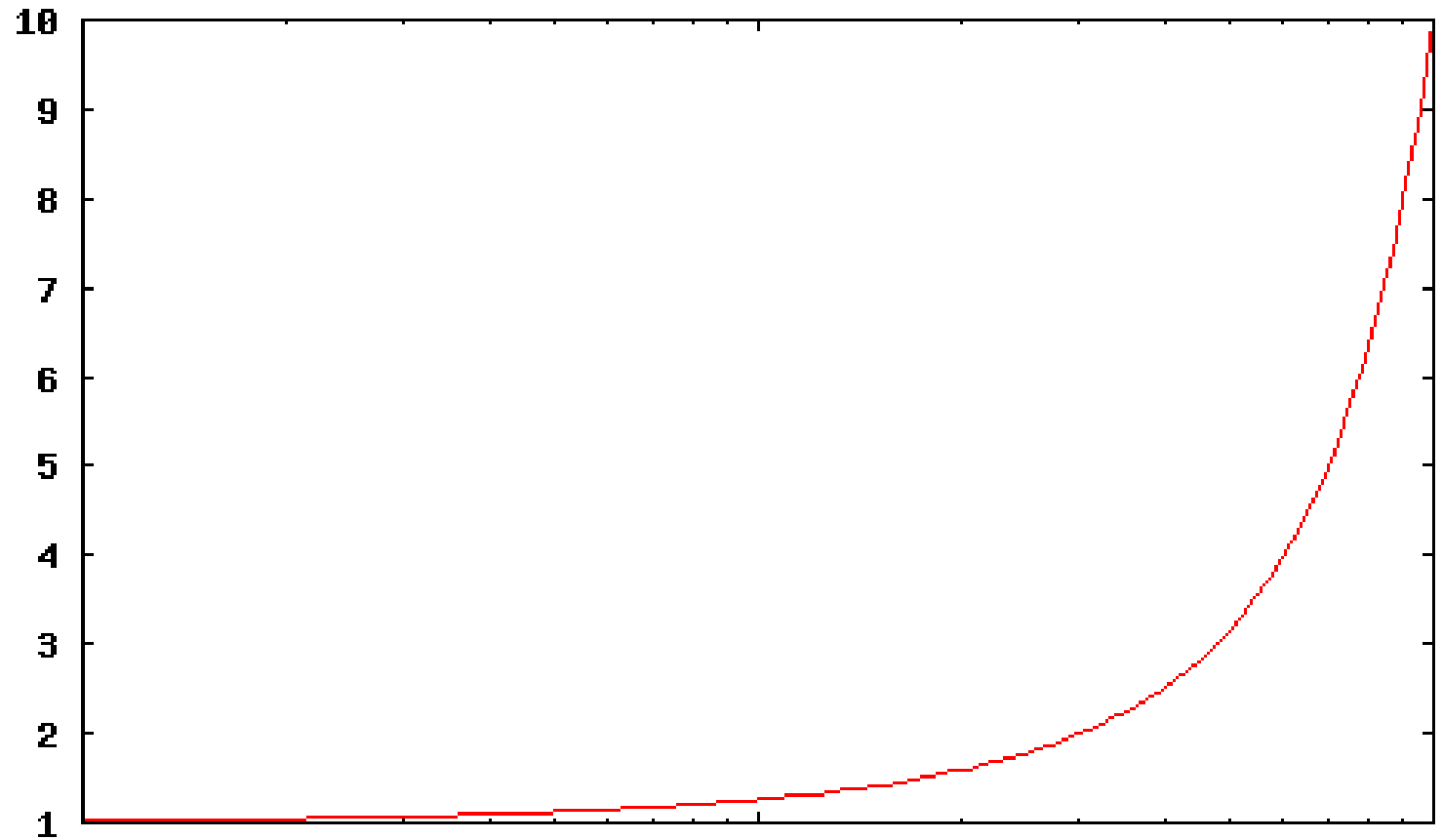
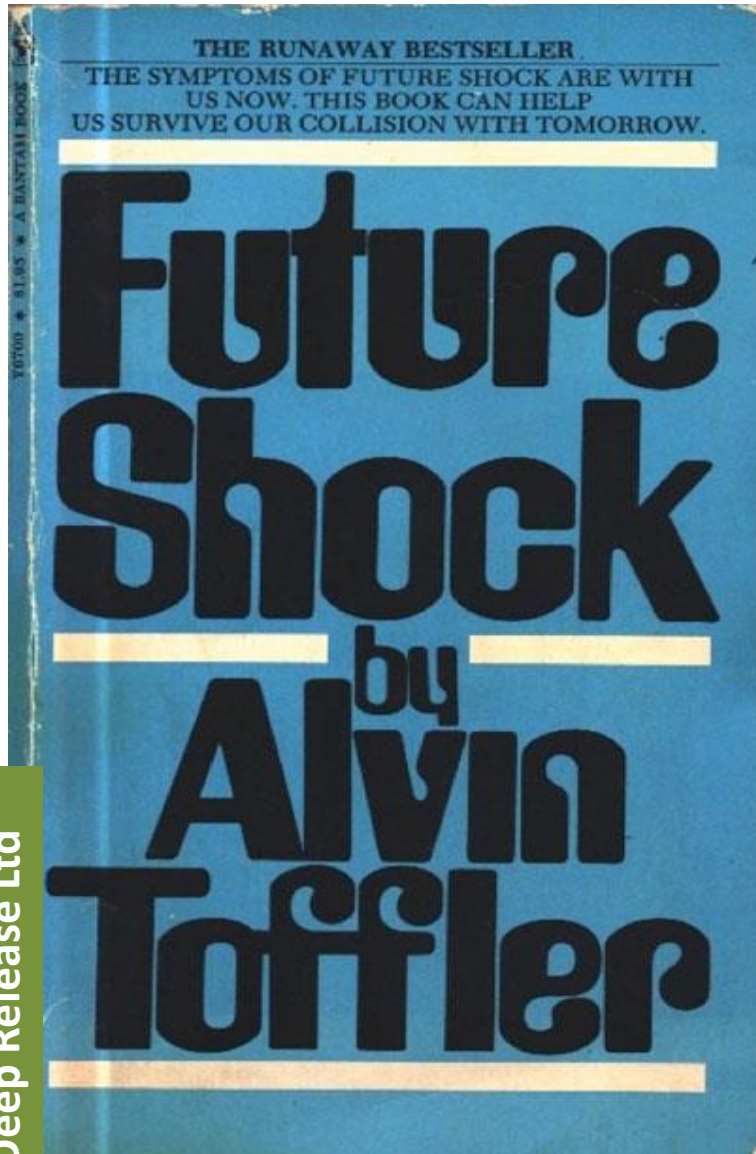
<https://www.stepsoftware.com/blog/5-social-media-tips-to-prevent-pandemic-info-overload>

COUNSELLOR OVERLOAD

- Complaints
- Lack of clients
- Client conflict
- Supervisor conflict
- No-shows
- Don't pay
- Don't return – no explanation
- Accreditation
- Audit



STRESS – FUTURE SHOCK



1970

STRESS

**People are affected not so much by
situations themselves, but by the
views that they take of them
(Epictetus)**



STRESS: A DEFINITION

“Stress occurs when the *perceived* pressure or task exceeds your *perceived* ability to cope.”

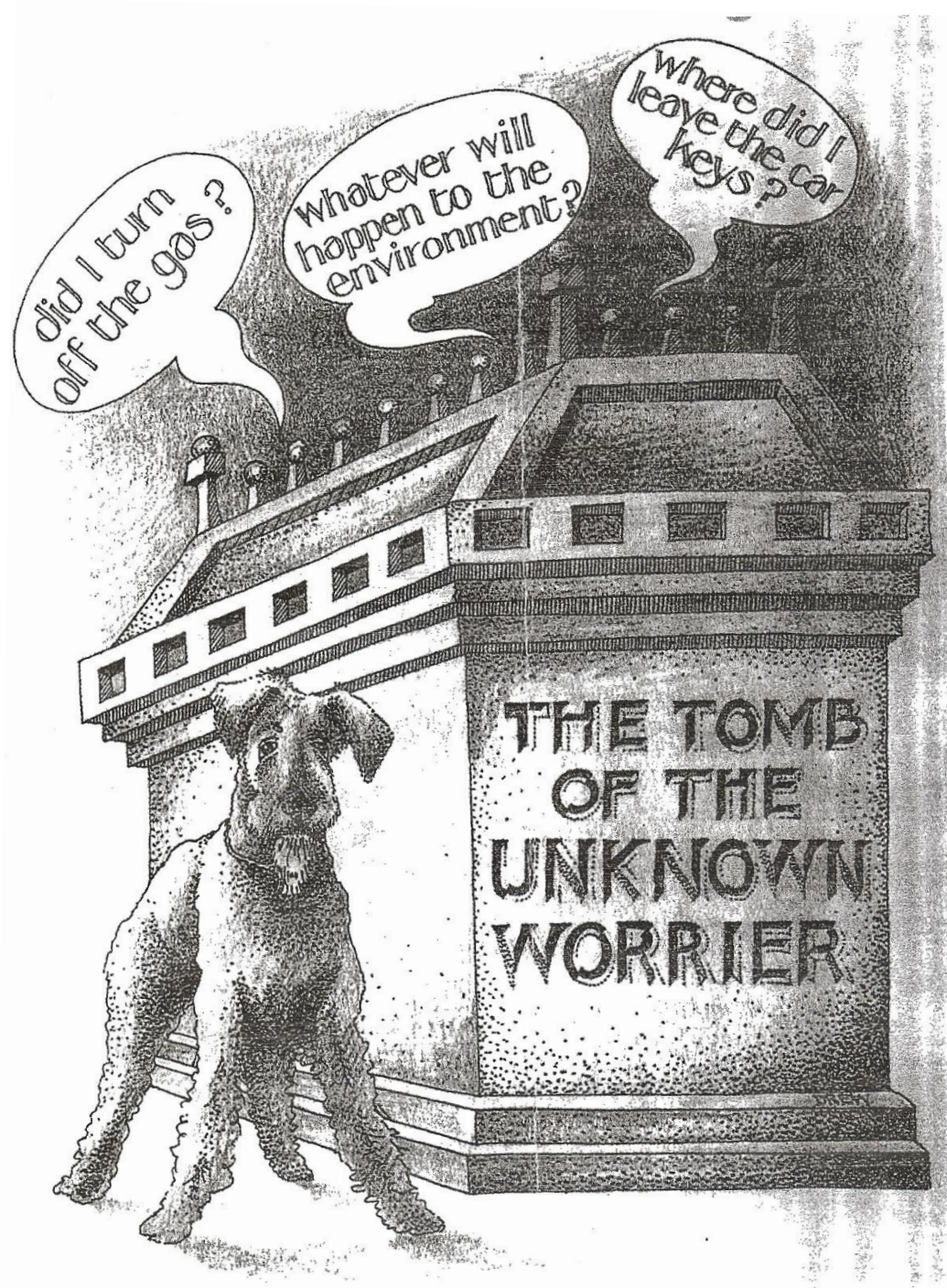
Prof. Stephen Palmer, *Creating a Balance*



“The human stress response can be mobilised not only in response to physical or psychological insults, but also in anticipation of them.”



“Why Zebras don’t get Ulcers”, Robert M. Sapolsky



STRESS, ANXIETY AND COVID



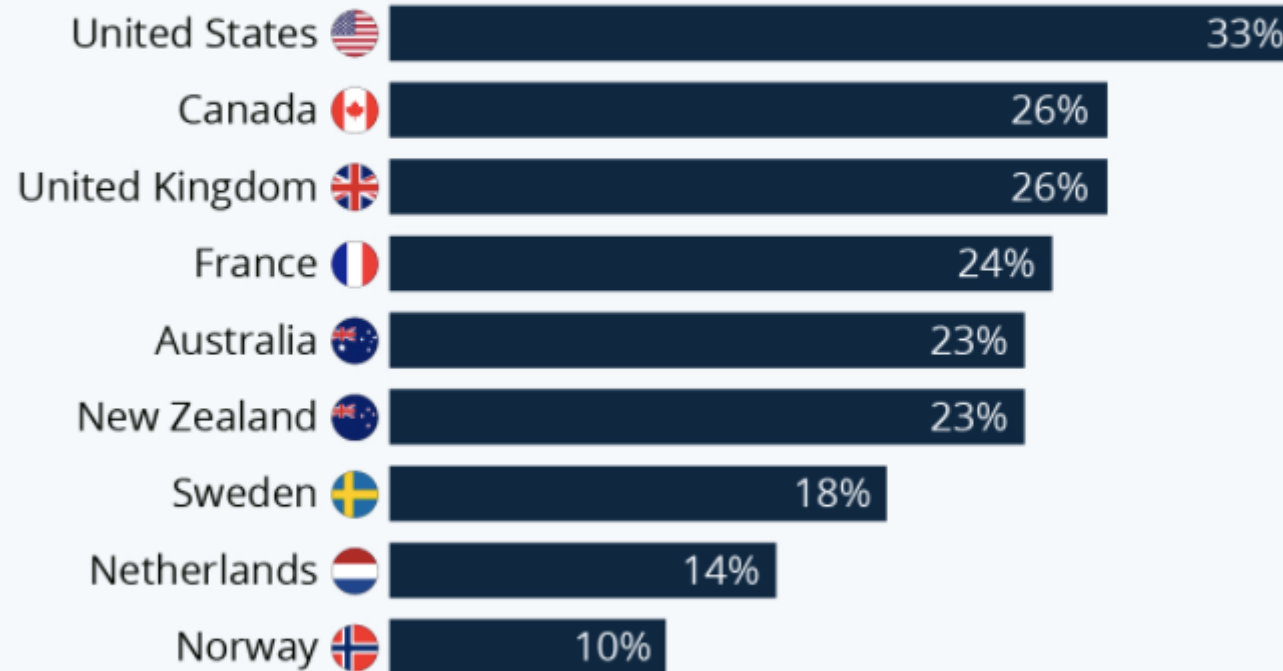
In the first year of the pandemic, anxiety and depression globally increased by 25%

Females were more affected than males

Younger people, especially those aged 20-24, were more affected than older adults

Covid-19's Widespread Impact On Mental Health

Share of adults who experienced stress, anxiety or sadness that was difficult to cope with alone during the pandemic



n=8,259 (February to June 2020)

Source: The Commonwealth Fund



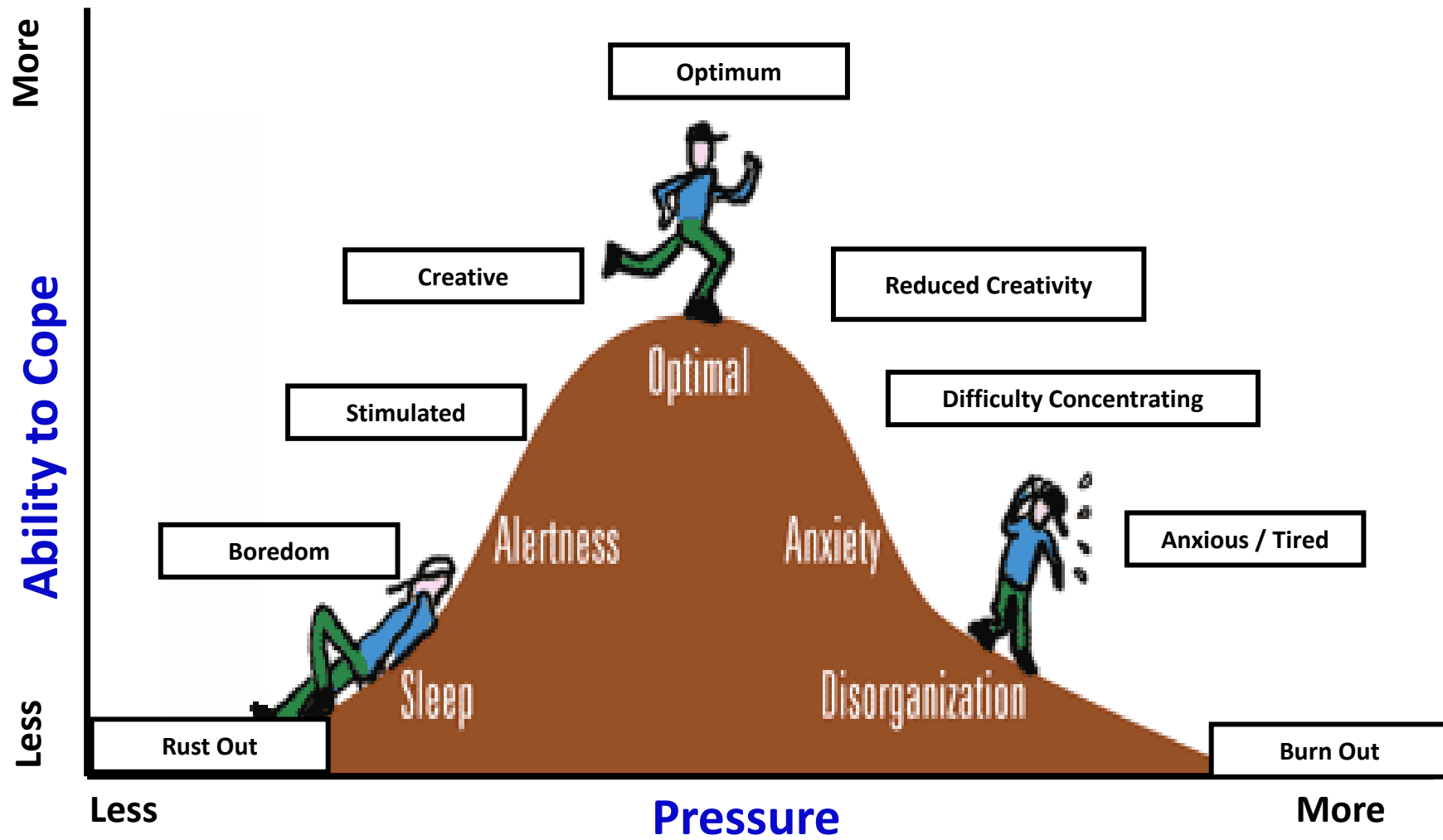
STRESS : THE COST TO OUR HEALTH

Stress-related ailments include:

- **High Blood Pressure**
- **Heart Attack / Stroke**
- **Ulcers**
- **Diabetes**
- **Cancer**
- **Rheumatoid Arthritis**
- **Autoimmune conditions**
- **Psychosomatic Conditions**
- **Psychological Disorders, including breakdown**



THE STRESS CURVE



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

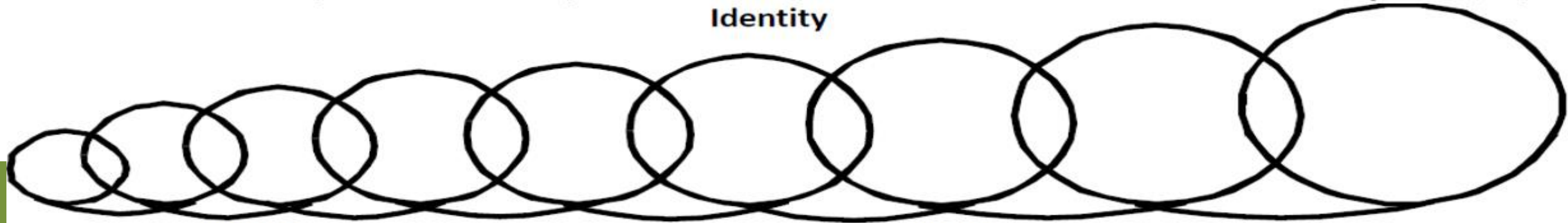
Group
Identity

Identity

Intimacy

Productivity

Integrity



Mistrust

Doubt
Shame

Guilt

Inferiority

Alienation

Role
Confusion

Isolation

Stagnation

Despair



"THE LAW OF FIRST MENTION"



**Cellular
Memory**

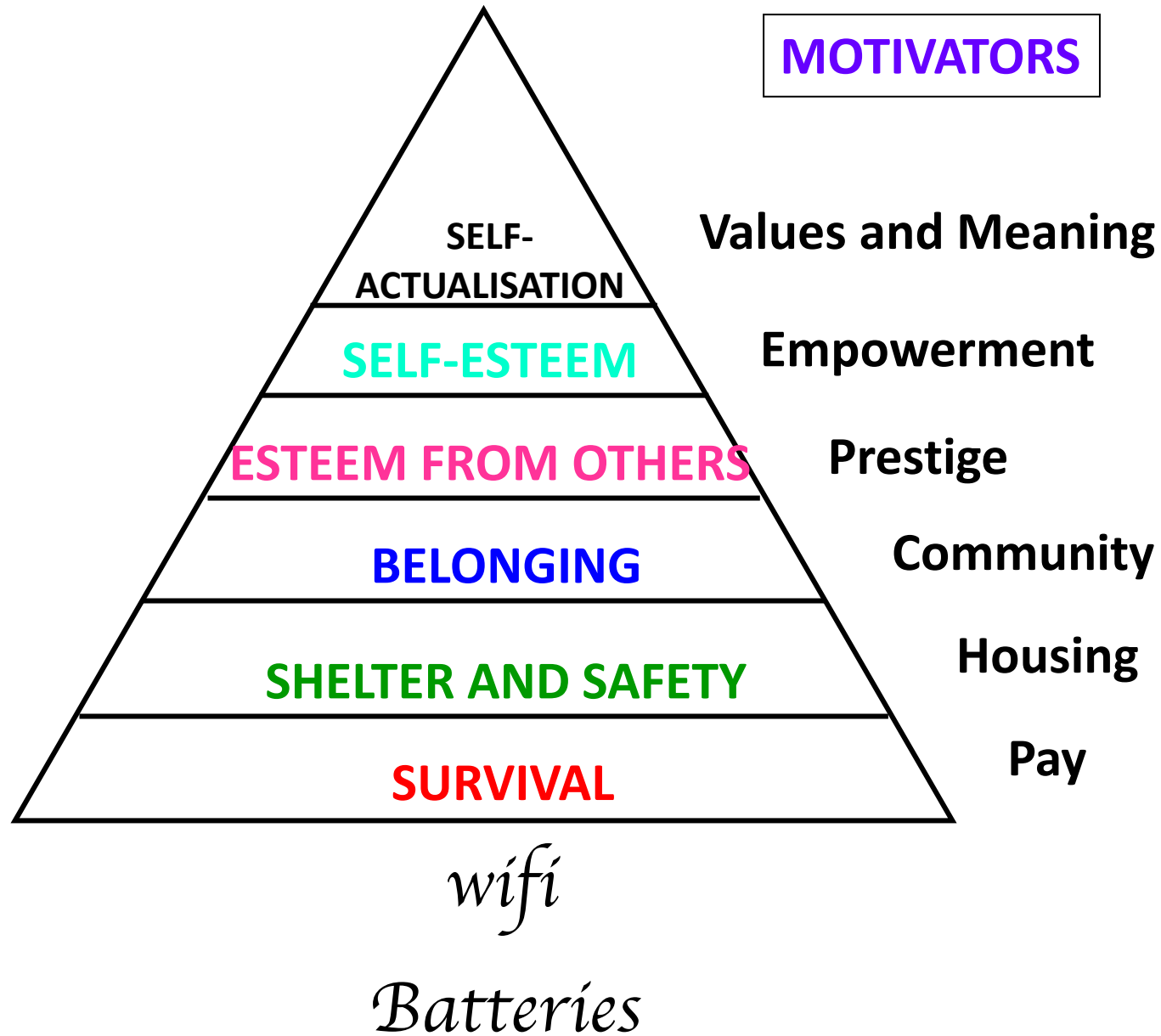


**Emotional
Memory**



**Cognitive
Memory**

MASLOW'S HIERARCHY OF NEEDS



Share in Buddy Groups

1. Share your Wheel with your Buddies and compare areas of Stress with each other
2. How do you cope?
3. Would you use the Wheel with clients?

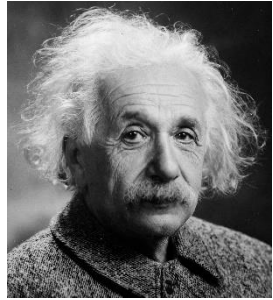
15 minutes





HAZEL

THE TWO HALVES OF THE BRAIN



The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC

LITERAL

The Right Hemisphere

RELATIONAL

ARTISTIC

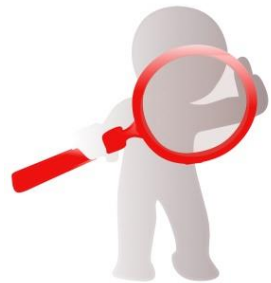
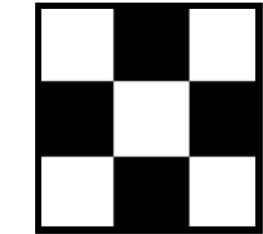
RHYTHM

RHYME

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING



> “NO!”

“Why Not?” <

THE TOP-DOWN BRAIN

Cortex

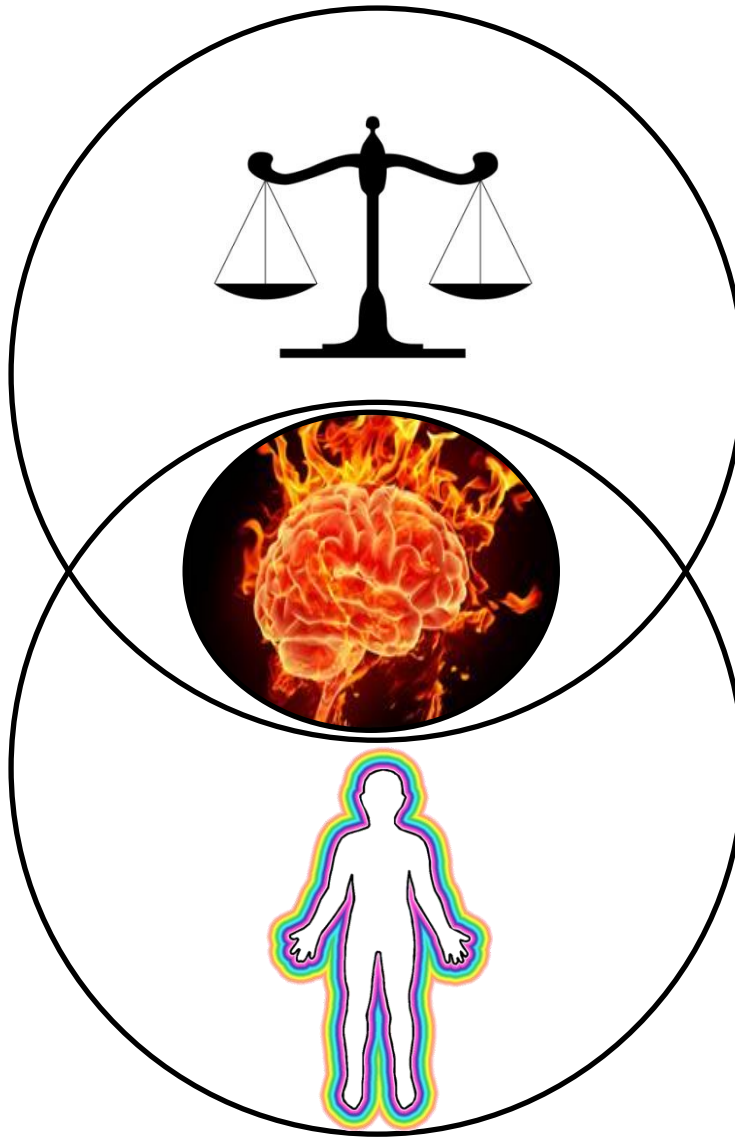
Thinking

Limbic System

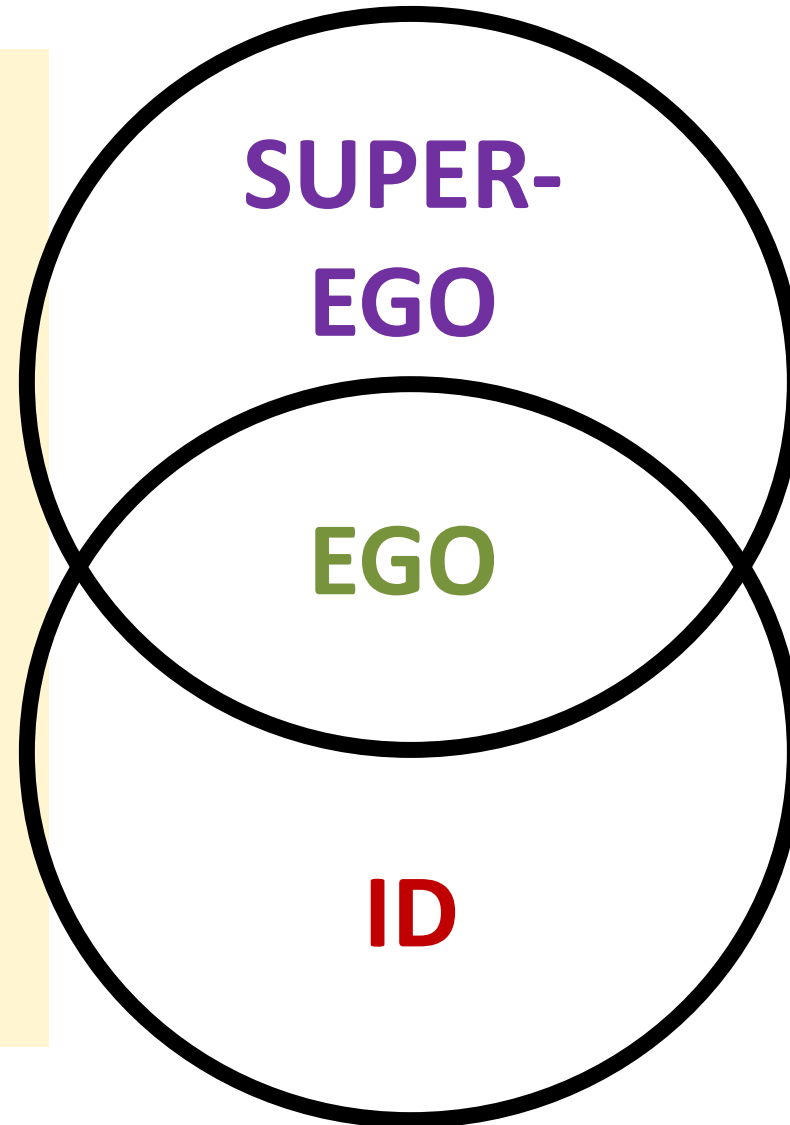
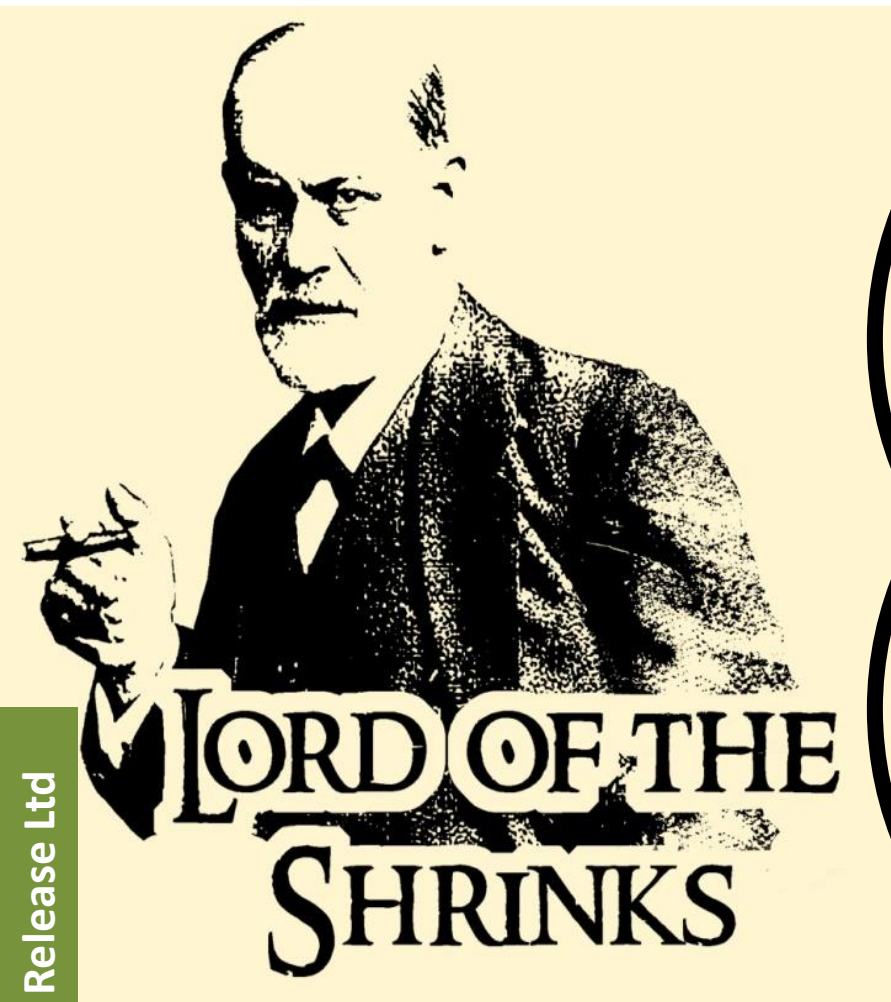
Feeling

Hindbrain

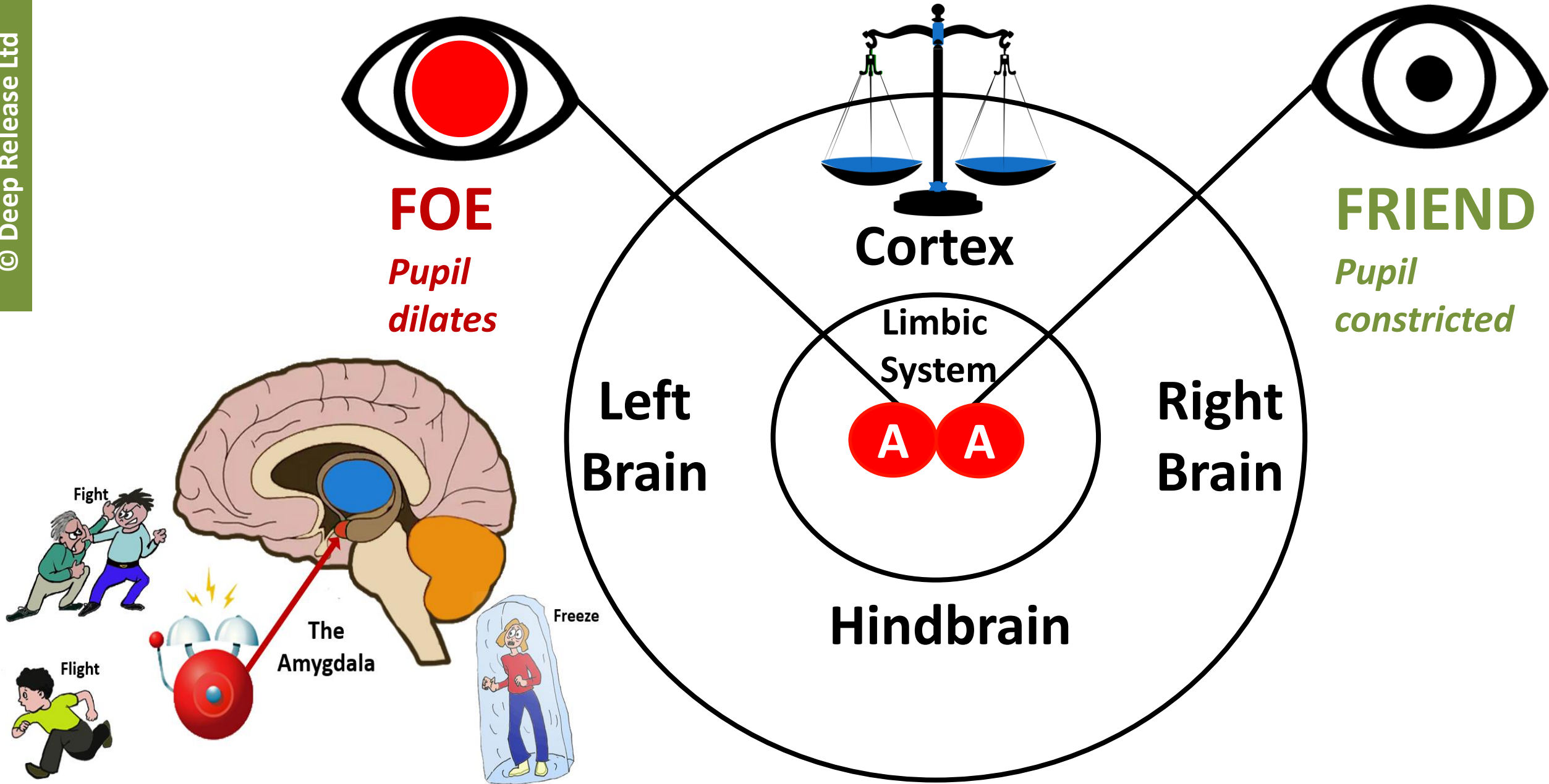
Being/Doing



FREUD'S THEORIES



FRIEND OR FOE?





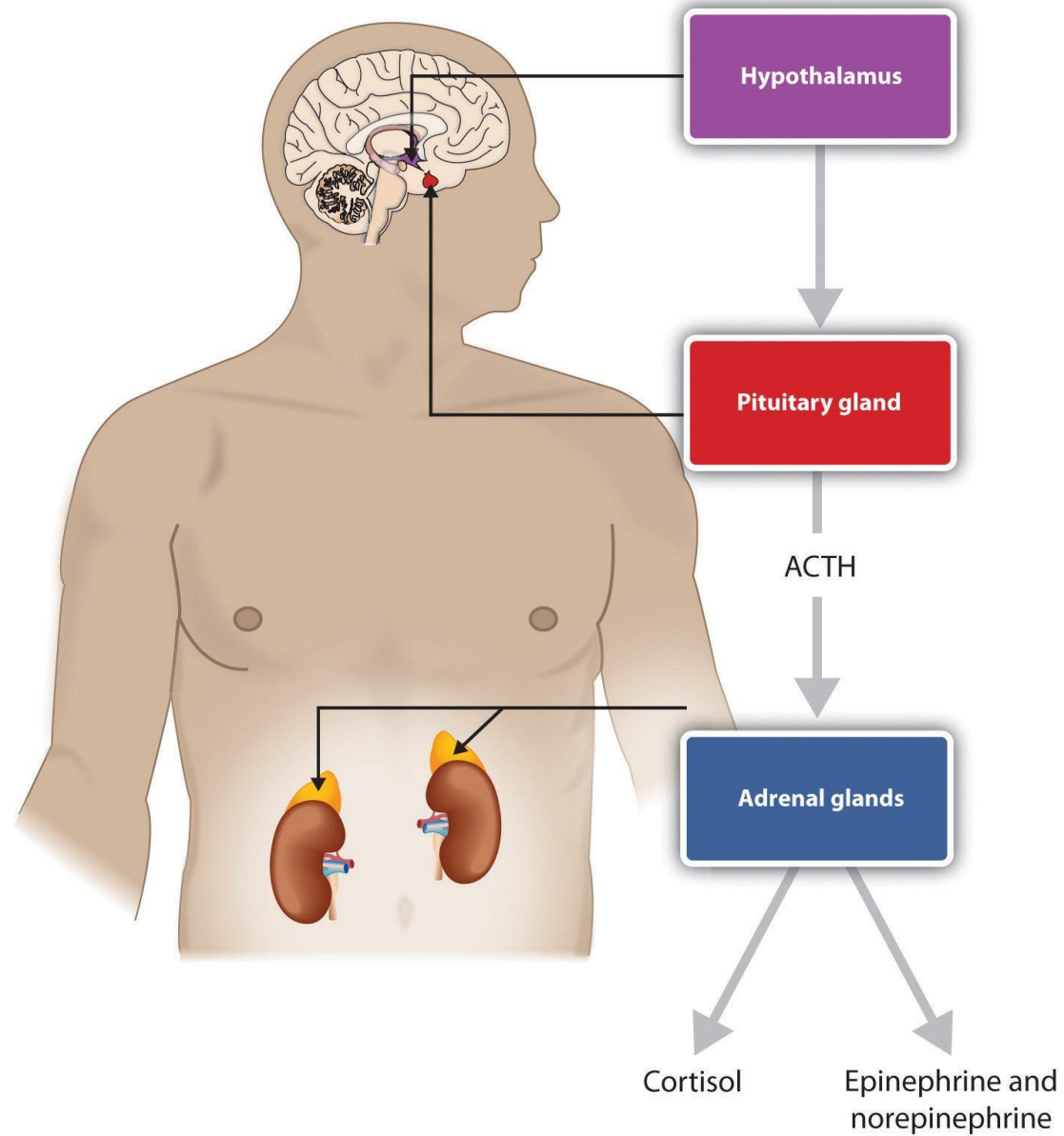
AMYGDALA

EMOTIONAL (AFFECT) REACTIONS

Looking at the way I feel



PHYSIOLOGY: HPA AXIS



THE SYMPATHETIC SYSTEM

FIGHT – FLIGHT - FREEZE



THE SYMPATHETIC SYSTEM

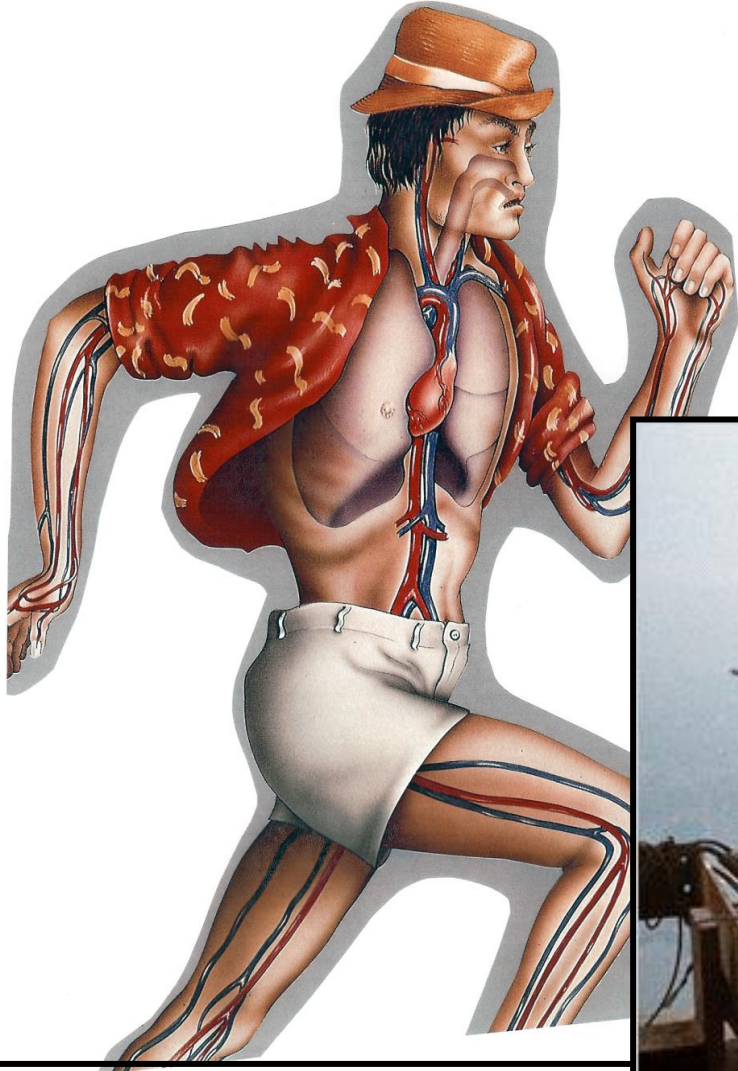
HPA AXIS KICKS OFF

- Adrenal glands produce stress hormones
- Heart rate and pulse increased
- Muscle tension
- Rapid breathing
- Blood pumped rapidly round body
- Flight or flight alert – *do something!*



THE AUTONOMIC NERVOUS SYSTEM

SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



PARASYMPATHETIC SYSTEM – CHILL



FINDING YOUR BALANCE

Sympathetic

Adrenaline

Noradrenaline

Cortisol



Parasympathetic

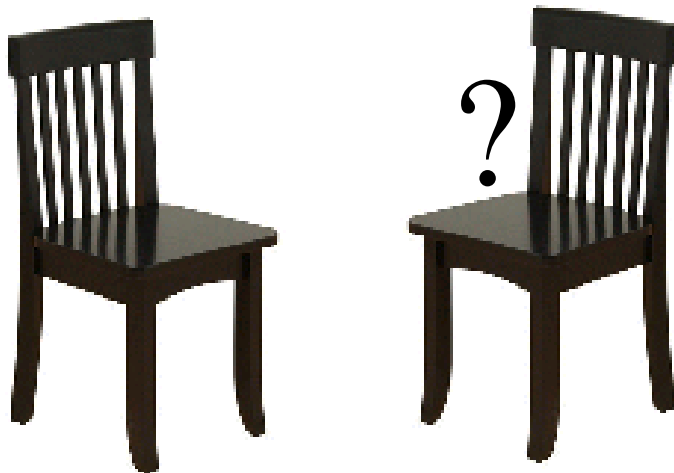
Acetylcholine

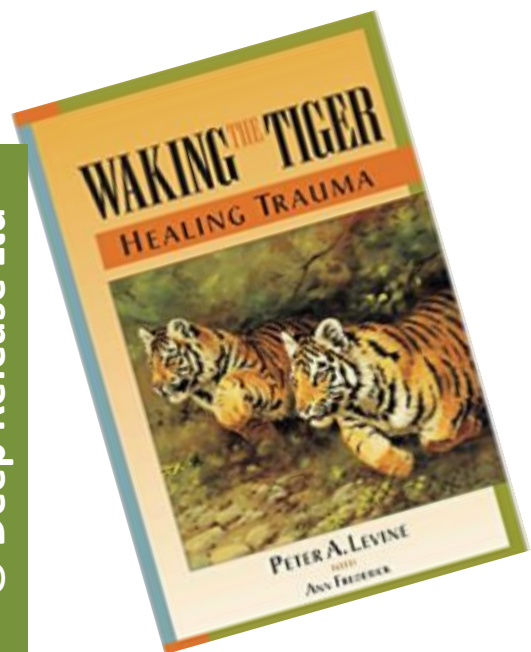
HOMEOSTASIS: (Greek – “to stand equally”)

Balance between Sympathetic and Parasympathetic Nervous Systems

Under normal conditions we regulate our internal environment so as to maintain our bodies in a stable, constant condition

EMOTIONAL RELEASE





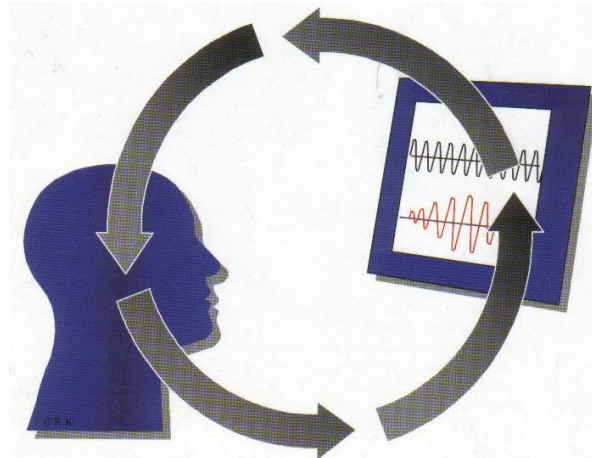
SENSORY REACTIONS

Looking at the way my body reacts



Relaxation
Techniques

Massage



Biofeedback

MINDFULNESS

*Paying attention in a particular way
on purpose in the present moment
non-judgmentally*



SMILING BREATH MEDITATION



<https://kidshealth.org/en/teens/relax-breathing.html>

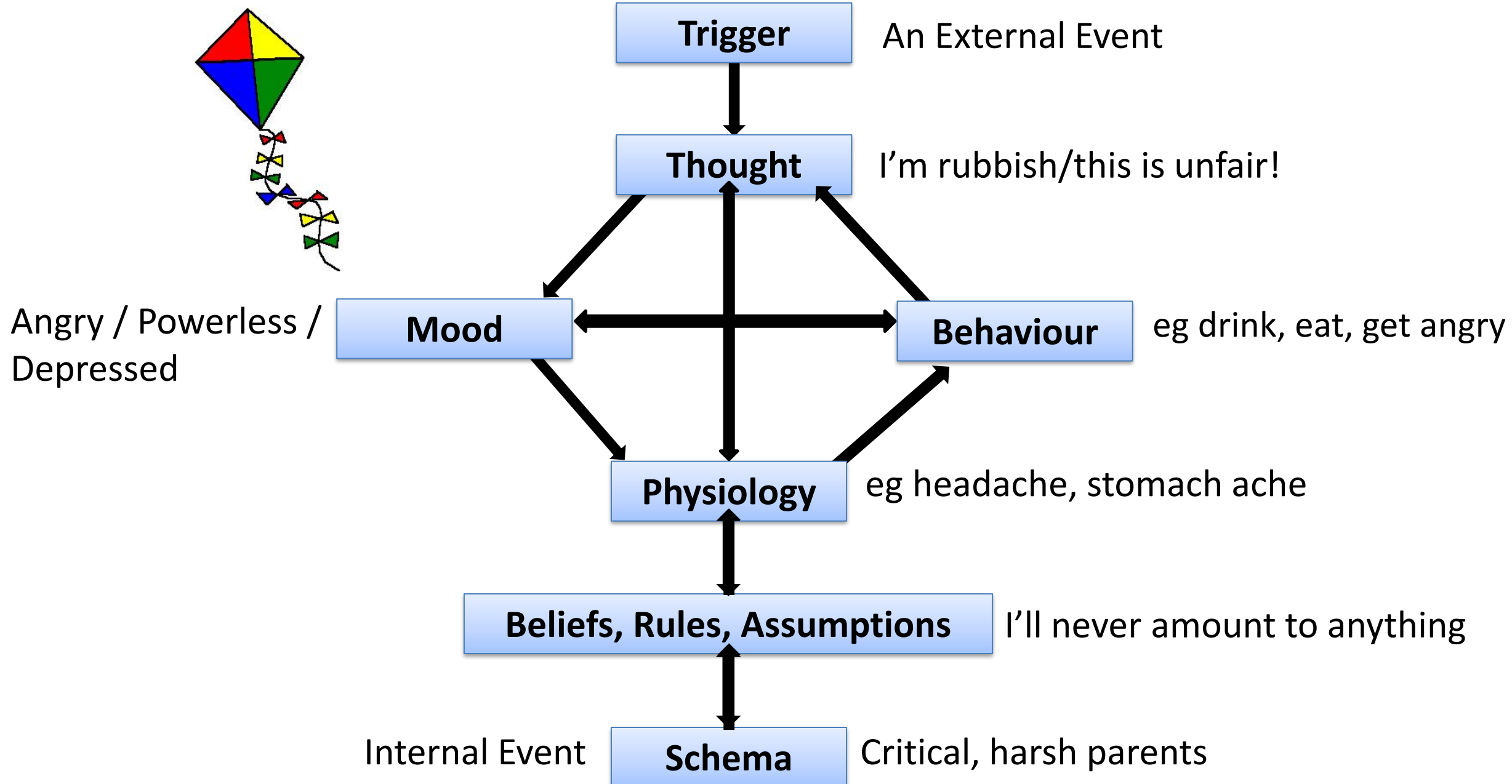


**NEGATIVE
AUTOMATIC
THOUGHTS**

**The way I think affects the
way I feel.**

***How do we change our
thinking and feel better?***

THE 5 AREAS KITE MODEL



CLASSIC THINKING ERRORS



Labelling



Mind Reading



All or Nothing Thinking



Disqualifying the Positive



Mountains out of Molehills



Catastrophising

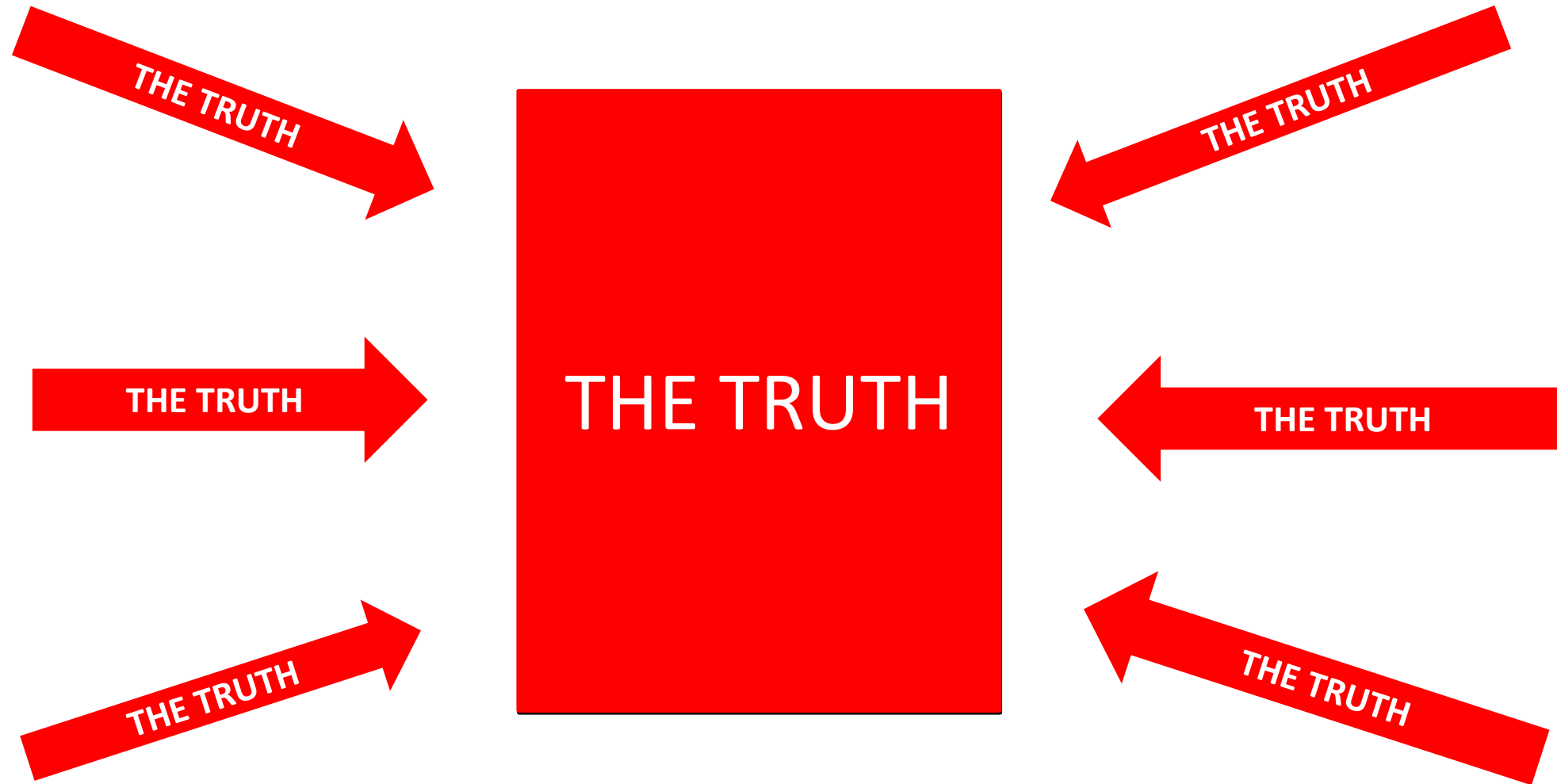


Low Frustration Tolerance

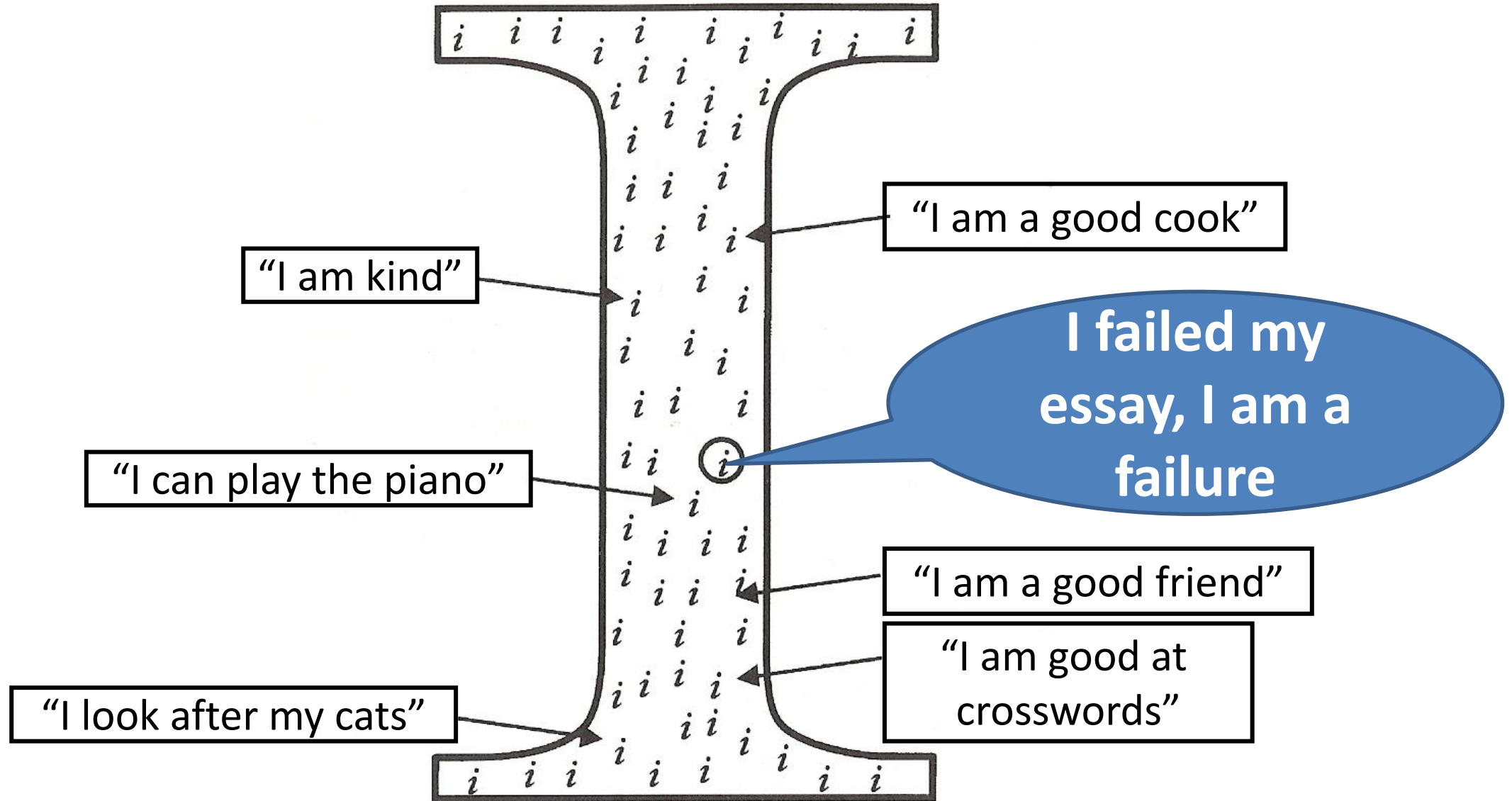


Personalising

TACTICS TO COPE WITH ANXIETY



BIG I'S, LITTLE I'S



A	B	C	D	E	F
ACTIVATING EVENT OR SITUATION	STRESS-INDUCING THOUGHTS (SITs) OR BELIEFS	CONSEQUENCES	STRESS ALLEVIATING THOUGHTS (SATs) <i>(disputing the beliefs at B)</i>	EFFECTIVE NEW APPROACH TO DEAL WITH THE ACTIVATING EVENT	FUTURE FOCUS

**TAKE 5 MINUTES TO
WORK ON THE
ABCDEF SHEET**

Share in Buddy Groups

1. What has struck you from the teaching so far?
2. How did you get on with the ABCDEF exercise?
3. Share with one another

15 minutes



I HAVE QUESTIONS



LOTS OF QUESTIONS

*Time for
Questions and
Comments for
Dr Chris*

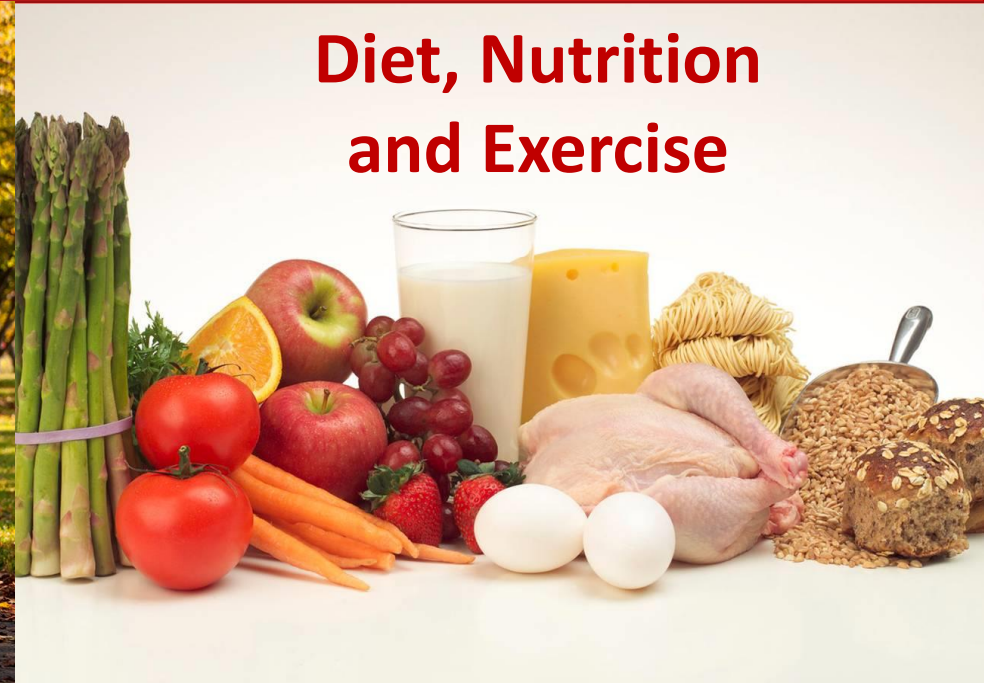
Please send your
questions and
comments in the Chat
to Hannah Lamont

BIOLOGICAL REACTIONS

Looking at the effects on my health



**Alcohol, drugs,
smoking**



**Diet, Nutrition
and Exercise**



Medication

IMAGERY

Looking at my imagination and fantasy world



Safe Place Imagery

Coping Imagery



IMAGERY AND MOTIVATION

Relaxation
Imagery

Motivational Imagery
(do something!)



NOTHING HAPPENS
until the *pain* of REMAINING THE SAME
OUTWEIGHS the *pain* of CHANGE.

~ Arthur Burt

the *change* blog . com

MAXIMISING YOUR BEST TIME OF DAY

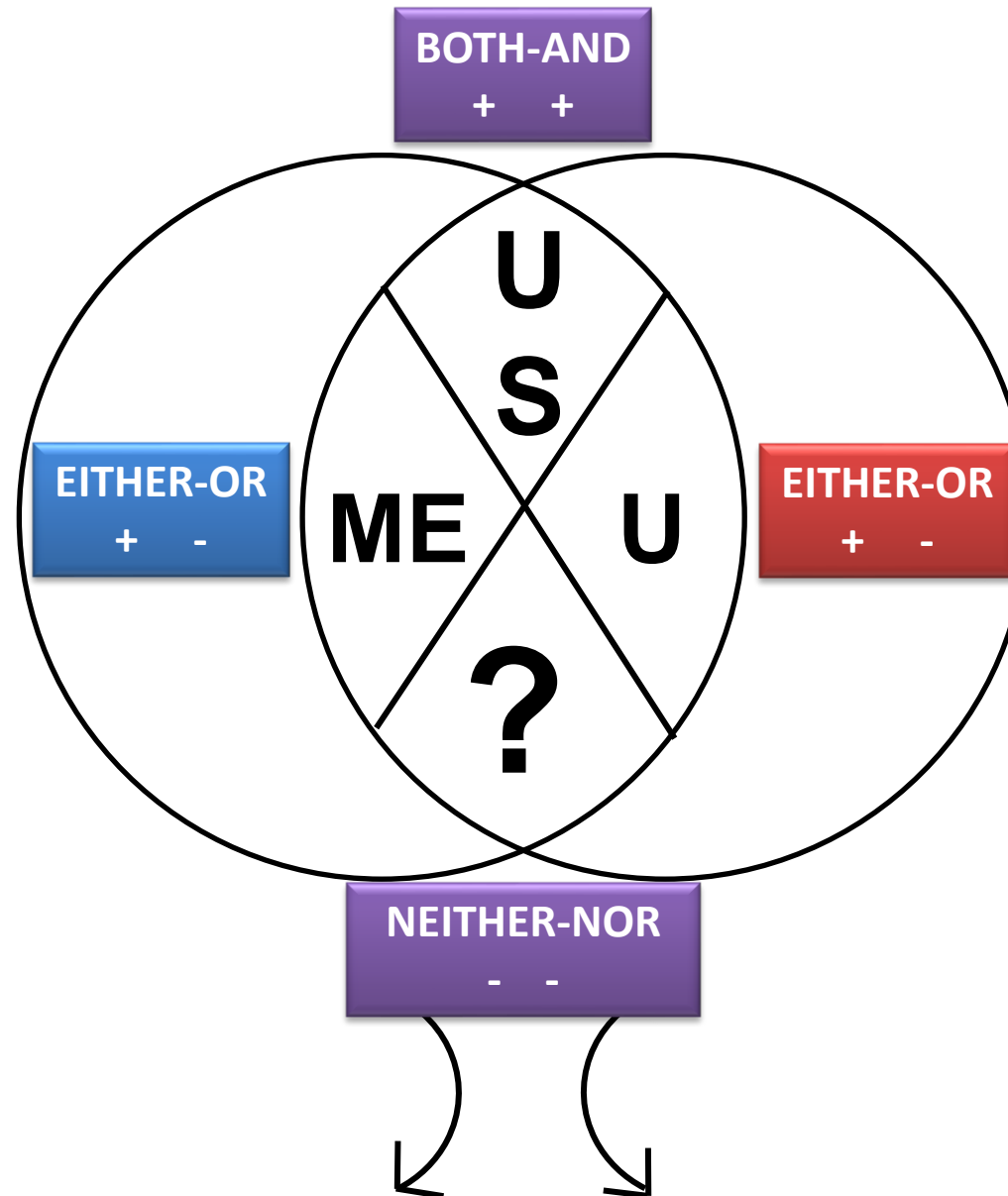


DIGITAL SKILLS

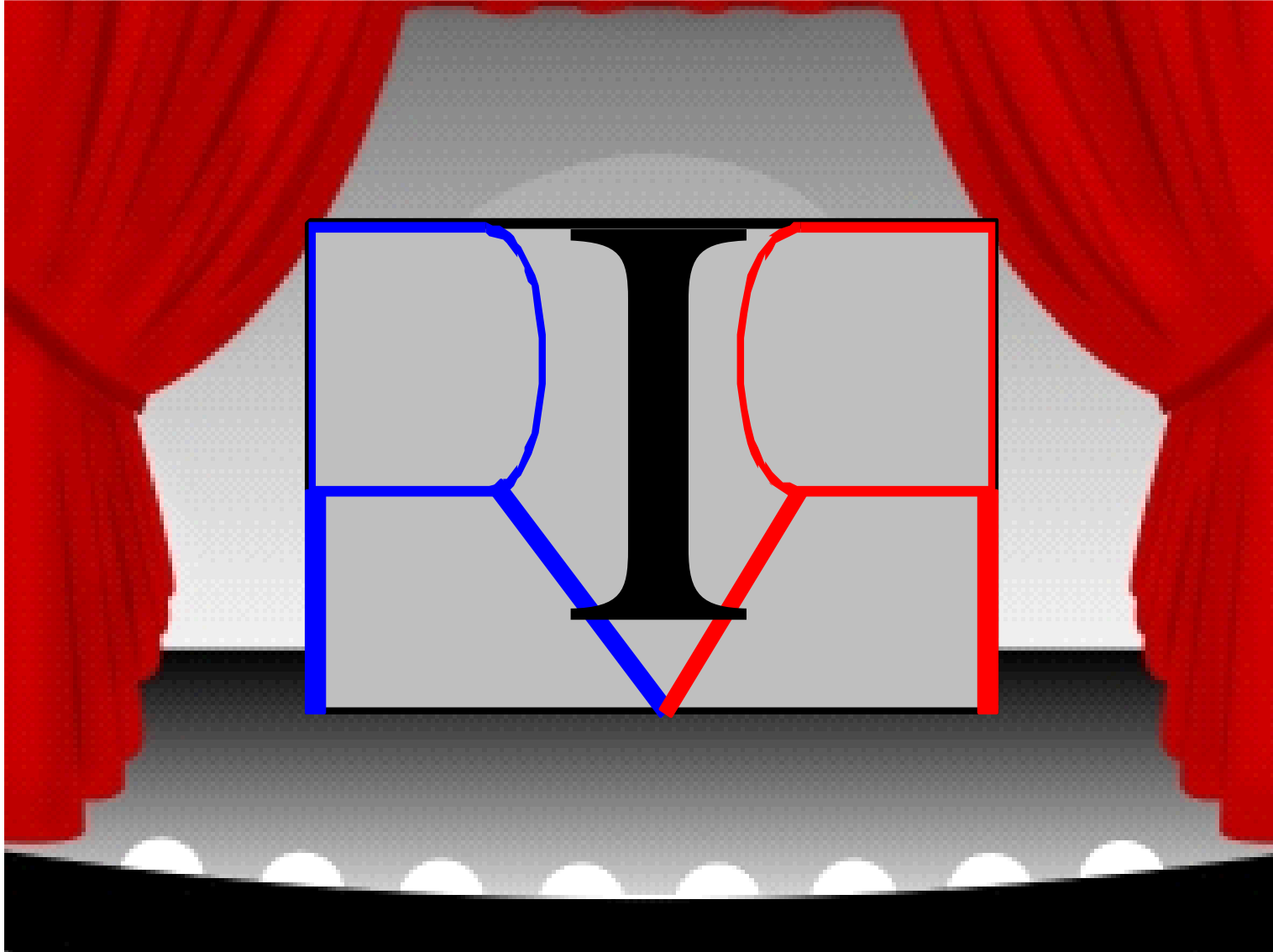


EITHER – OR

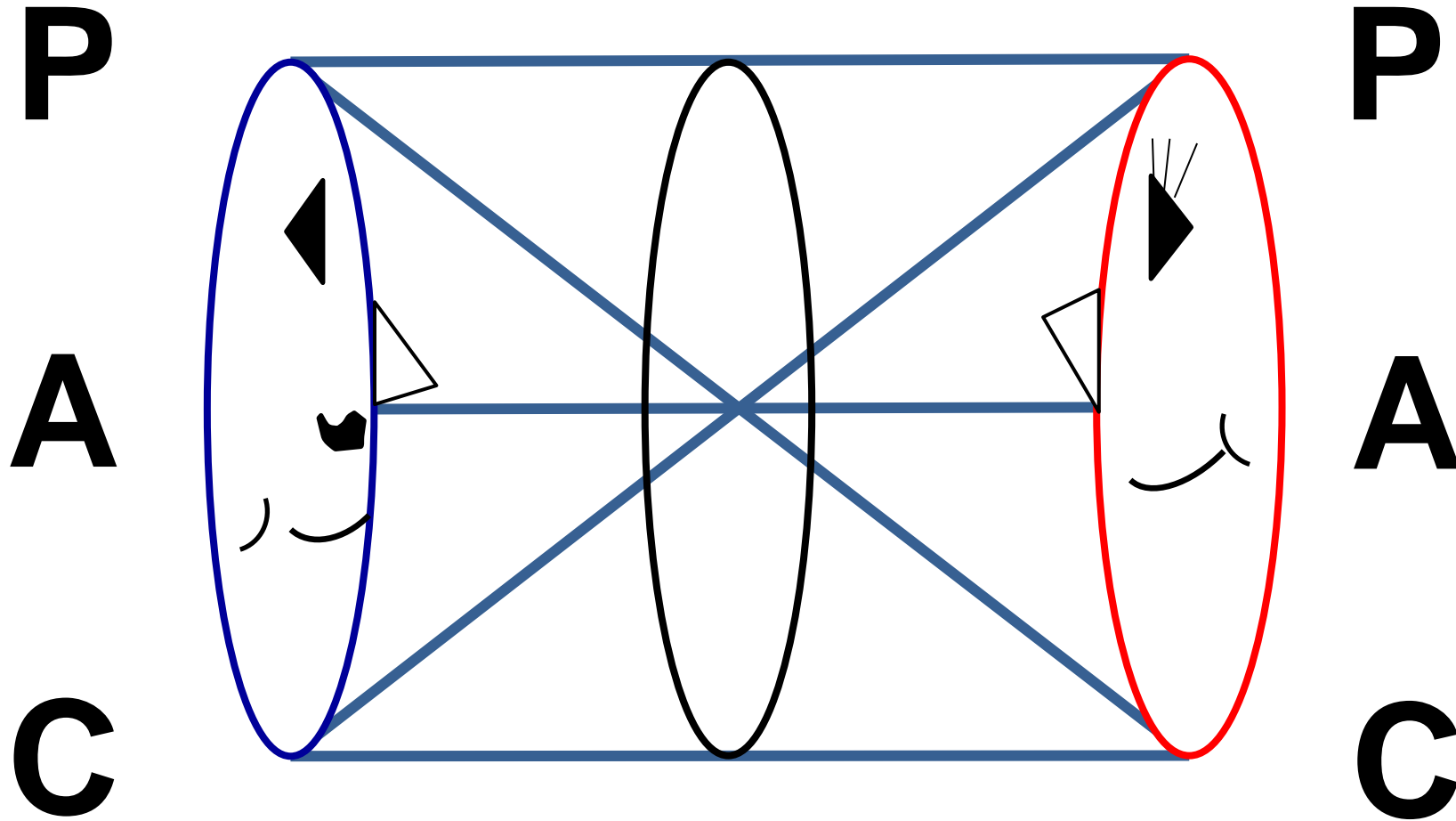
NEITHER - NOR



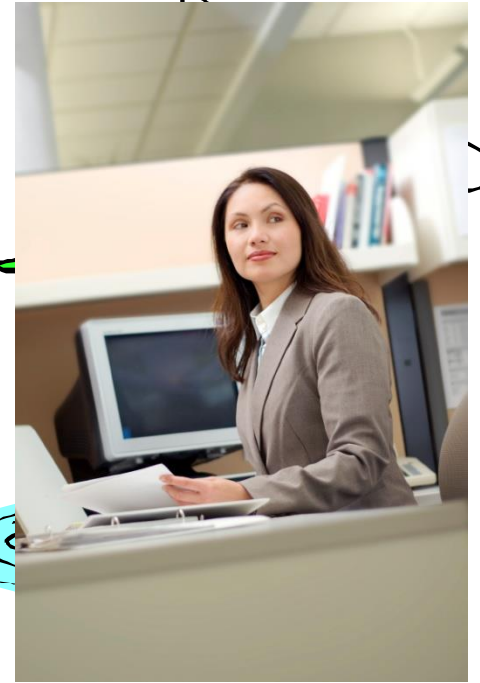
RELATIONSHIP-ISSUE-RELATIONSHIP



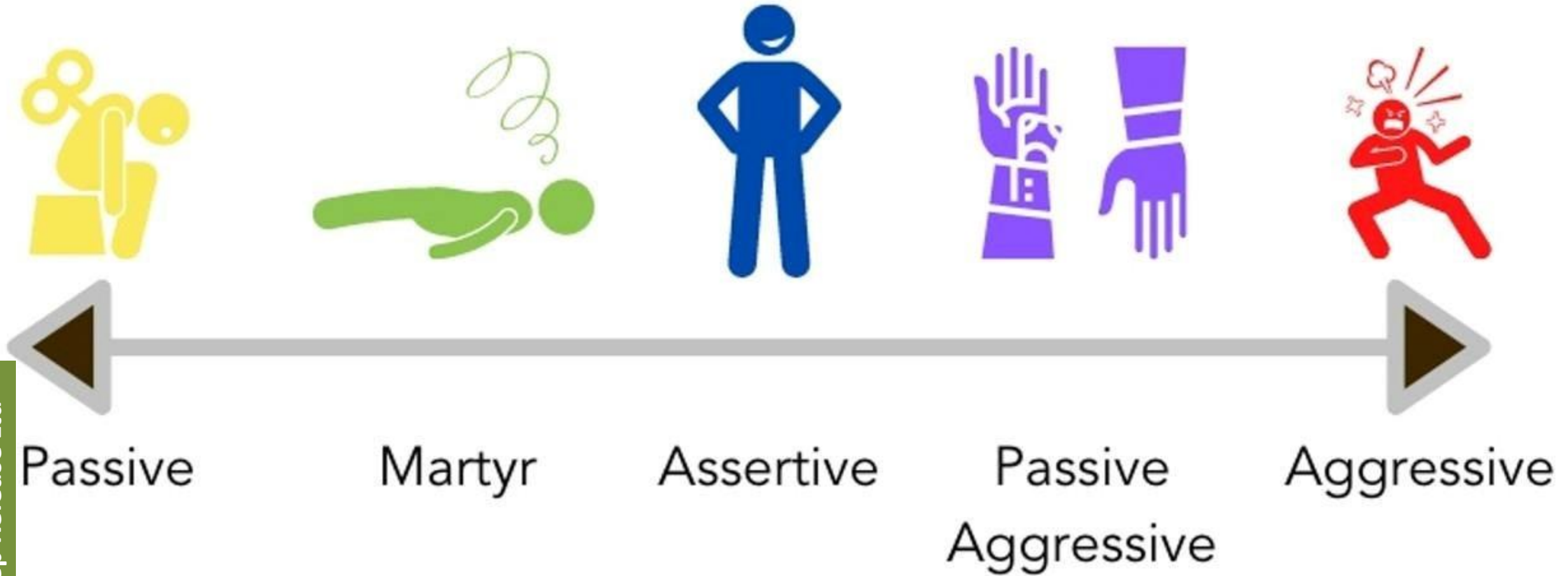
SIMULTANEOUS 2-WAY COMMUNICATION



FEEL THE FEAR AND DO IT ANYWAY!



The Assertiveness Scale



The right

- I have the right to have opinions, feelings and emotions and to express them appropriately
- I have the right to express my feelings appropriately, without violating your rights
- I have the right to choose whether or not to get involved with your problem
- I have the right to be straight without feeling guilty
- I have the right to change my mind
- I have the right to say NO without having to explain
- I have the right to consider my own needs as important, as well as yours

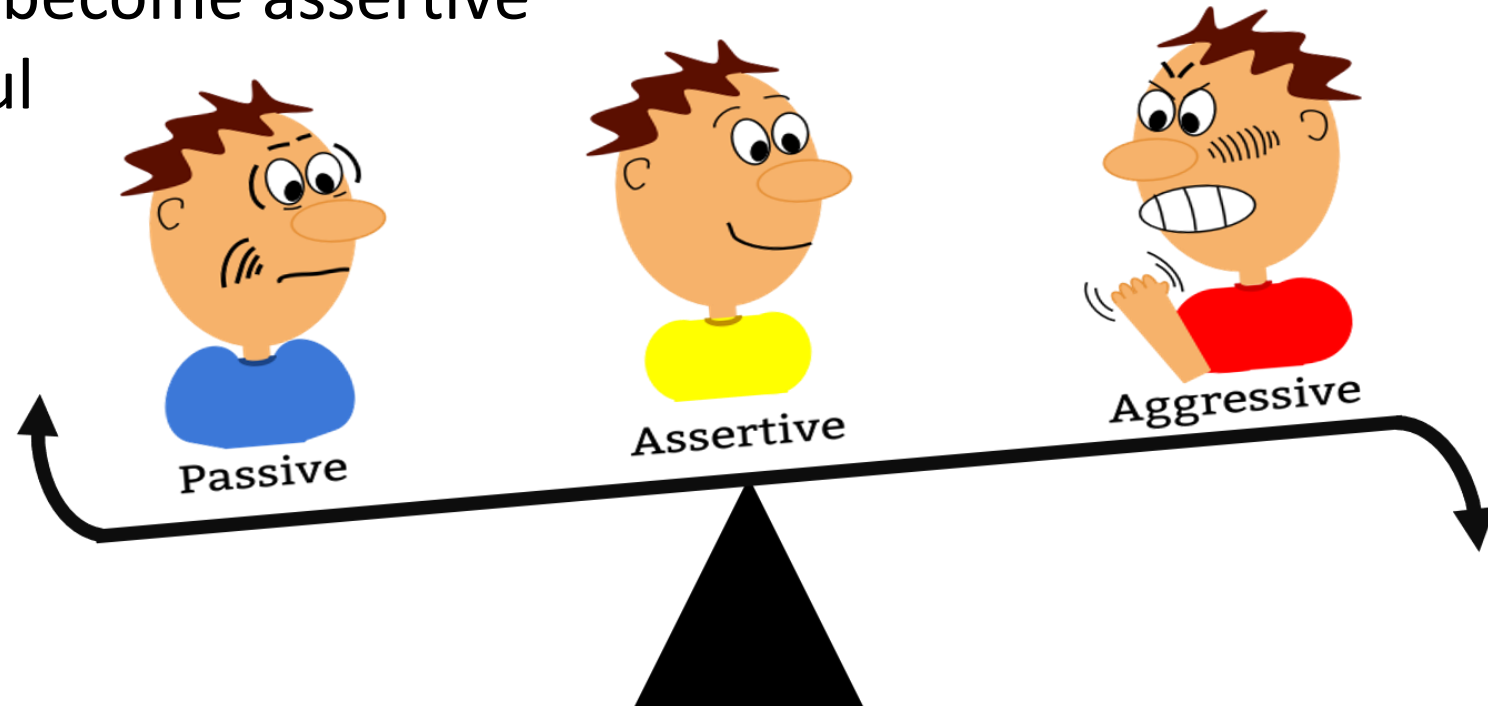


ASSERTIVENESS GUIDELINES

The right

- I have the right to make my own mistakes
- I have the right to be responsible for my own actions
- I have the right to make my own priorities
- I have the right not to be understood
- I have the right to change and become assertive
- I have the right to be successful

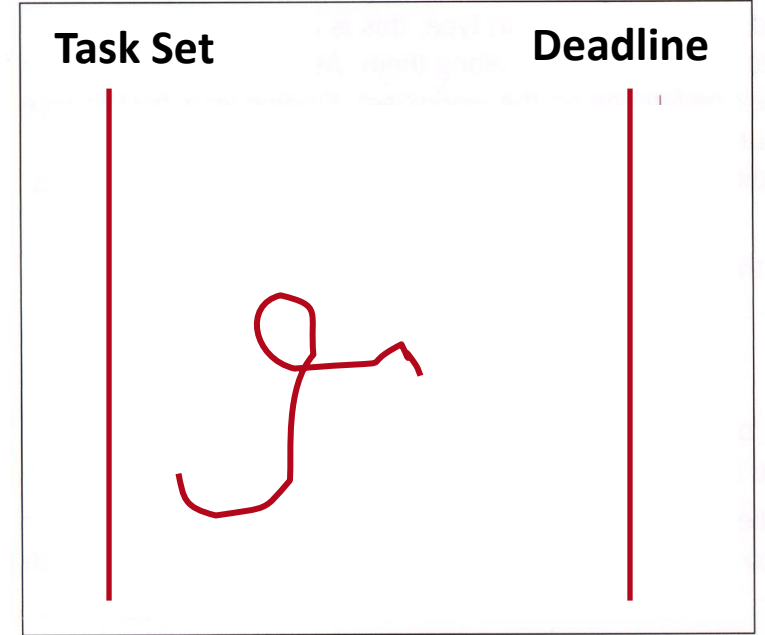
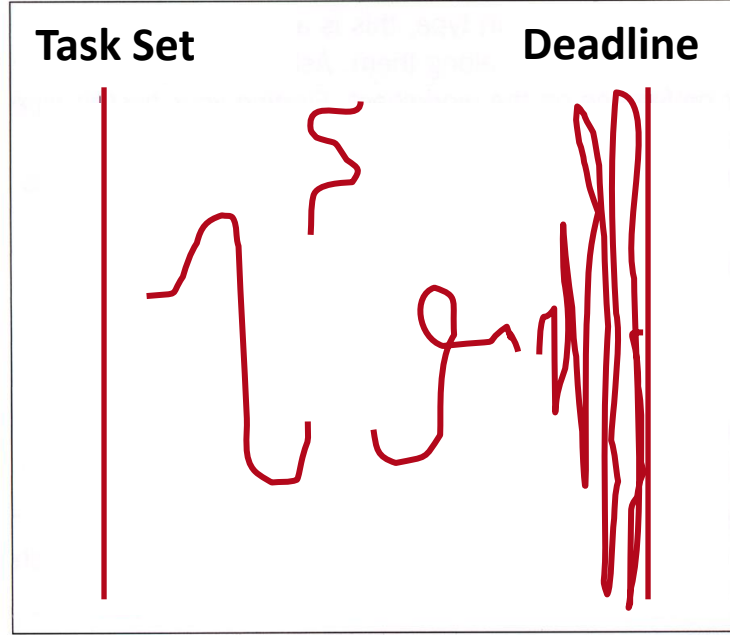
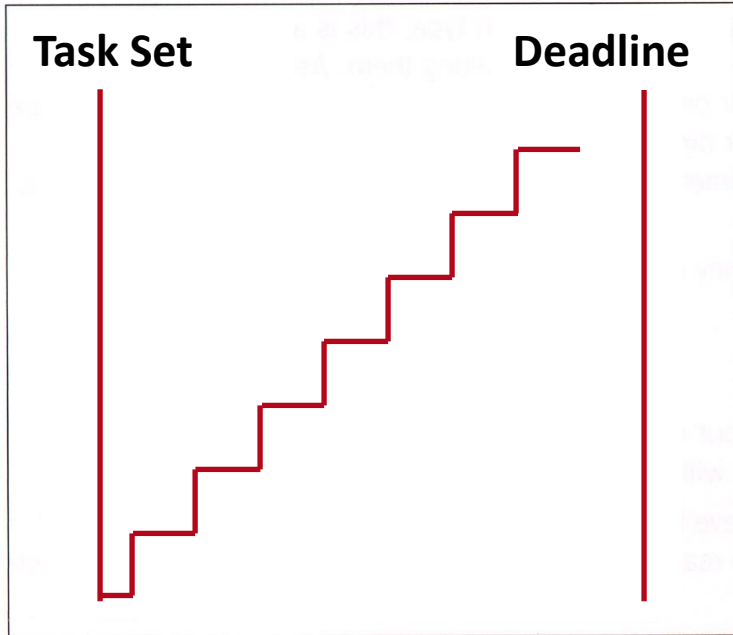
**Saying what
you mean
without being
mean**





HANNAH

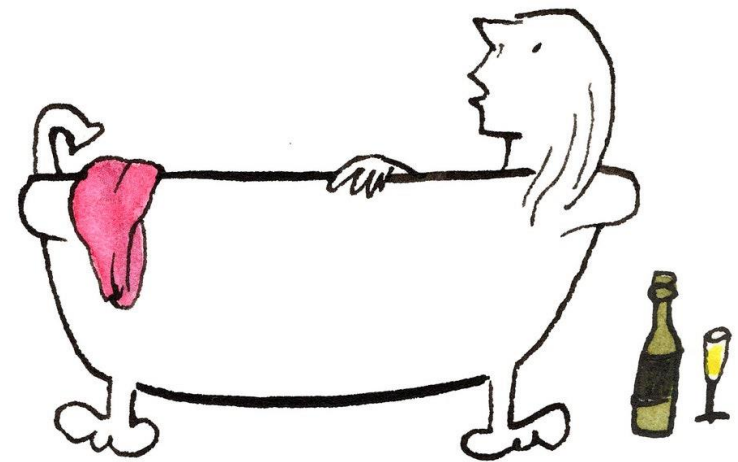
DEADLINES



PROCRASTINATION

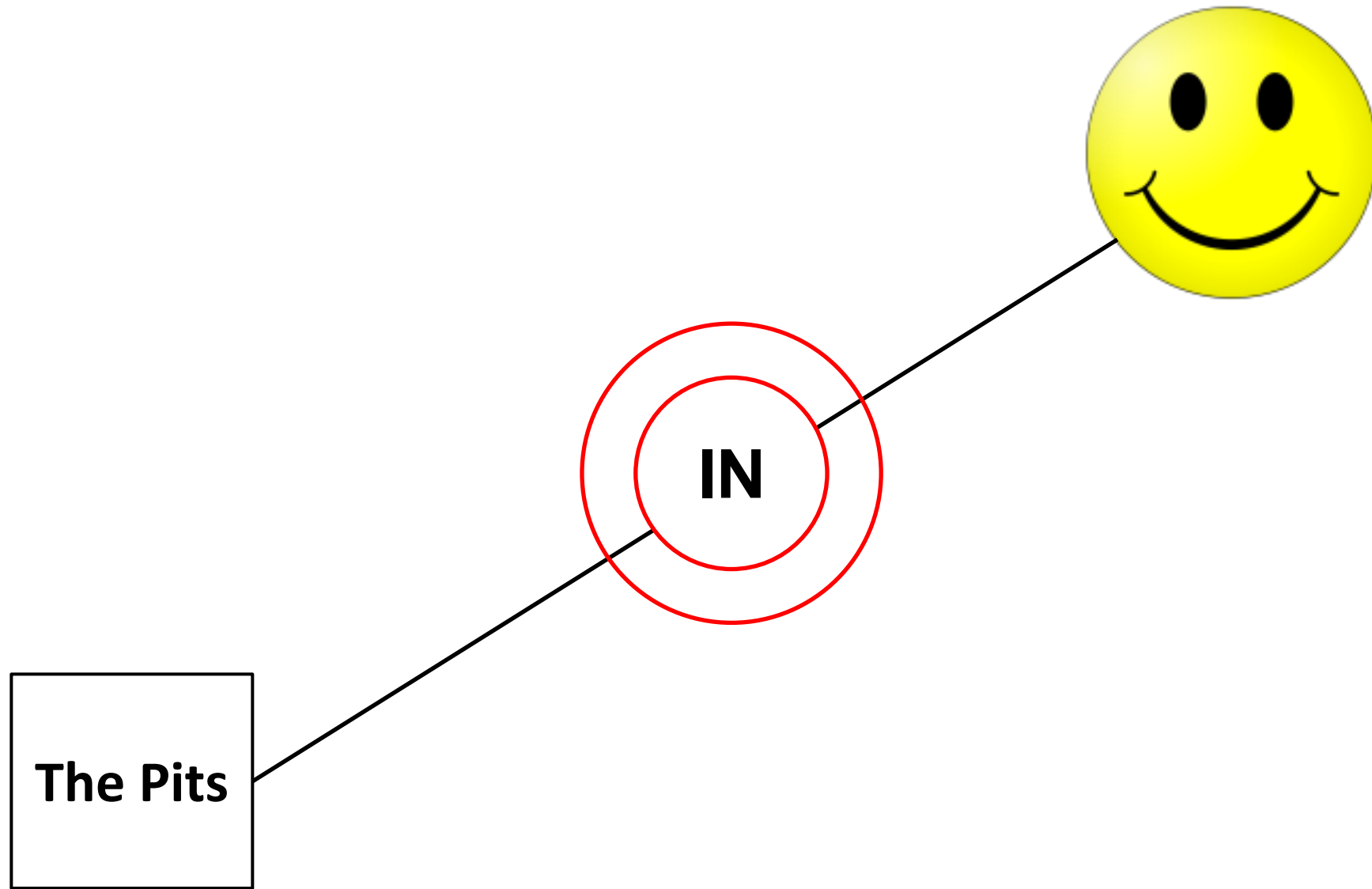


I wouldn't call
this "procrastination"
so much as "self-care."

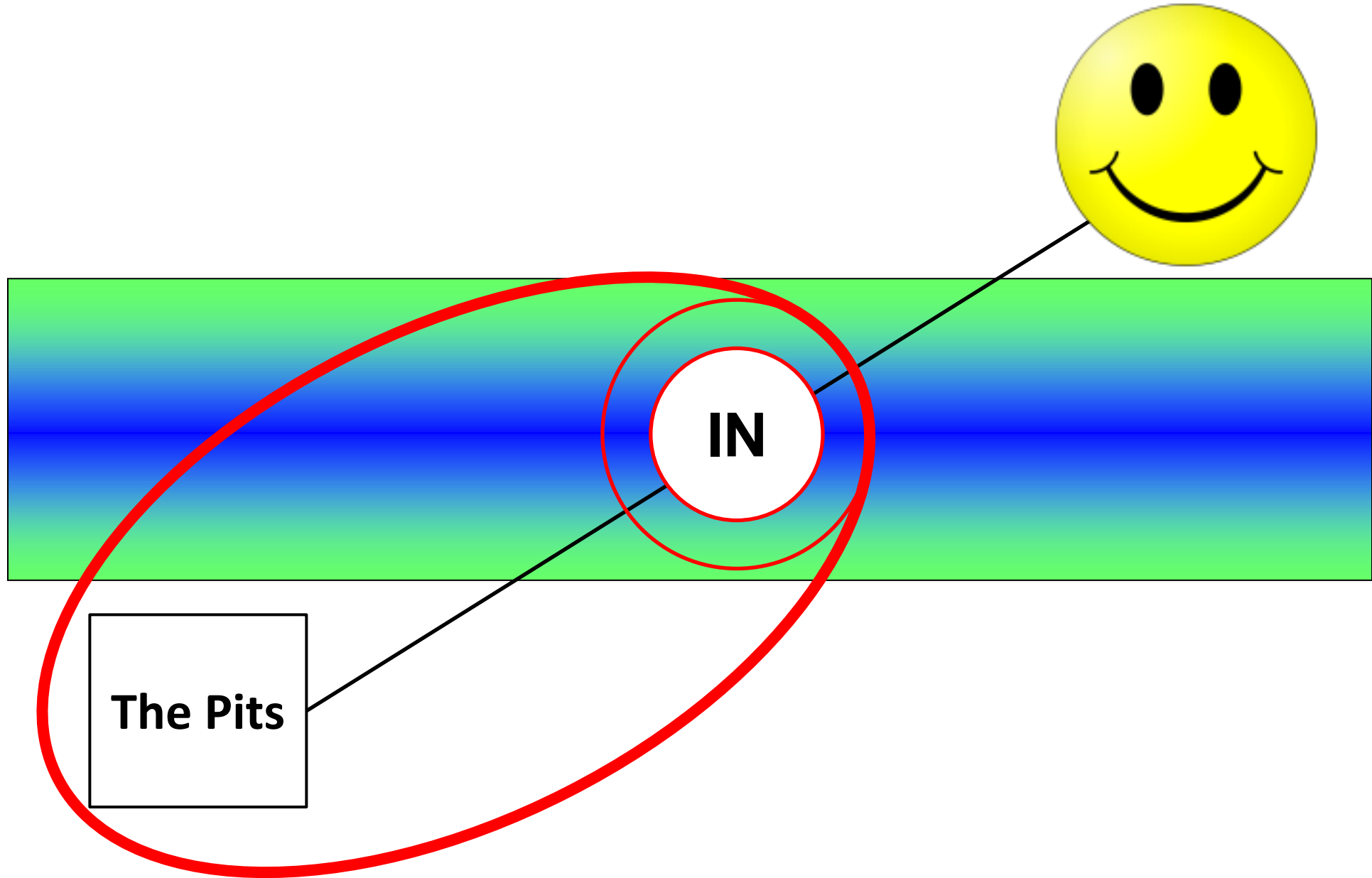


The Loophole

THE POWER LINE



THE POWER LINE



ACTION PLAN

If you do what you've always done,
you'll always get what you've
always got. If what you are doing is
not working, do something else.

Joseph O'Connor

“ quote fancy

THE MIRACLE QUESTION

De Shazer's Miracle Question (1988)

Suppose one night, while you are asleep, there is a miracle, and the problem you brought here was solved. Because you are asleep, you don't know that the miracle has already happened.

When you wake up in the morning, what will be different that tells you the miracle has taken place? What else?



INCENTIVES



TAKE ACTION!





Find Escape Velocity
Break out of the loop!

COURSE CORRECTION



The only real mistake is not to learn from your mistakes



Plan time to Plan!

Mo
1

Tu
2

We
3

Th
4

Fr
5

Sa
6

Su
7

Finish Presentation

Time to PLAN!

15

16

17

18

19

20

21

22

Meeting

23

24

Send Forecast Report

25

26

Customer Report

27

28

SMART GOALS

Simple
Measurable
Agreed
Realistic
Time-related



ACTION PLAN

- Where am I now? (Wheel of Life/Stress)
- What have I identified as key stressors?
- Where do I want to get to?
- Prioritising
- Taking Responsibility
- Taking Action
- Review
- What can I change?
- Persist

If at first you don't succeed....

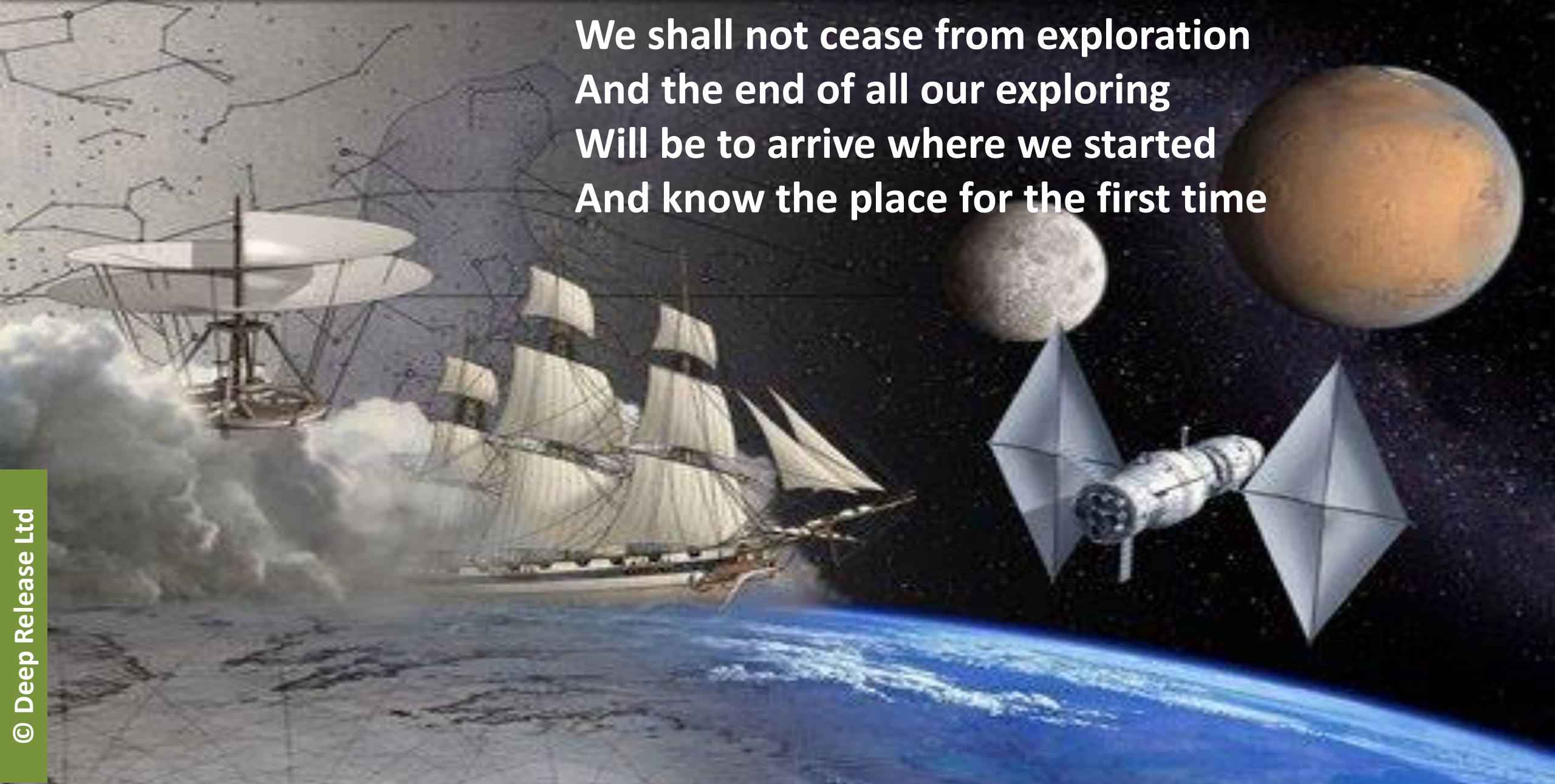


SUPPORT NETWORKS



Quote from *Little Giddings* (T S Eliot)

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time



I HAVE QUESTIONS



LOTS OF QUESTIONS

*Time for
Questions and
Comments for
Dr Chris*

Please send your
questions and
comments in the Chat
to Hannah Lamont

Share in Buddy Groups

**Discuss the teaching
and say Goodbye to
your Buddies.**

**Exchange details if
you wish.**

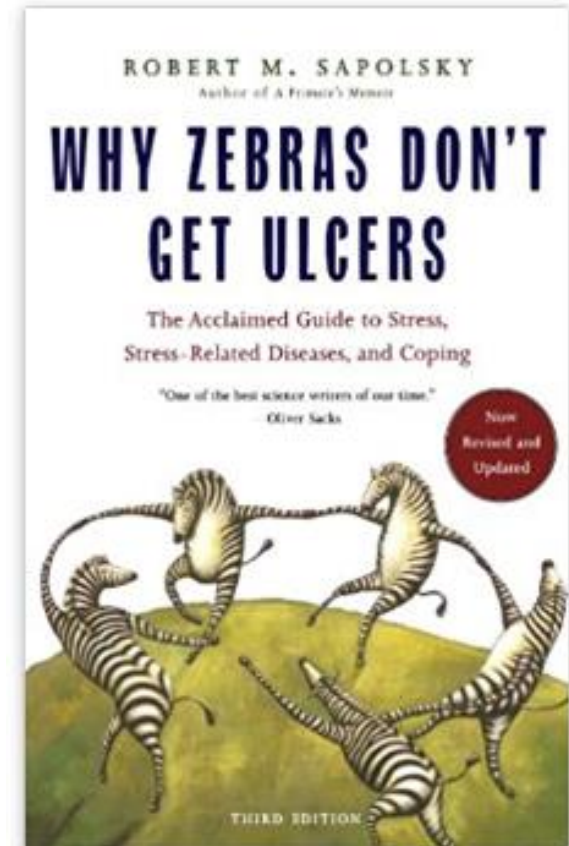
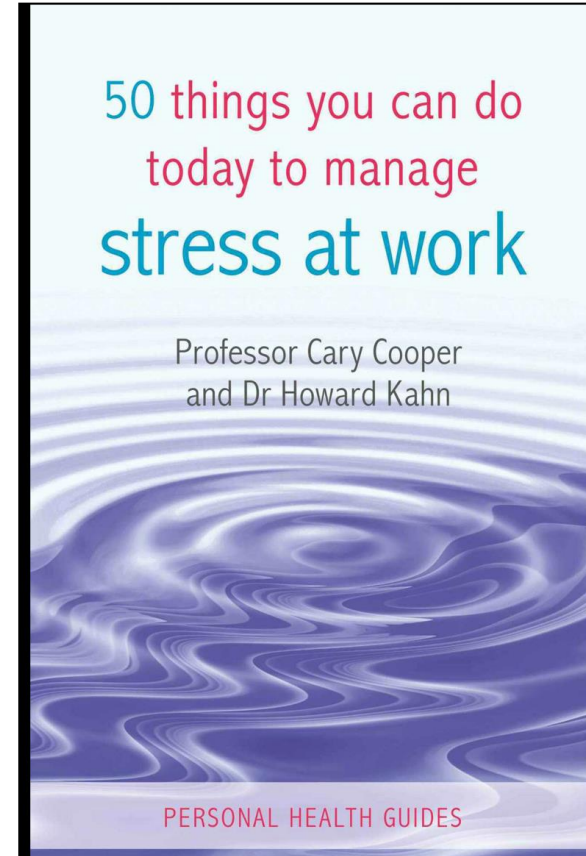
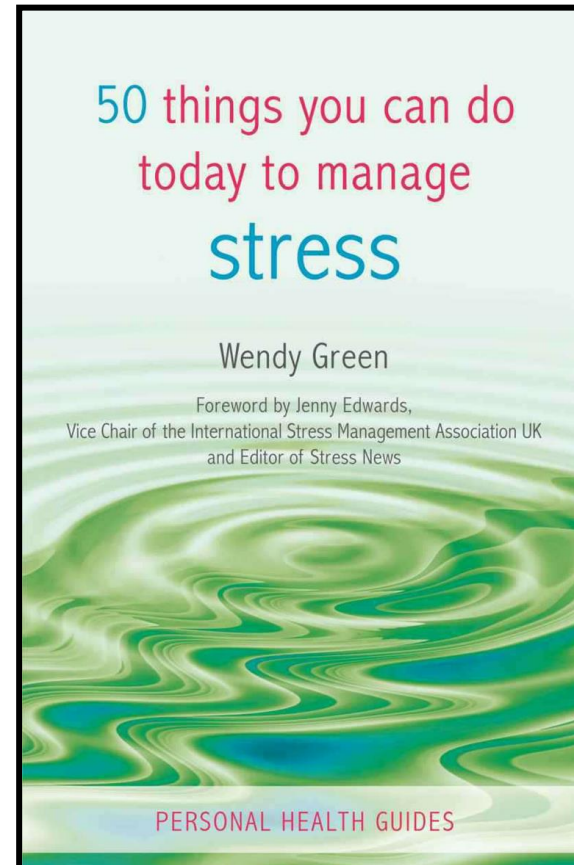
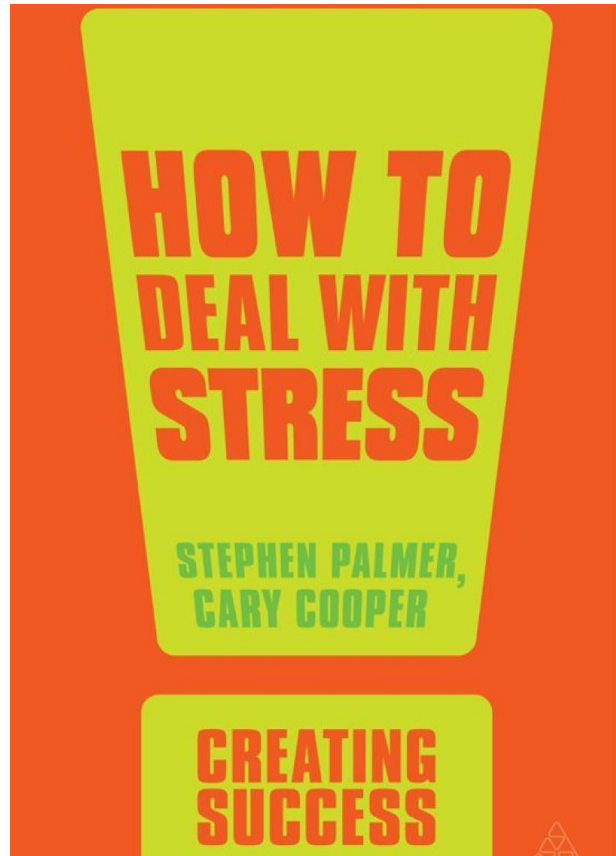
10 minutes





Resources

RECOMMENDED READING





PACT LTD

Original & Creative Counselling Resources

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

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

3 videos for the price of 2!



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



Narcissism and Echoism – Training Video

£30.00



Working with Loss and Grief – Training Video

£30.00



**A Creative Guide
to working with the
Inner Child**
for Counsellors and Psychotherapists



Pauline Andrew

A Creative Guide to
Working with the Inner
Child

£11.50



**A Creative Guide
to working with
Blocked Anger**
for Counsellors and Psychotherapists



Pauline Andrew

A Creative Guide to
Working with Blocked
Anger

£11.50

**A Creative Guide to
Working with Nesting Dolls**

for counsellors and
psychotherapists



Pauline Andrew

A Creative Guide to
Working with Nesting Dolls

£11.50



**Speci
al
Offer
Save
£4.50**



Special offer – save £4.50
when you buy all 3 books

£30.00

Now available on Kindle
and as Paperback
from Amazon.co.uk

and Paperback from
www.pact-resources.co.uk

CONNECT WITH US!

FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



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



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



YOUTUBE CHANNEL

Search: Brain Body and Beyond

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



24
JUN



Online Event

Creative Supervision
Fri June 24

From: £10.00

June 24, 2022
9:30 am - 1:00 pm

30
JUN



Online Event

**Working with Gestalt in the
Counselling Room**
Thurs June 30

From: £20.00

June 30, 2022
9:30 am - 1:00 pm

05
JUL



Online Event

Ethical Dilemmas in Supervision
Tues July 5

From: £10.00

July 5, 2022
9:30 am - 1:00 pm

09
JUL



Online Event

**Introduction to In Womb and
Birth Trauma for Counsellors**
Sat July 9

From: £20.00

July 9, 2022
9:30 am - 1:00 pm

16
JUL



Online Event

**Psycho-integration for
Counsellors with Dr Chris**
Sat July 16

From: £10.00

July 16, 2022
9:30 am - 1:00 pm

**Book your
place now!**

deeprelease.org.uk

Please send us
your feedback!



Thank you

Contact us:
info@deeprelease.org.uk

deeprelease.org.uk

pact-resources.co.uk