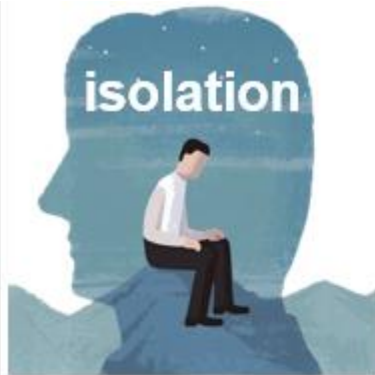


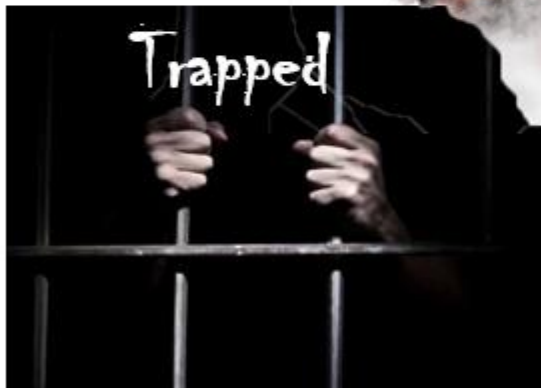


**Deep Release Online**  
*Professional Training for Counsellors*

## MENTAL HEALTH ISSUES IN COUNSELLING



**Burnout**



**STRESS**  
**ANXIETY**



# Causes of Psychological Disorder

## NATURE

### INHERITED FACTORS

Family History

Family Traits

Twin Studies

Developmental  
Factors



## NURTURE

### ENVIRONMENT

In womb

Early trauma

Insecure  
attachment

Life stages

Bereavement

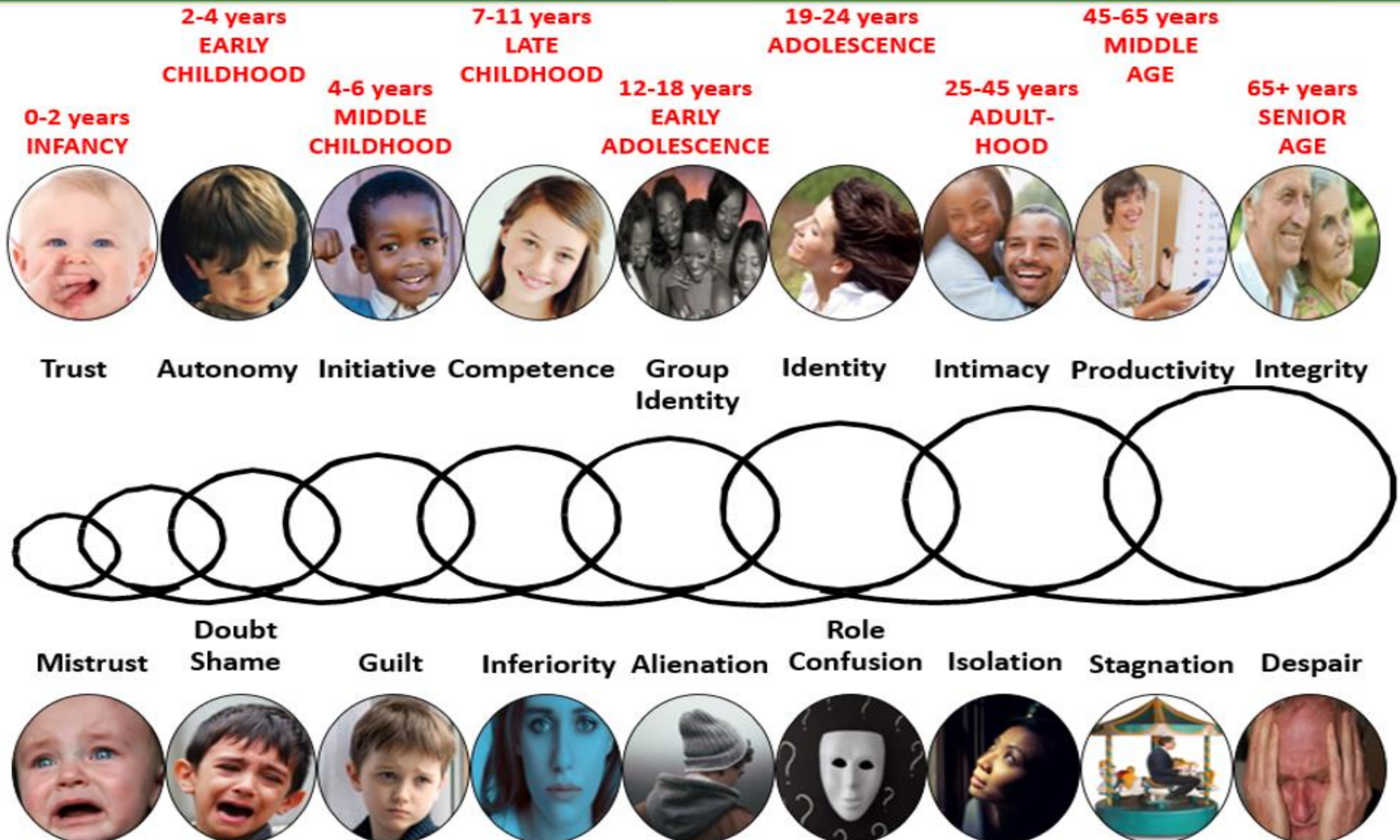
Abuse

Abandonment

Illness

**BOTH / AND**  
**100% / 100%**

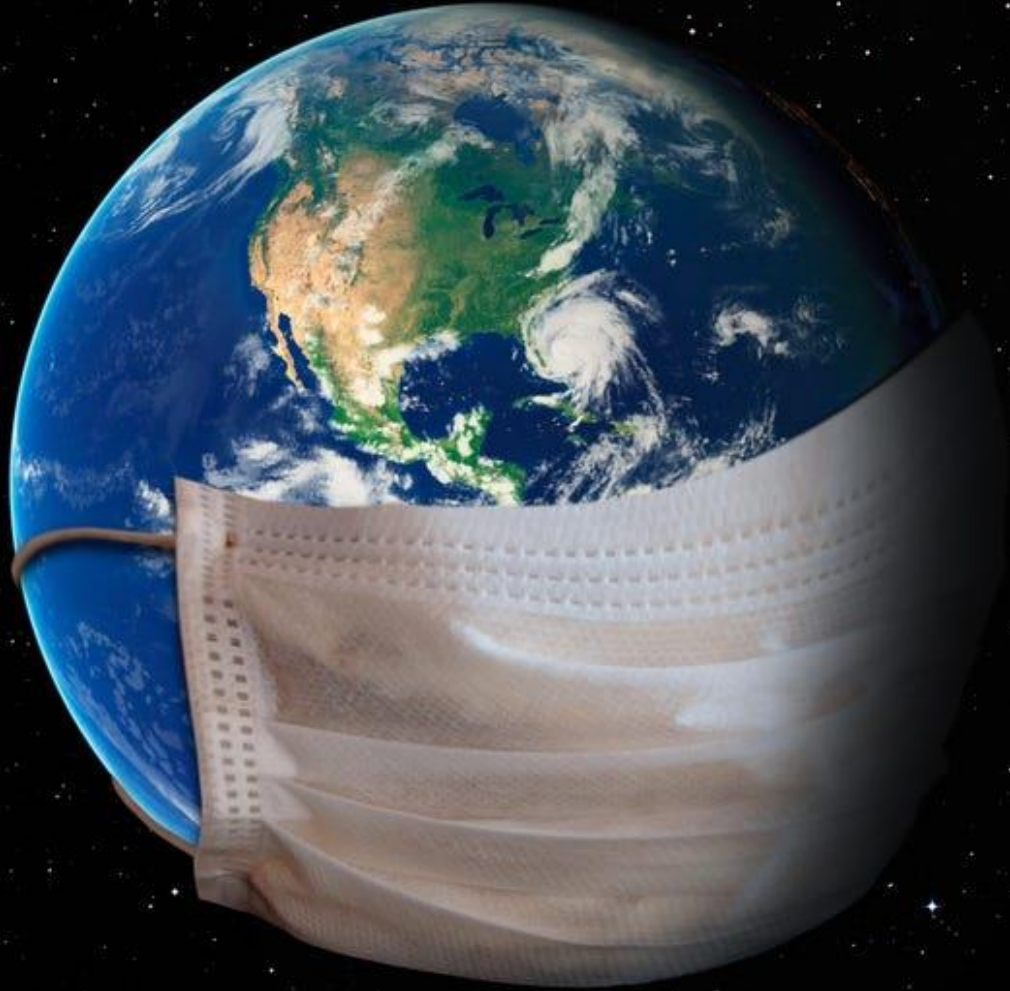
# Erikson's Life Stages/States



# BALANCE



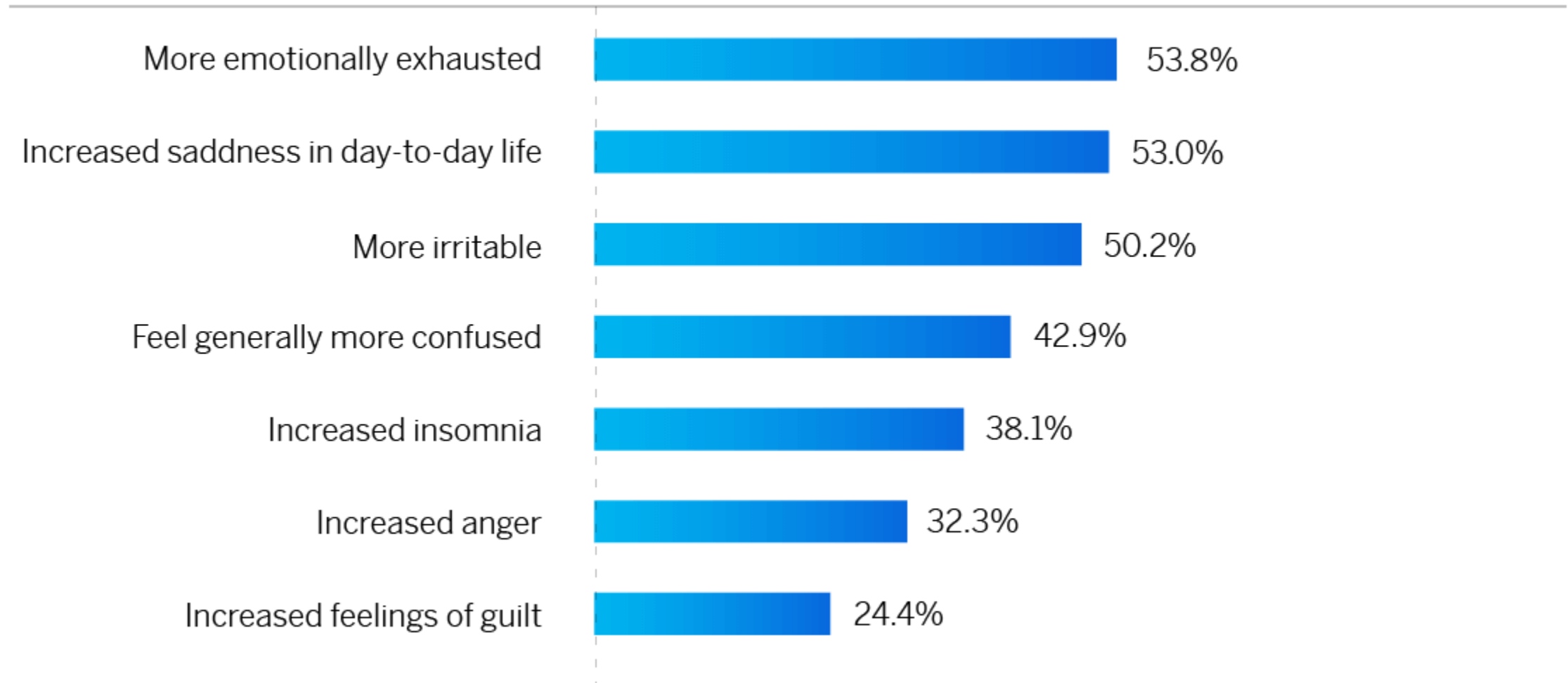
**When the world lost its balance**



**Covid 19**

# WHEN THE WHOLE WORLD BECAME UNSAFE

## Mental health symptoms since COVID-19 outbreak



# GLOBAL PANDEMIC IMPACT ON MENTAL HEALTH



- Fear of virus
- Fear of contamination
- Getting sick
- Isolation / separation
- Extravert vs Introvert
- Loss of family connection
- Loss of employment
- Loss of business
- Weddings, funerals, birthdays hit
- Impact on holidays
- Theatres closed
- Food and other shortages
- Impact on children and young people

# Famous people who have suffered from Mental Illness



ALEXANDER THE GREAT  
(Bipolar... or alcoholic?)



CLAUDE MONET  
Clinical Depression



NAPOLEON  
Bipolar



FLORENCE NIGHTINGALE  
Bipolar – also heard voices



SPIKE MILLIGAN  
Bipolar – at least 20  
mental breakdowns



QUEEN VICTORIA  
Depression



BEETHOVEN  
Bipolar



SIR ISAAC NEWTON  
Bipolar



MARILYN MONROE  
Bipolar



STEPHEN FRY  
Bipolar

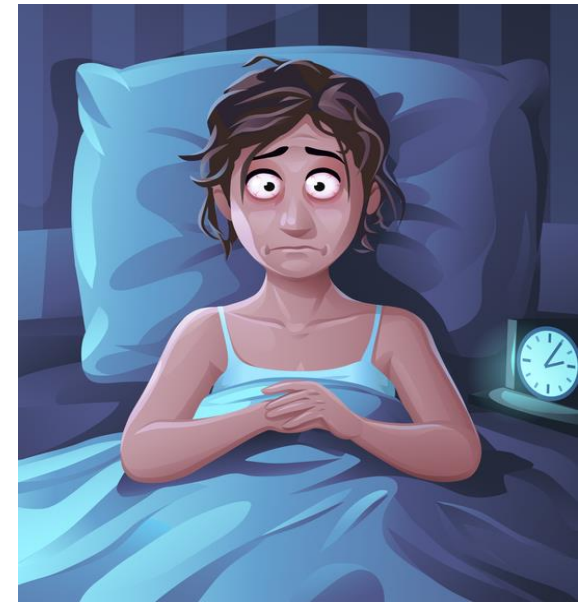
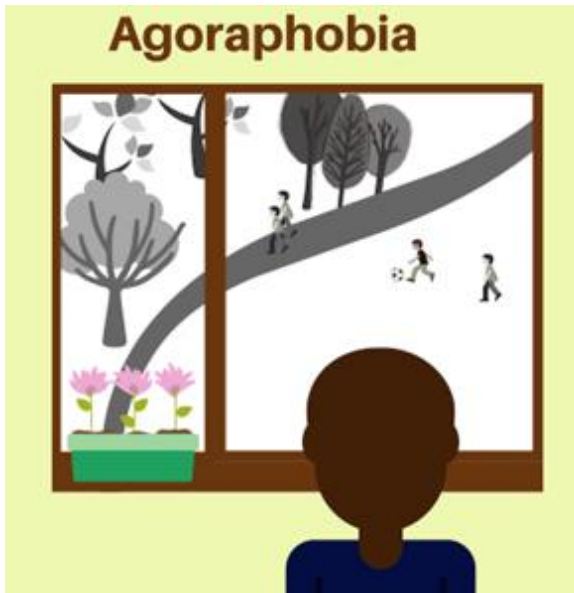
**Bipolar?** Hitler, Churchill, Keats, Byron, Picasso, Britney Spears ...

**Depression?** Abraham Lincoln, van Gogh, Jim Carrey...

**Schizophrenia** – John Nash, Mathematician and Nobel Prizewinner (film “A Beautiful Mind”)

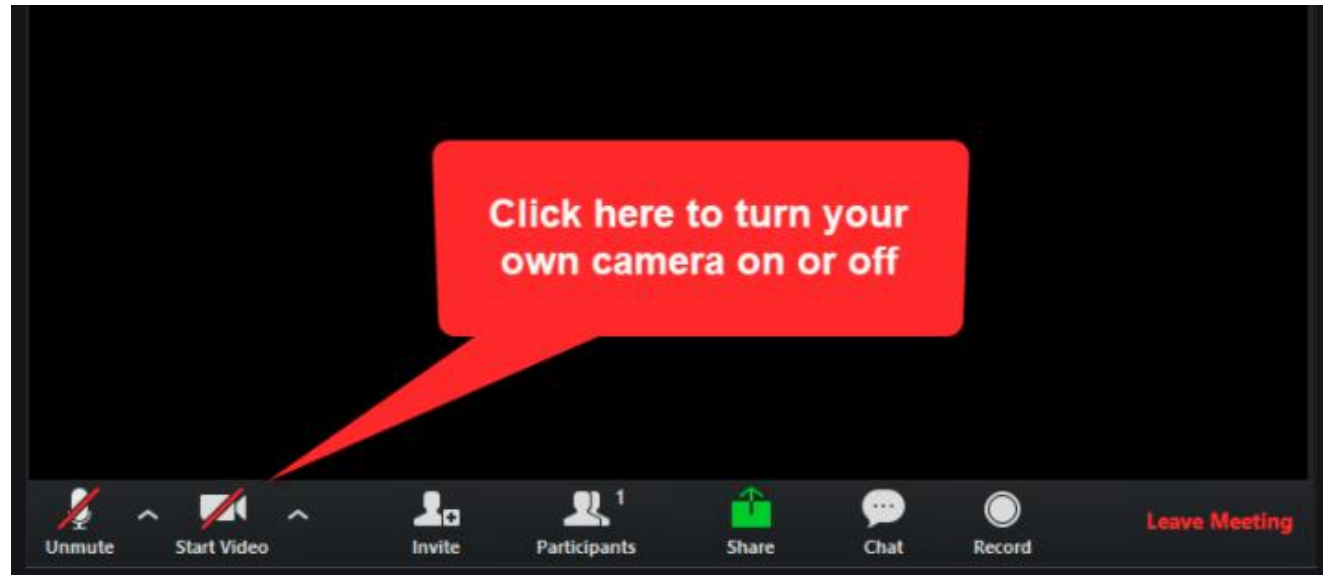
# LACK OF SAFETY – PERSONAL AND GLOBAL

- A global pandemic
  - Climate change
  - Russia/Ukraine
  - Loss of income / job
  - Being involved in an accident
  - Being scammed
  - Betrayal and abandonment
  - +++
- not safe in the world
  - not safe in the future
  - not safe in the future
  - not safe financially
  - not safe on the roads
  - not safe online
  - not safe in relationships



**PLEASE TURN YOUR VIDEO  
OFF FOR THE FILM**

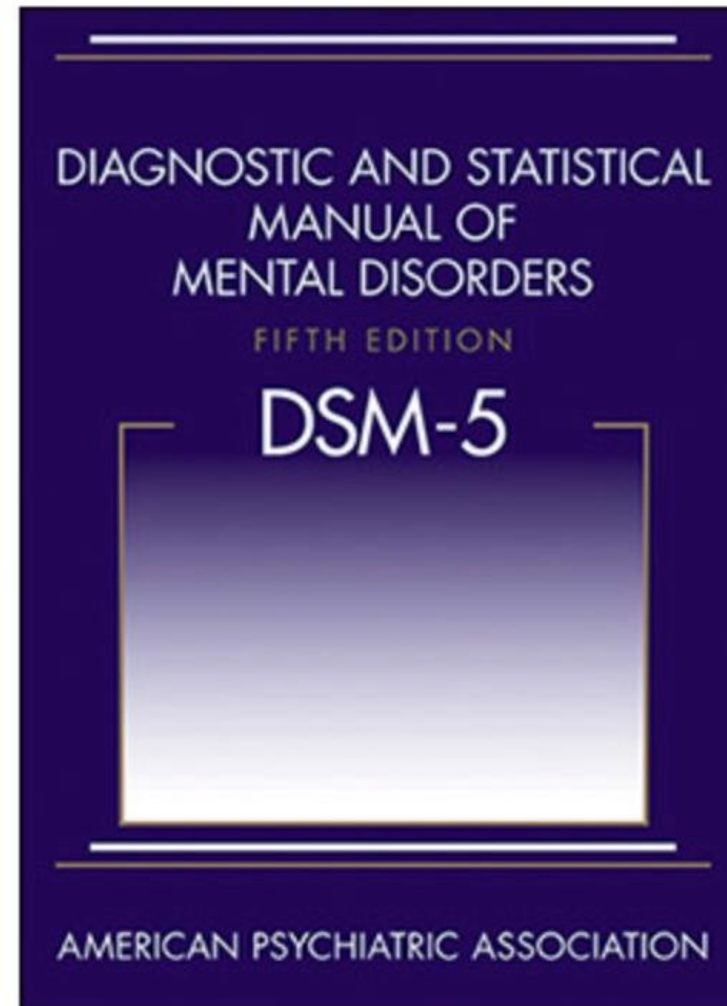
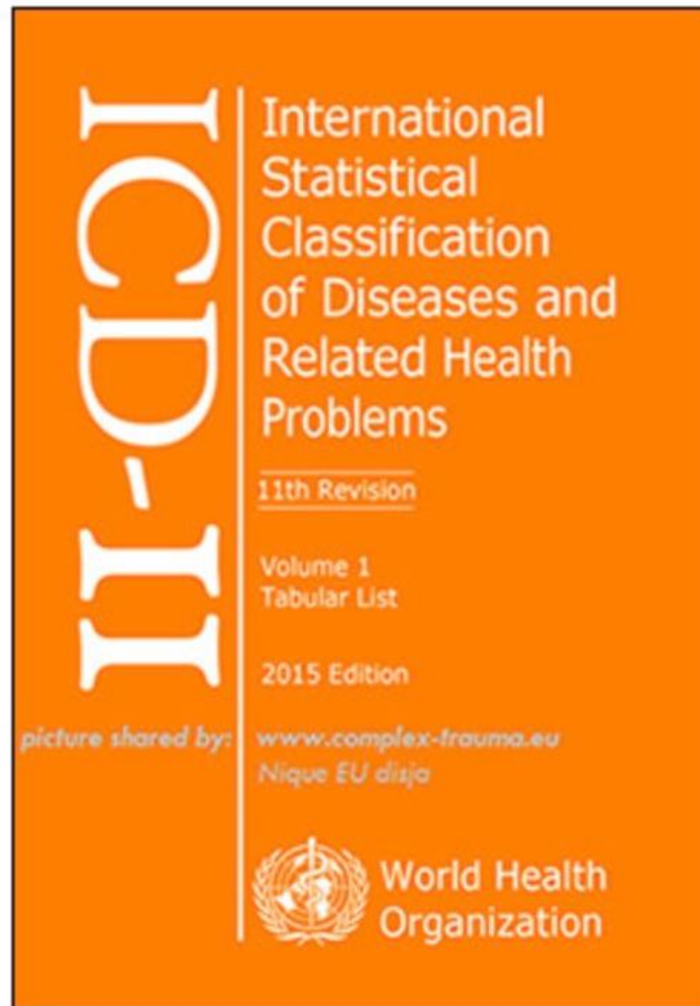
**THANK YOU!**



# ALEX'S STORY



# HOW ARE DISEASES CLASSIFIED?



A magnifying glass is positioned over an open dictionary, focusing on the word 'learn'. The text in the dictionary is slightly blurred, but the word 'learn' and its definitions are clearly visible. The magnifying glass has a dark handle and a circular frame.

## Basic Terminology

### COGNITIVE FUNCTION

To do with concentration, memory, understanding, intelligence, grasp, judgement

### AFFECTIVE DISORDERS

Disorders of mood

### NEUROSES

Disorders of emotions, belief, behaviour and the will, associated with anxiety, fear, and/or depression but less than psychosis.

A magnifying glass is positioned over an open dictionary, focusing on the word 'learn'. The text under the lens includes 'learn \lɜ:n\ vb learned', '29 as the extra day', and 'learned \lɜ:nəd\ adj'. The background of the slide is a dark blue header.

## Basic Terminology

### PSYCHOSIS

- A greater disturbance of mental functioning – hallucinations, delusions
- Abnormal behaviours, eg gross excitement, over-activity or slowing down of movements to the point of being catatonic, often related to hallucinations or abnormal mood

### HALLUCINATIONS

- Abnormal sense experiences
- Seeing visions, hearing sounds/ voices, feelings or sensations not usually regarded as normal or healthy

## Basic Terminology

### DELUSIONS

- Mistaken beliefs in spite of evidence to the contrary
- Not understandable in social setting
- *eg I am being spied on, I am impoverished, my guts are rotting away, I am Napoleon...*

### DELIRIUM

- Confusion and disturbance of consciousness
- Usually associated with physical illness, alcohol or drugs

## DEMENTIA

- Disturbance of higher brain function, memory, thinking, orientation, comprehension, calculation, learning, language and judgement.
- Consciousness is not clouded.
- Impaired cognitive function accompanied by deterioration in emotional control, social behaviour and motivation.
- Interference with personal activities of daily living, eg washing, dressing, eating, hygiene.

# Anxiety Disorders

# ANXIETY DISORDERS : GENERALISED ANXIETY DISORDER

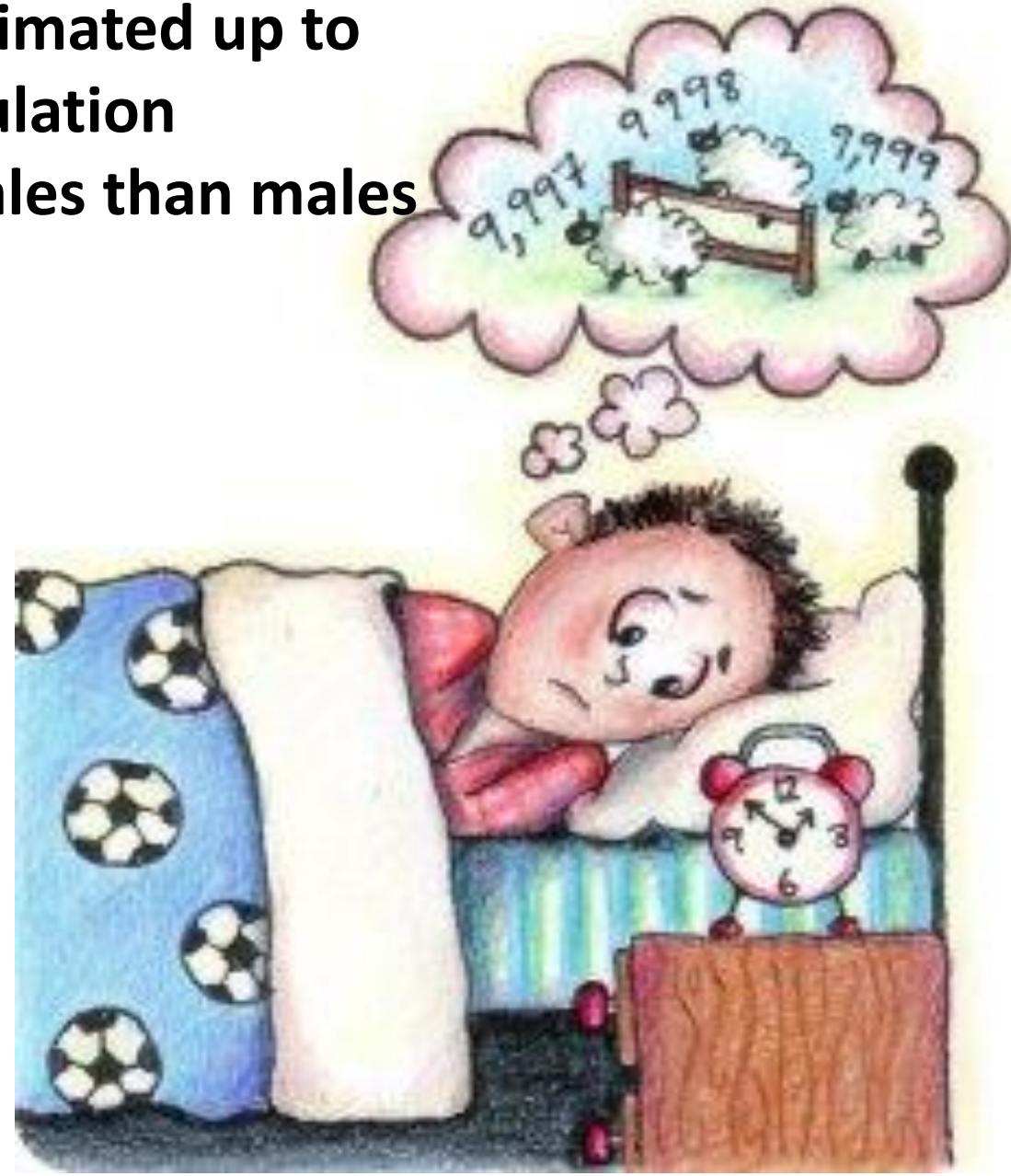
Highly prevalent - estimated up to  
15% of the population  
Higher incidence in females than males

## CLINICAL FEATURES

- Apprehensive - Hypervigilant
- Disturbed sleep
- Muscle tension - Autonomic arousal

## AETIOLOGY (Causes)

- Genetic predisposition
- Childhood stressors
- Current stressors



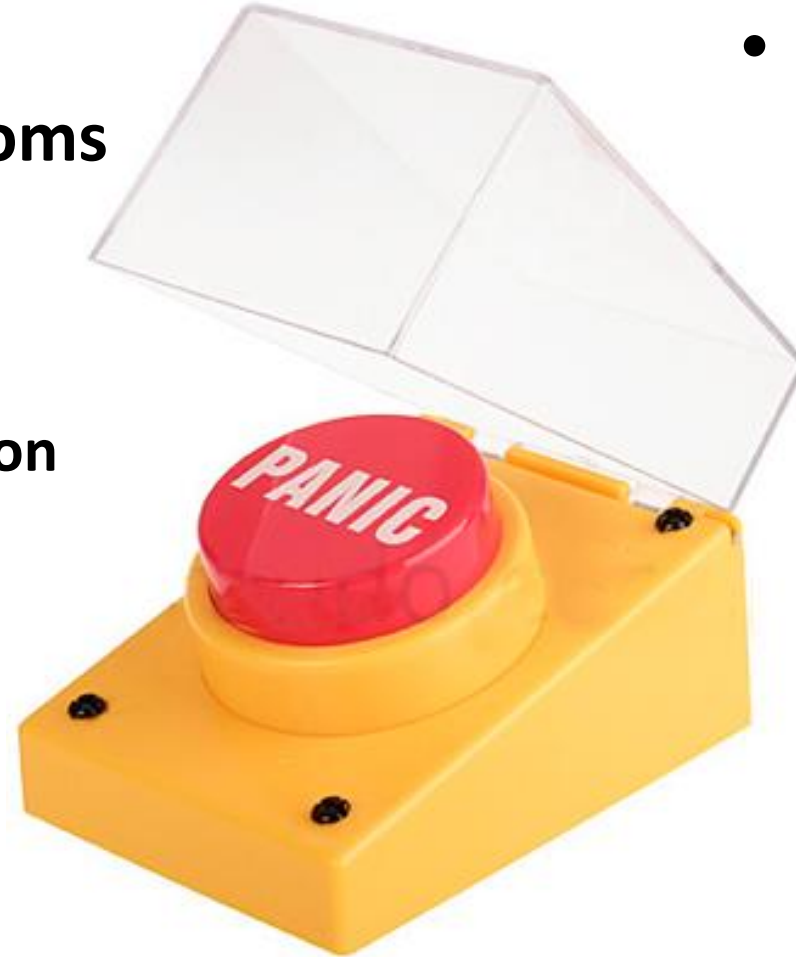
## MANAGEMENT

- Reassurance
- CBT
- Mindfulness
- Medication
- Anxiolytics – short term
- Antidepressants
- Beta Blockers



# ANXIETY DISORDERS : **PANIC DISORDERS**

- **An intense anxiety attack**
- **Feelings of apprehension/ impending doom**
- **Associated symptoms**
  - Rapid heartbeat
  - Shortness of breath
  - Chest discomfort
  - Smothering sensation
  - Dizziness
  - Numbness
  - Hot flushes
  - Cold hands
  - Sweating
  - Faintness
  - Trembling



- Feelings of unreality
- Fear of dying
- Fear of going crazy
- Fear of doing something uncontrollable

**Often begins in late adolescence**

**More common in women than men**

**Treatment**

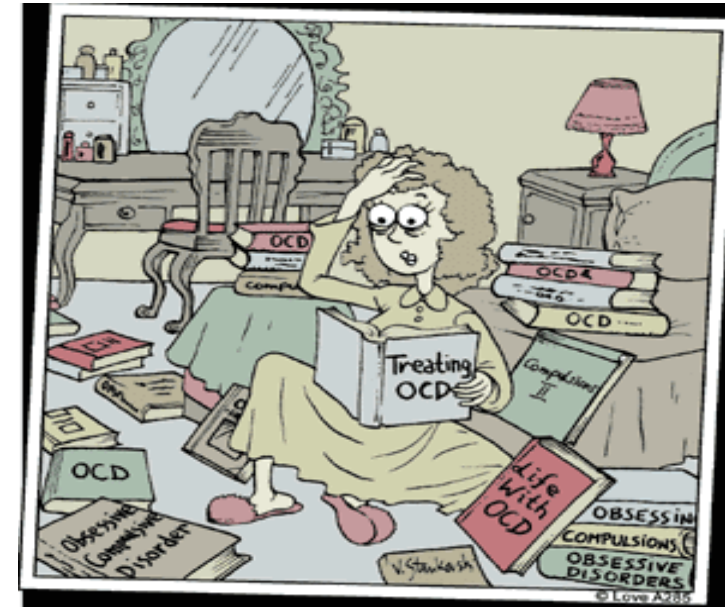
- **CBT**
- **Medication**
- **Psychodynamic**
- **Other therapies**

# ANXIETY DISORDERS : OBSESSIVE COMPULSIVE DISORDER



- Unreasonable thoughts, fears or worries
- Try to manage through ritualised activities to reduce the anxiety
- Frequently occurring distressing thoughts or images are called **obsessions**

# ANXIETY DISORDERS : **OBSESSIVE COMPULSIVE DISORDER**



- The rituals performed to try to prevent or dispel them are called **compulsions**
- The most common compulsions include repetitive hand washing/checking/touching
- Aim to avoid contamination or contaminating / harm or harming
- May be characterised by excessive orderliness and perfectionism
- Difficult to treat

# FAMOUS PEOPLE WITH **OBSESSIVE COMPULSIVE DISORDER**

Frank  
Sinatra



David  
Beckham



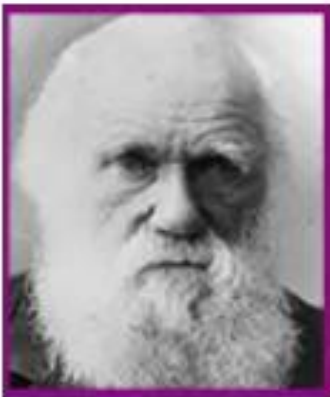
Leonardo  
DiCaprio



Cameron  
Diaz



Charles  
Darwin



Martin  
Luther



Amanda  
Seyfried



Justin  
Timberlake



**Can you name the 10 most common Phobias?**

10	9	8
7	6	5
4	3	2

# Affective (Mood) Disorders

# DEPRESSION

## SYMPTOMS

- Depressed mood, worse in the morning
- Early morning waking
- Loss of interest/concentration
- Tiredness, hopelessness
- Reduced self-esteem, sense of guilt, unworthiness
- Perplexity, agitation
- Loss of energy/libido/appetite
- Hypochondria
- Depersonalisation (outside oneself/watching a movie)
- Derealisation (world around you unreal/'foggy')
- Suicidal ideation

## Psychotic Symptoms when severe

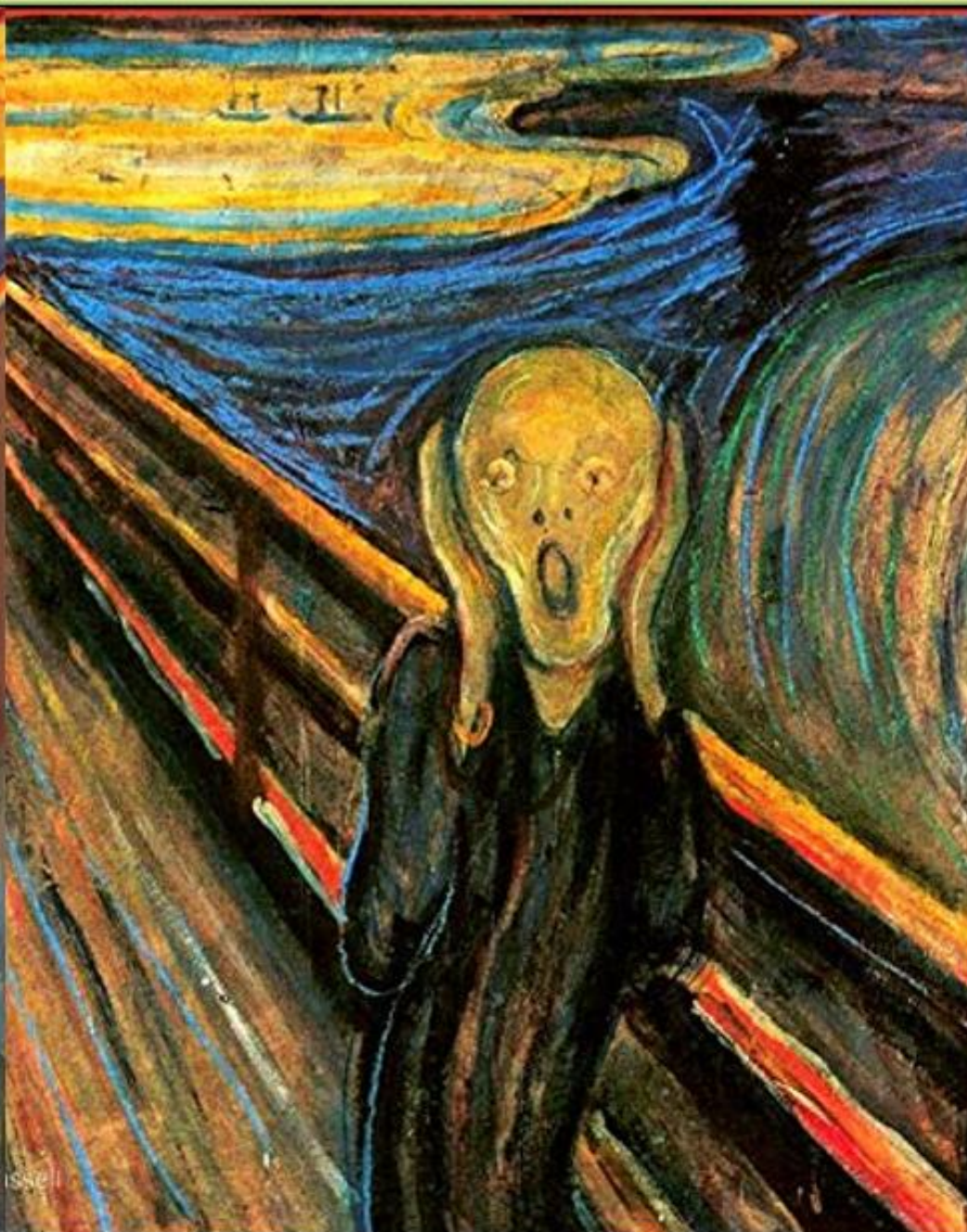
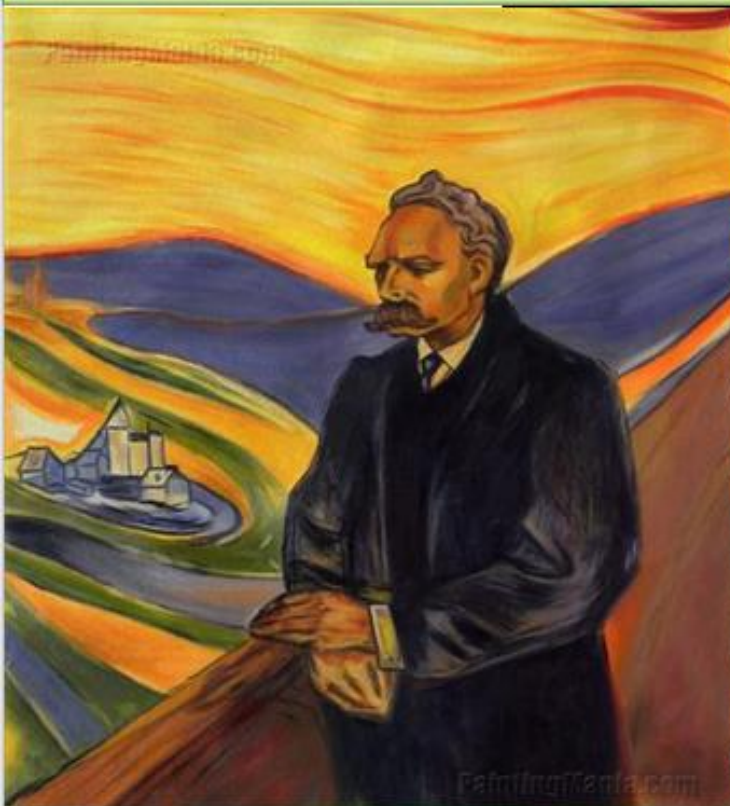
Delusion of sin/poverty, imminent disaster, physical illness, auditory hallucinations, accusing voices, stupor

## Recurrent Depressive Disorder



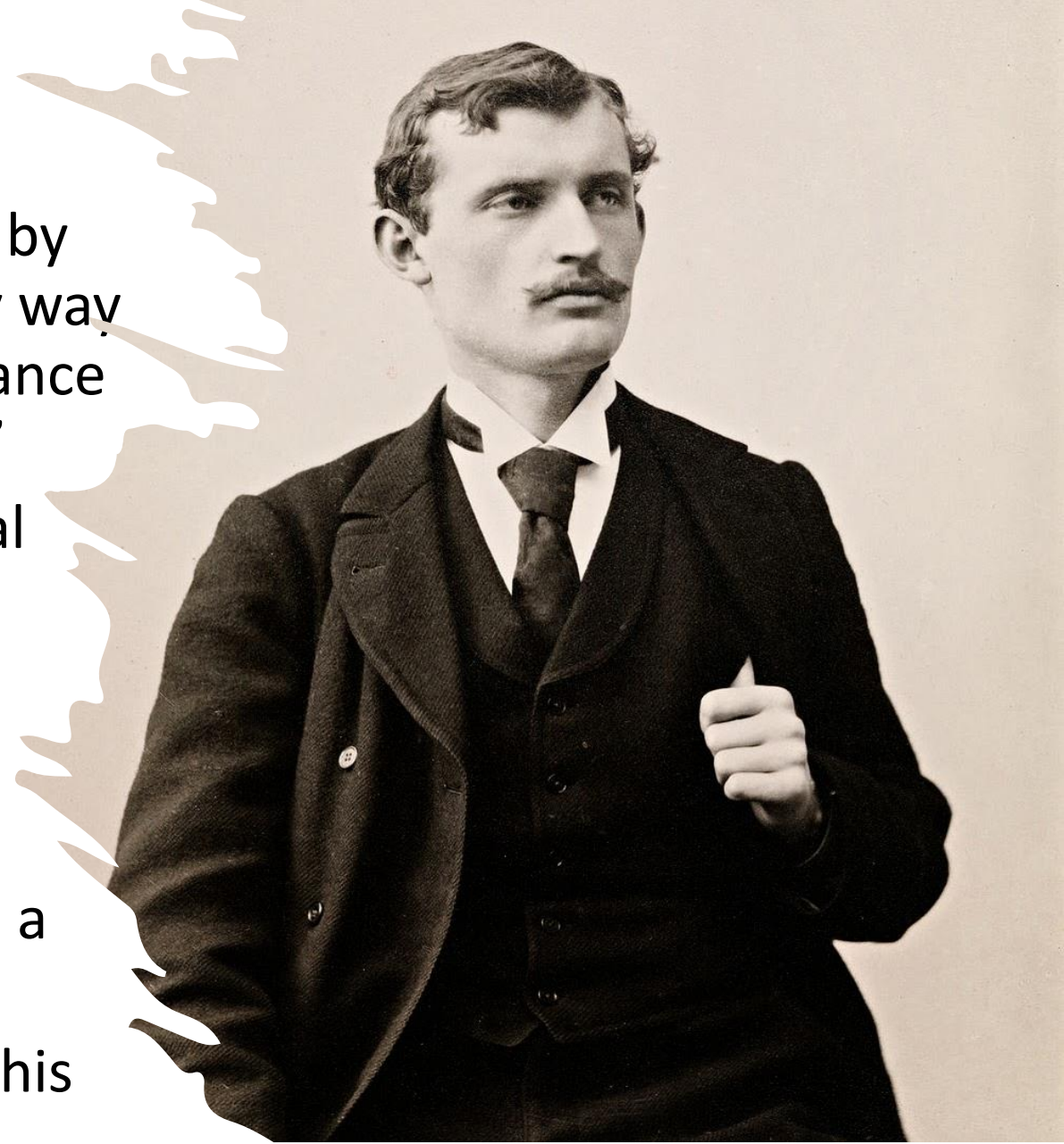


# EDVARD MUNCH



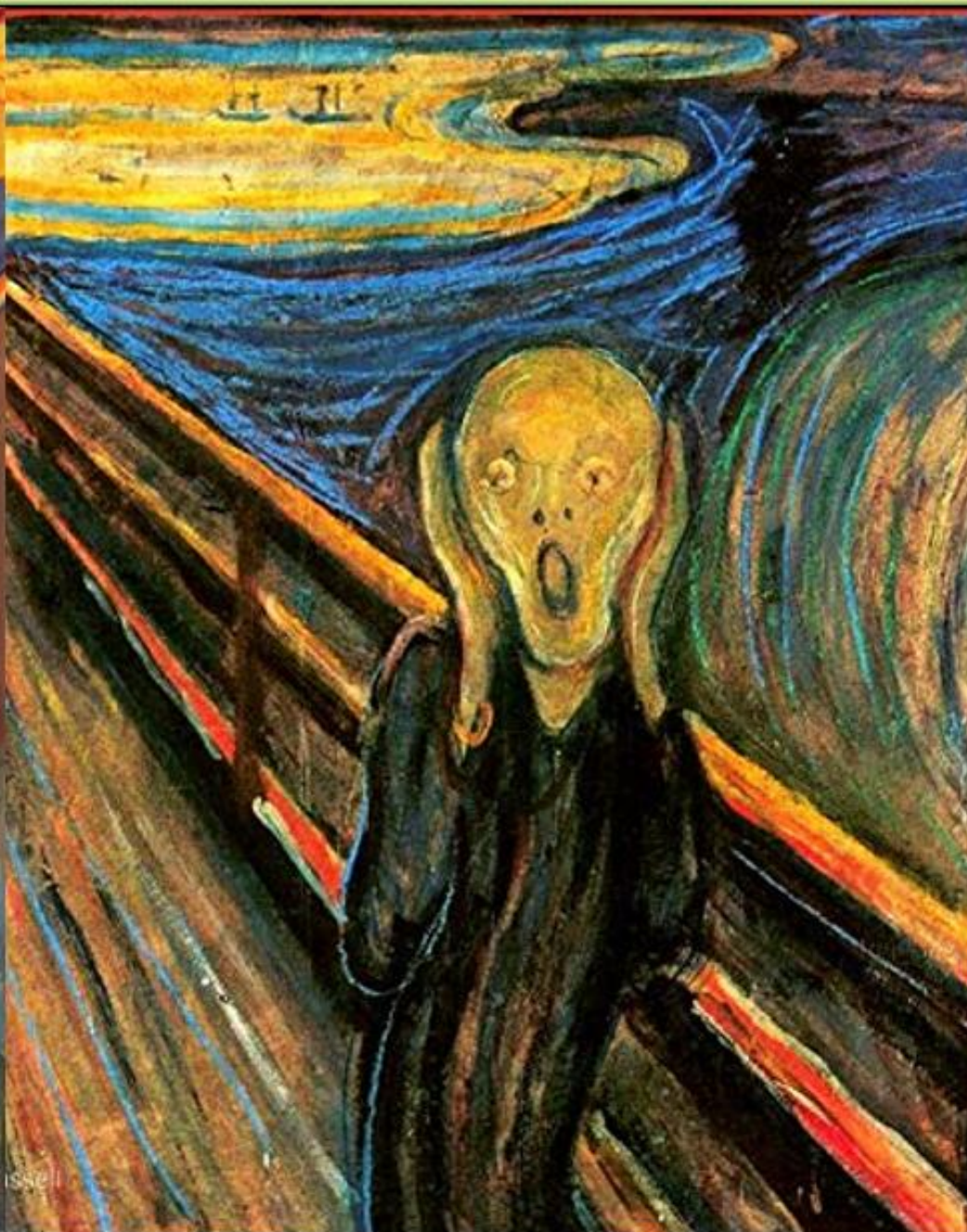
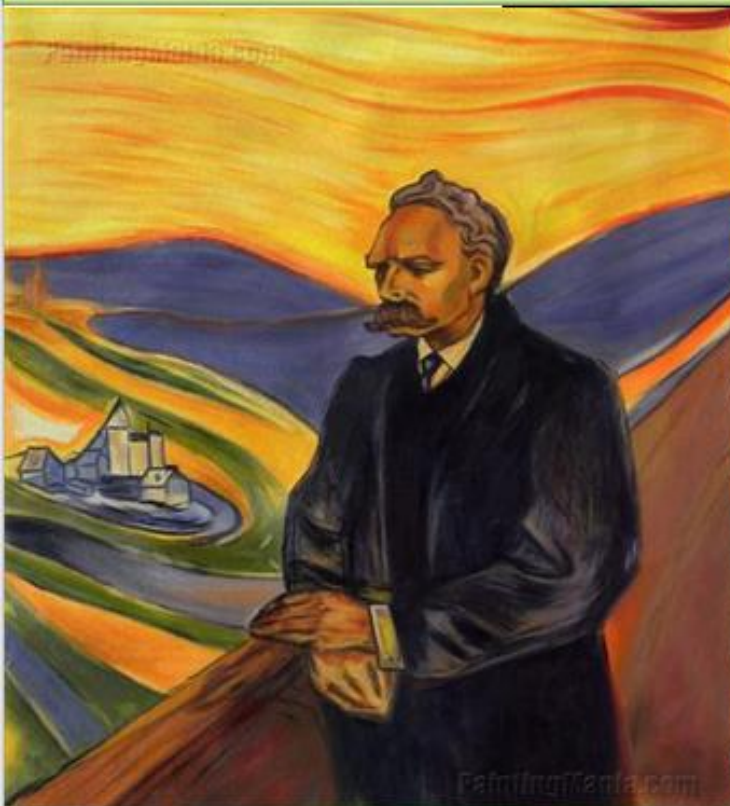
# EDVARD MUNCH (1863 – 1944)

- Age 2 – his mother died (left 5 children)
- Father instilled deep-rooted fear in children by repeatedly telling them if they sinned in any way they would be doomed to hell without a chance of pardon - mother “watching from heaven”
- One of his sisters was diagnosed with mental illness at a very early age
- Age 14 – his favourite sister died
- Munch often ill with depression/anxiety/bipolar disorder/alcohol addiction
- Only 1 sibling, Andreas, married but he died a few months later
- Munch never married – his paintings were “his children” – never wanted to be parted from them.



<https://www.smithsonianmag.com/arts-culture/edvard-munch-beyond-the-scream-111810150/>

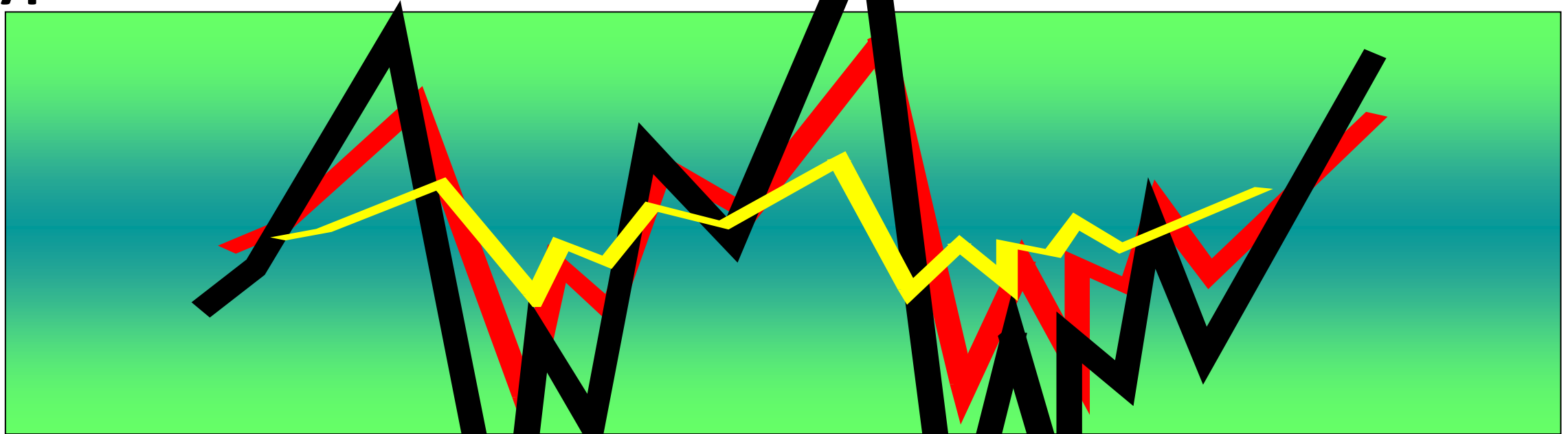
# EDVARD MUNCH



# THE WINDOW OF TOLERANCE - THE SPECTRUM OF MOOD DISORDERS

**Mania**

**Hypomania**



**Normal mood changes**

**Cyclothymia**

**Bipolar**

**Neurotic Depression**

**Psychotic Depression**

Daniel Siegel

# CYCLICAL DISORDERS : CYCLOTHYMIA



- **Mood swings**
- **Begins early in life**
- **May have no obvious triggers**
- **May be passed off as 'normal' for that personality**

# CYCLICAL DISORDERS : BIPOLAR DISORDER

## HYPOMANIA

### *Symptoms may include:*

- Persistent elevation of mood for several days
- Increased energy and activity: less sleep
- Feelings of well-being
- Increased mental & physical activity
- Increased sociability, talkativeness, over-familiarity
- Increased sexual energy
- Irritability, conceit & boorishness
- New ventures
- Interferes with work & social activity



# CYCLICAL DISORDERS – BIPOLAR DISORDERS

## **MANIA** - *May include:*

- Elation, pressure of speech
- Grandiose schemes
- Inflated self-esteem
- Over-optimistic
- Distractability
- Sexual lability
- Reckless spending
- Aggressive & disruptive



# CYCLICAL DISORDERS – BIPOLAR DISORDERS

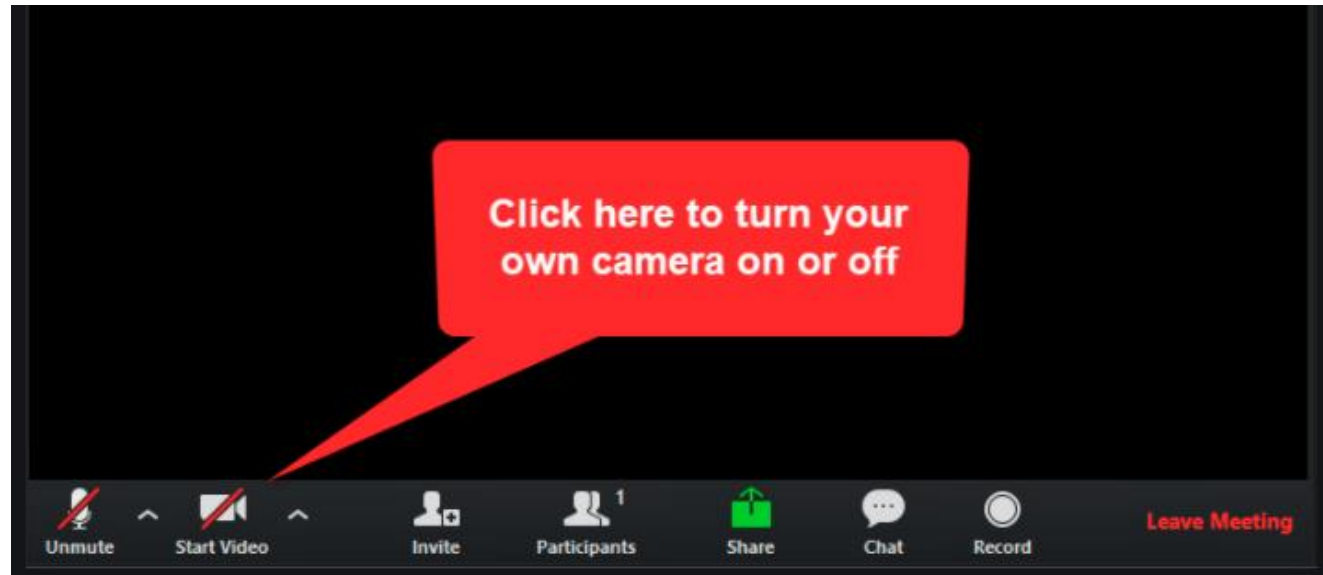
## MANIA WITH PSYCHOTIC SYMPTOMS - *May include:*

- Grandiose ideas → delusions
- Irritability → persecutions
- Flight of ideas
- Severe sustained physical activity
- Neglect of personal attention
- Psychosis



**PLEASE TURN YOUR VIDEO  
OFF FOR THE FILM**

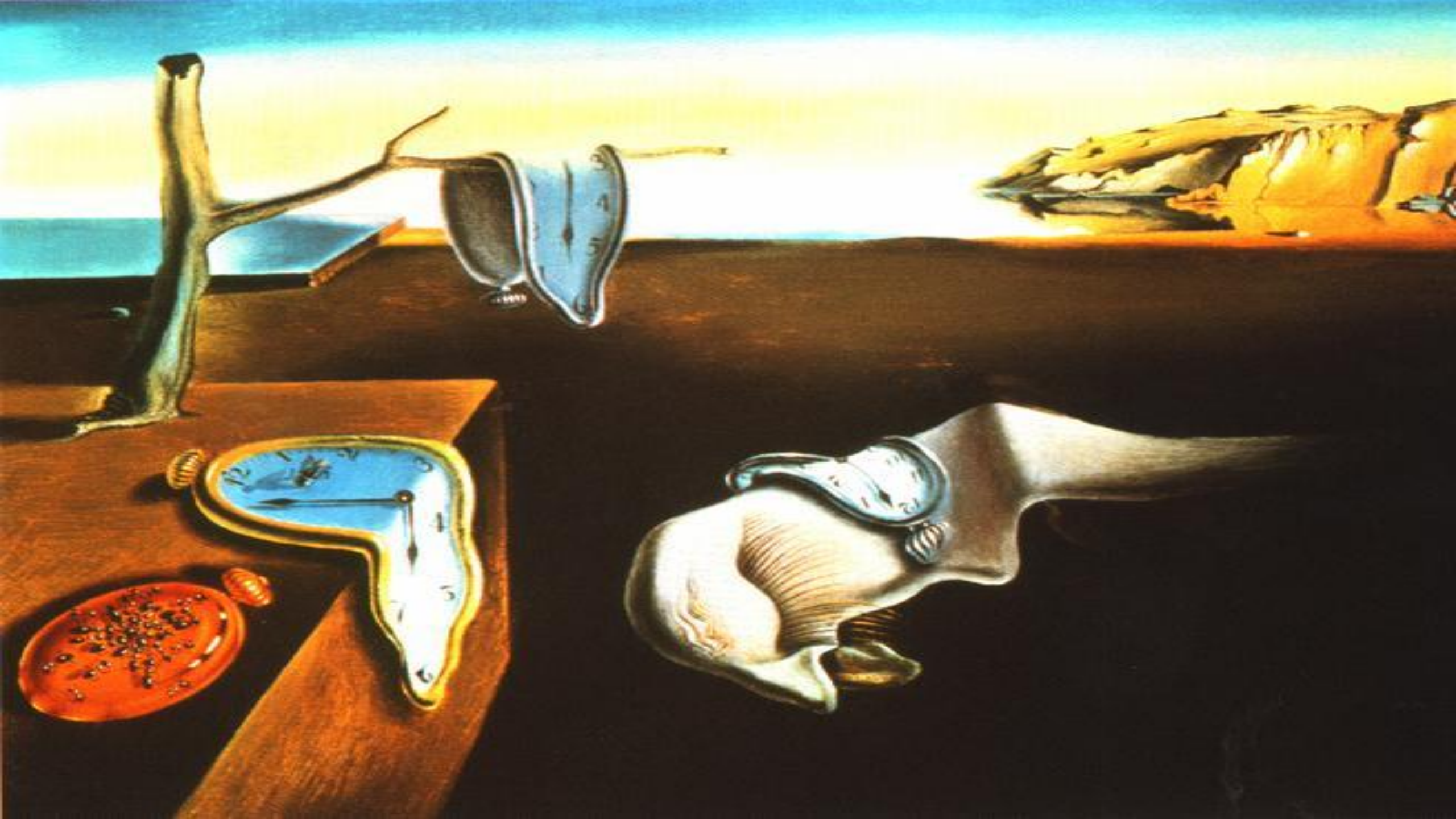
**THANK YOU!**



# DENISE'S STORY



# The Schizophrenias



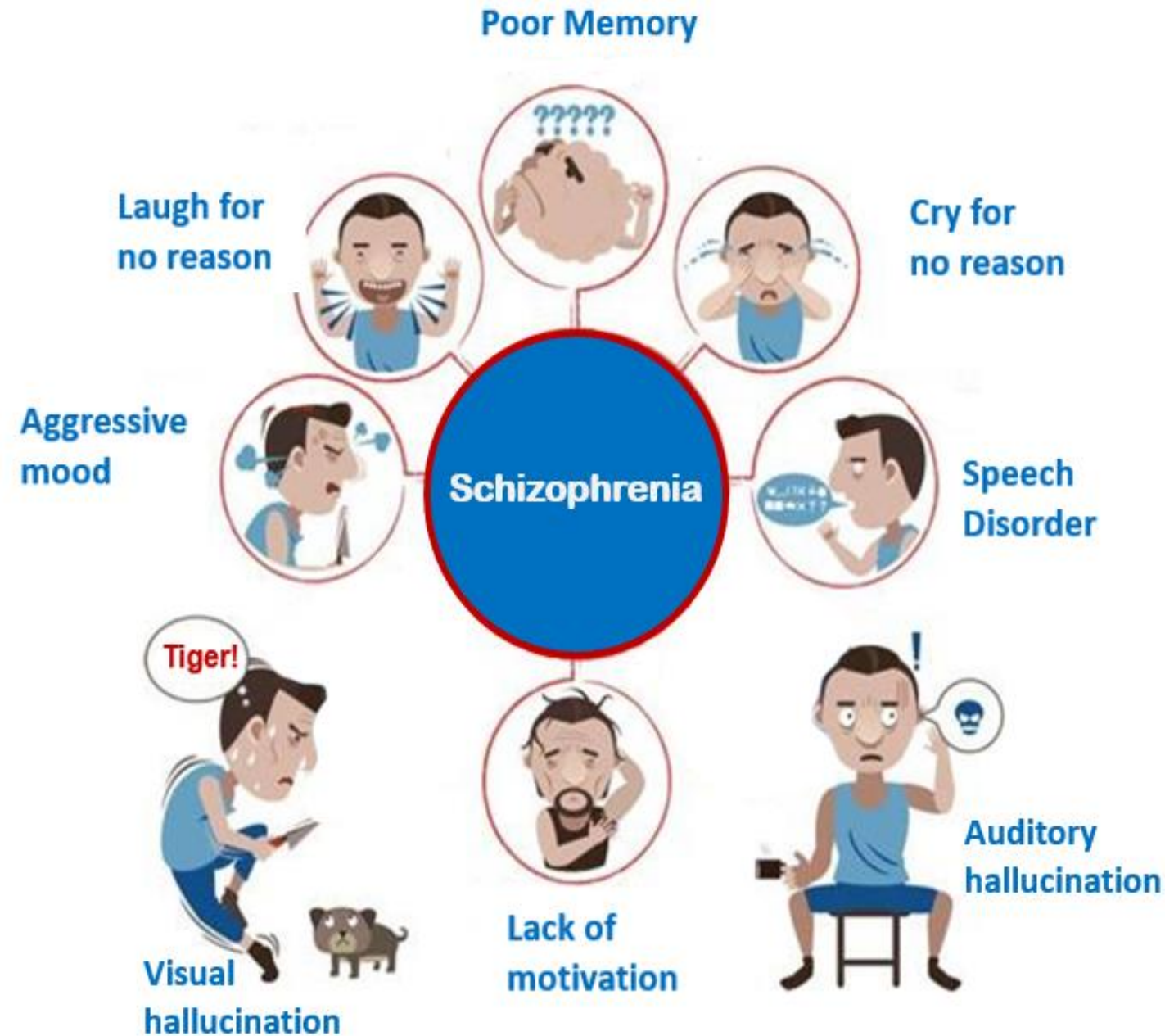
# THE SCHIZOPHRENIAS

It is not about having a 'split personality' like Jekyll and Hyde!!

- A group of mental illnesses with specific psychological symptoms leading, in some cases, to a disorganisation of personality
- Symptoms interfere with thinking, emotions, cognitions and motor behaviour
- The personality disorganisation may result in chronic invalidism and lifelong psychiatric care



# THE SCHIZOPHRENIAS





### Paul Merton

**‘Have I got news for you’,  
‘Just a Minute’**

While rehearsing for a Christmas edition of *Whose Line Is It Anyway?*, the comedian started to cry while talking to a friend as he believed he was Jesus. He describes that at the time he had a heightened state of excitement but then also started to ramble.

Refusing to call it a mental breakdown but rather a manic episode. “I felt good, I felt alive, I felt alert, I was full of energy. It was the people around me who were getting worried,” the star tells *The Guardian*.

What I wanted was for somebody to hug me. But he, being a typical middle-class male, was keeping his distance. And his emotional detachment made me feel even more alone. When he went away, I felt so lonely, I howled, like animals cry.”

# JOAN OF ARC: SAINT OR SCHIZOPHRENIC?



# THE SCHIZOPHRENIAS

## Incidence

Up to 1% of the population

Up to 12% chance if one parent has it

Up to 25% chance if both parents have it

Up to 40% chance if identical twin has it

## Outcome

Very variable

Can be complete recovery or gradual decline over lifetime

## PARANOID

Dominated by delusions of persecution ... ideas of reference, eg *"The TV is speaking to me..."* Sense of being 'special'.



## SCHIZO-AFFECTIVE

Combined Schizophrenia and Mood disorder

## DISORGANISED

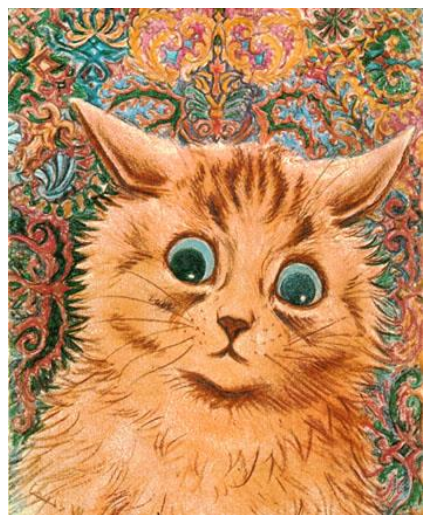
- Starts young, age 15-25
- Severe disorganisation of emotions, behaviour and language
- Inappropriate smiling/giggling/mannerisms
- Unpredictable
- Preoccupation with religion, philosophy and abstract themes.



# THE SCHIZOPHRENIAS – LOUIS WAIN, 1860-1836



**“The Electrical Life of Louis Wain”, 2021**



# Medication

# MEDICATION

## Antidepressants

Tricyclics

Selective Serotonin  
Reuptake Inhibitors (SSRIs)

Newer agents (SNaRIs,  
NaSSAs, NaRIs)

Mood  
Stabilisers



## Examples

*Amitriptyline, Imipramine*

*Fluoxetine (Prozac), Sertraline,  
Citalopram, Paroxetine*

*Venlafaxine, Mirtazapine,  
Reboxetine, Nefazodone*

*Lithium, Sodium Valproate*

*Antidepressants often take 4 to 6  
weeks to work, and the first one a  
patient tries usually isn't helpful*

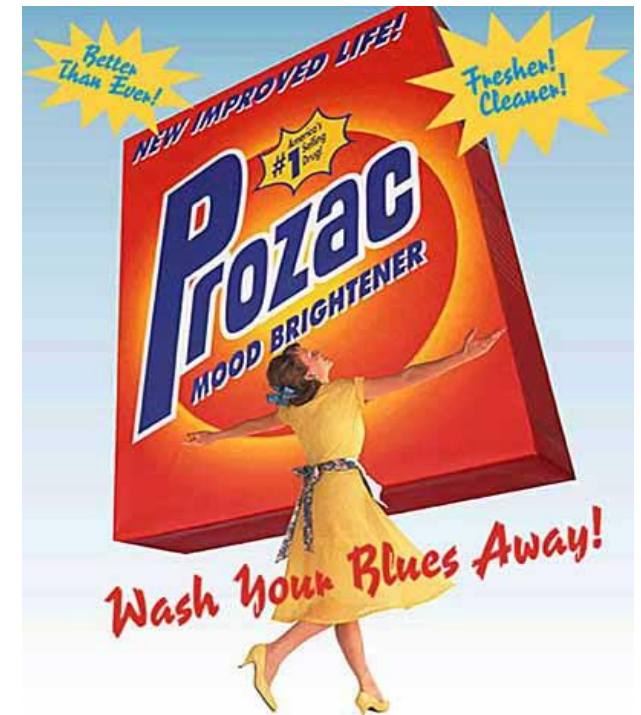
# MEDICATION

## Antidepressants : SSRIs, SNaRIs, NaSSAs, NaRIs

- Sometimes kick in sooner than 2 weeks
- Fewer side effects (nausea, transient)
- Withdrawal
- Much more specific
- Prozac used for everything – including the cat & the plants!



**PROZAC**  
Take a pill.



# MINOR TRANQUILLISERS



## Antipsychotics

### USES

- Tranquillise disturbed patients, whatever the cause
- Alleviate anxiety
- Relieve florid (positive) psychotic symptoms, eg delusions, hallucinations, thought disorder
- Used in both acute and chronic disorders
- Prevent relapse

### SIDE EFFECTS

- Tremors and other abnormal movements
- Weight gain with risk of diabetes, stroke and heart problems

### WITHDRAWAL



# MEDICATION

## Antipsychotics

### OLDER EXAMPLES

- Chlorpromazine
- Trifluoperazine
- Haloperidol

### MODERN

- Risperidone
- Olanzapine
- Quetiapine
- Aripiprazole

### DEPOT INJECTIONS

- *Modecate*
- *Depixol*
- *Clopixol*





## Prescripticide

“What is offered as care can be lethally harmful!”



**Side Effects**

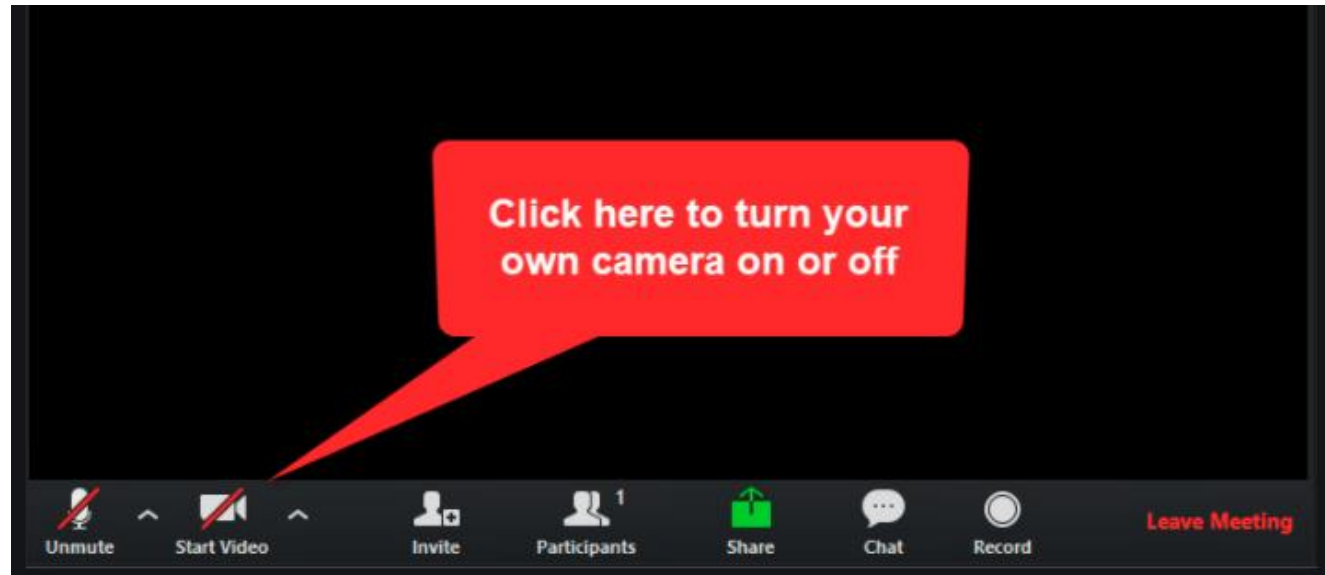


Prof Joanna Moncrieff, psychiatrist  
Professor of Critical and Social Psychiatry at  
University College London and a leading  
figure in the Critical Psychiatry Network



**PLEASE TURN YOUR VIDEO  
OFF FOR THE FILM**

**THANK YOU!**



# Zuranolone

March 7, 2022

A new antidepressant appears to provide faster relief to people suffering major depressive disorder (MDD), according to a new study. If approved by the FDA (US Food & Drug Administration), the drug could be combined with standard treatments in the short term to quickly reduce patients' symptoms and stabilise their mental health



*Antidepressants often take 4 to 6 weeks to work, and the first one a patient tries usually isn't helpful*

## Biological Models

- Mental illness is seen as being no different from any physical illness
- It has physical causes and therefore requires physical treatments

## Psychological Models

- The real cause of mental illness is in the psychopathology of the patient
- The use of medication to make a person feel better is not treating the real problem
- Therapy can help

# MODELS OF DIAGNOSIS AND TREATMENT

## Social Models – 2 types

### **LABELLING**

- Behaviours disliked by society are labelled as symptoms of a psychiatric illness
- Medication not necessary – the problem is society's definition of 'normal'

### **SOCIAL SITUATIONS**

- Mental disorders seen to be the result of dysfunctional family and society – situational, systemic
- Eg poverty creates situations which a person cannot control, leading to anxiety & depression

### **IN REALITY**

- Most integrative models of mental illness nowadays acknowledge a combination of biological, psychological, social and spiritual factors
- For some medications have turned their life around, and others find that psychological treatments were the key to solving their problems; or a combination of the two

# Changes in Psychiatric Services

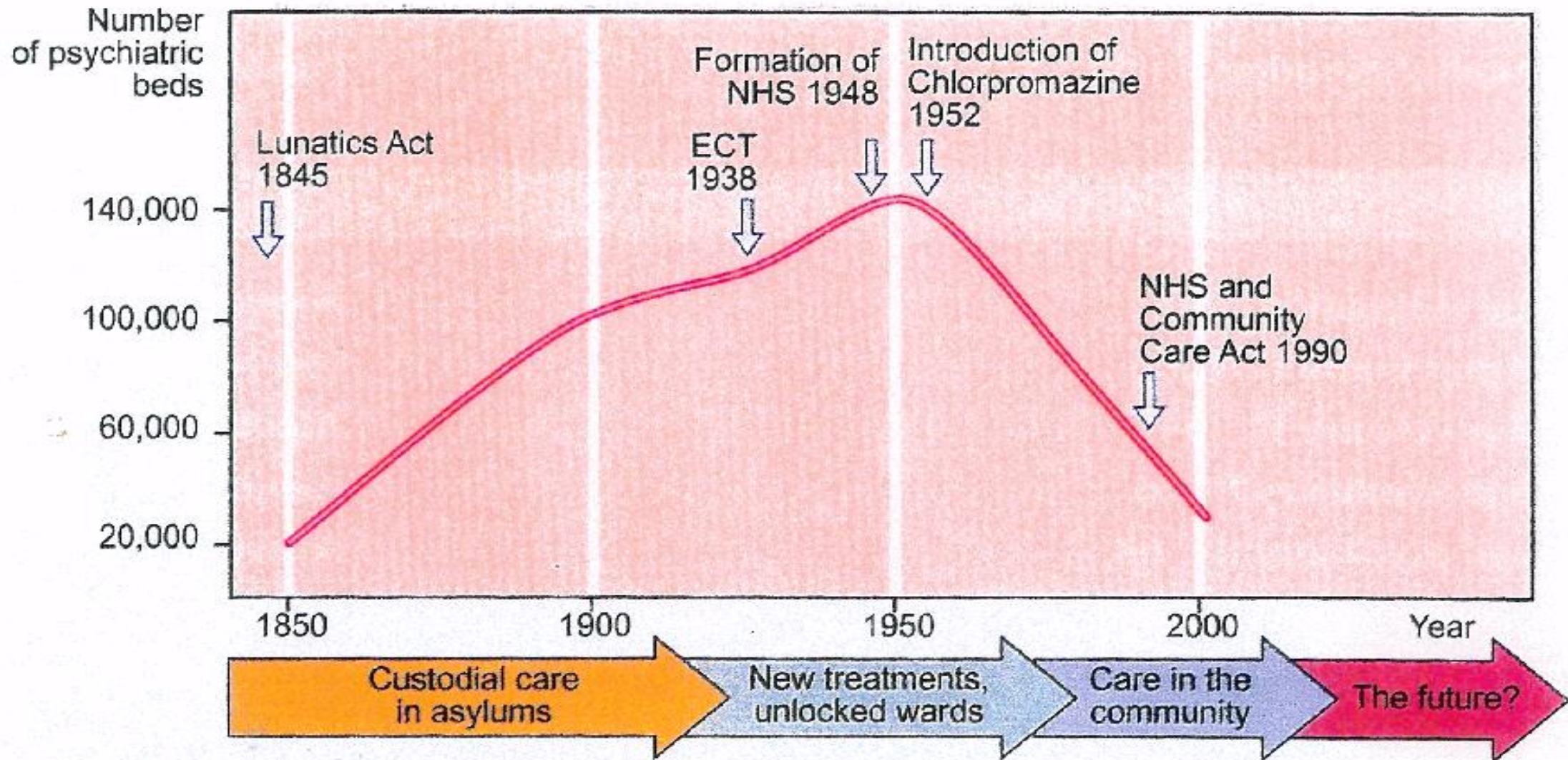


Fig. 2 Changes in psychiatric services.



**Lord Richard Layard was Senior Research Officer for the Robbins Committee on Higher Education. His work on mental health, including publishing [The Depression Report](#) in 2006, led to the establishment of the [Improving Access to Psychological Therapies \(IAPT\)](#) programme in England. He is co-editor of the [World Happiness Report](#).**

Counsellors were required to take 2 yr CBT training course at a cost of £4,000 to work in NHS practice...

- **Care in the Community**
- **Hospitalisation/home treatment**
- **Support Groups**
- **Counselling**
- **Increased Access to Psychological Therapies (IAPT)**
- **Faith Organisations**

# What works for whom?

- Prof Mick Cooper : *“The Facts are Friendly”* – except for NLP
- CBT strong for depression and anxiety disorders
- Psychoeducation
- Relationships – conflict resolution
- Problem solving
- Money management
- Using the Benefits System
- Social entrepreneurship
- Physical exercise
- Stress management
- Being in work



# Therapies offered by the NHS

- CBT
- Guided Self-Help
- Counselling
- Behavioural Activation
- Interpersonal Therapy
- EMDR
- Mindfulness-based Cognitive Therapy
- Psychodynamic Psychotherapy
- Couple Therapy

Can apply online without GP referral

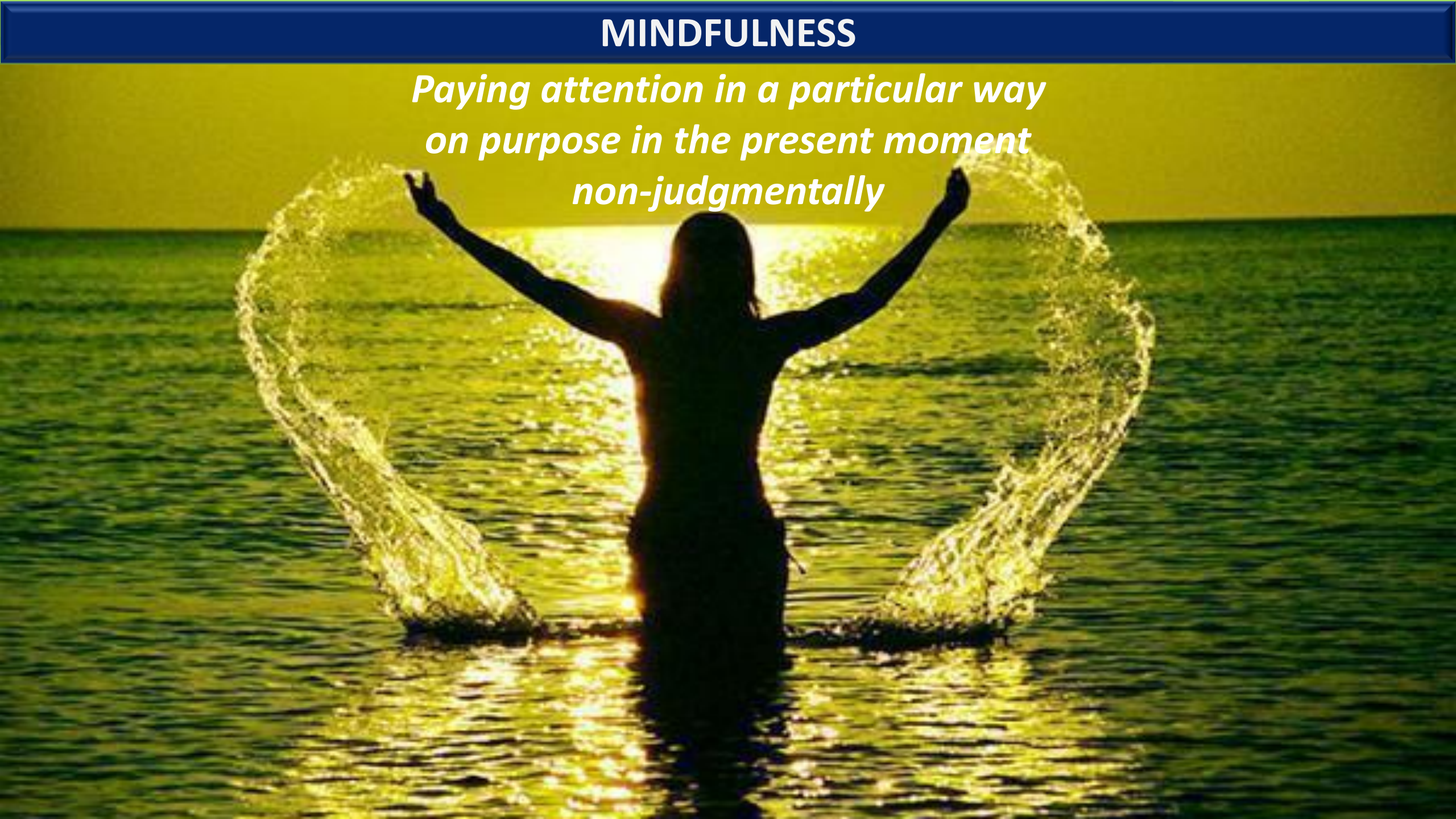
<https://www.nhs.uk/mental-health/>

**Counselling for Depression**  
*Humanistic or Person Centred  
Diploma required to do  
“Person Centred Experiential  
Counselling for Depression”  
training.*



# MINDFULNESS

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



# PSILOCYBIN - THE FUTURE?

Psilocybin Treatment for Major Depression  
Effective for Up to a Year for Most Patients,  
Study Shows

02/15/2022



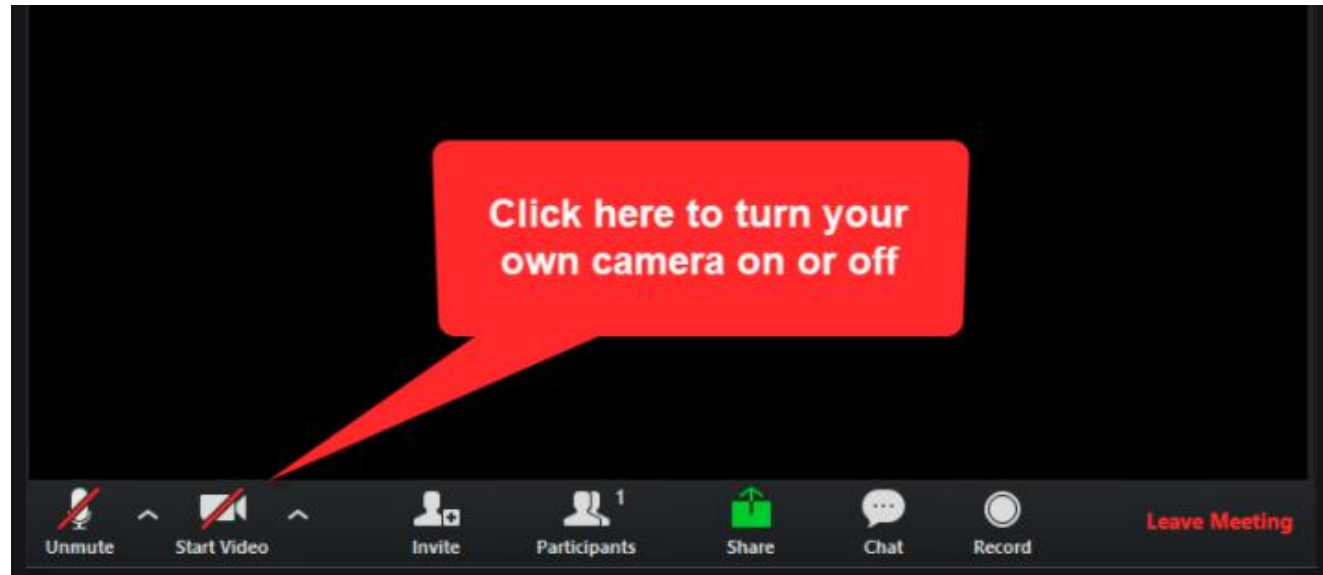
- Over the last 20 years growing research with classic psychedelic drugs
- Psilocybin = ingredient found in “magic mushrooms”!
- Carefully controlled conditions in research setting
- Significant and durable improvements in a range of mental health disorders
- Includes alcohol use disorder, in conjunction with talk therapy – some dramatic results



<https://www.sciencealert.com/magic-mushroom-psychedelic-may-help-ease-alcohol-addiction-new-results-hint>

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**THANK YOU!**



## 10 SIGNS YOU SHOULD NOT IGNORE



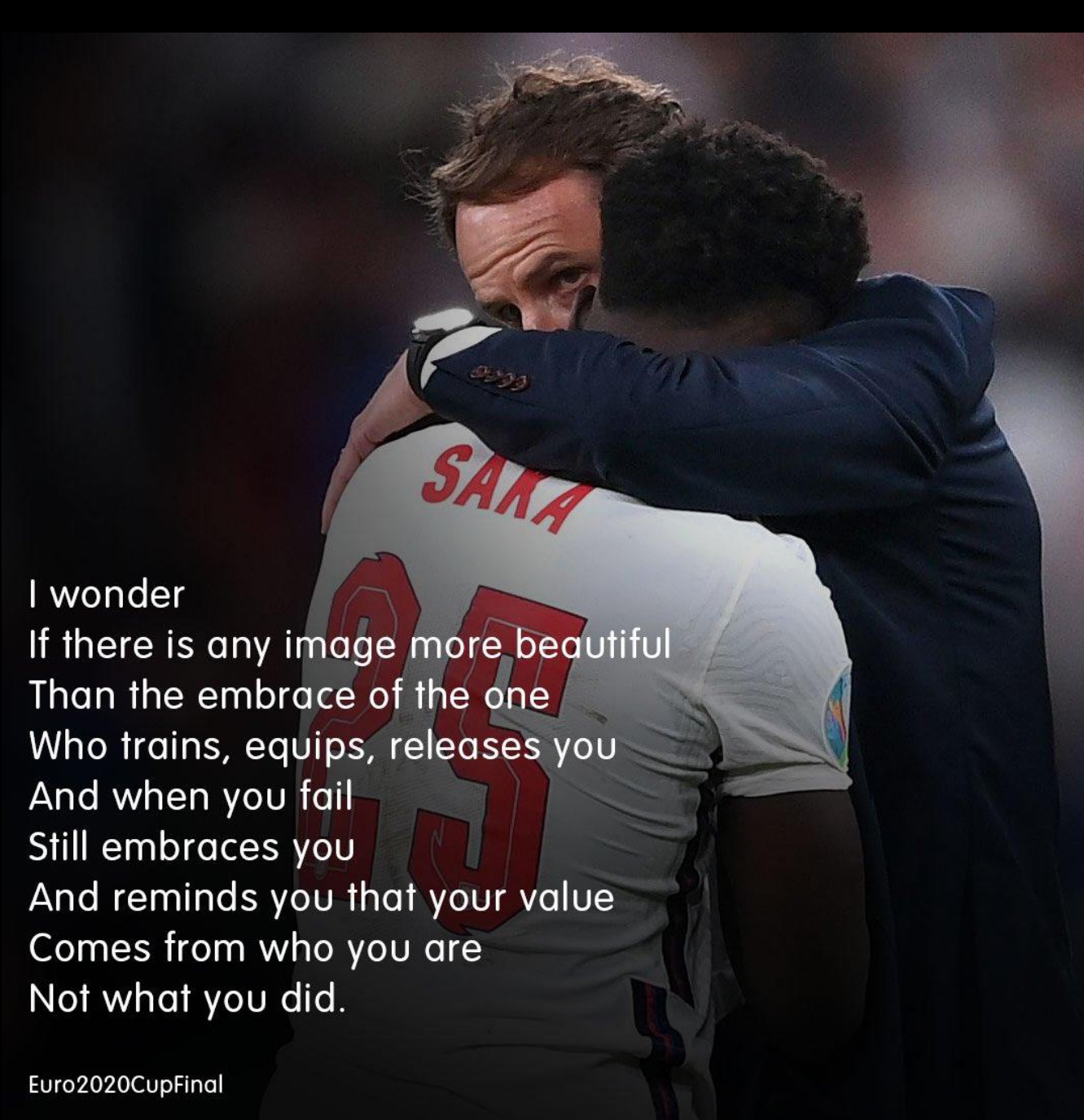
<https://youtu.be/9B-wTp2PZH8>

**The most beautiful  
people we have known  
are those who have known defeat,  
known suffering,  
known struggle, known loss,  
and have found their way  
out of the depths.**

**These persons have  
an appreciation, a sensitivity,  
and an understanding of life  
that fills them with  
compassion, gentleness,  
and a deep loving concern.**

**Beautiful people  
do not just happen.**

**Elisabeth Kubler-Ross**

A photograph of Gareth Southgate, the England national football team manager, embracing Bukayo Saka, a player for Arsenal, from behind. Saka is wearing a white football jersey with 'SAKA' and the number '25' in red on the back. Southgate is wearing a dark blue jacket. The background is dark and out of focus.

I wonder  
If there is any image more beautiful  
Than the embrace of the one  
Who trains, equips, releases you  
And when you fail  
Still embraces you  
And reminds you that your value  
Comes from who you are  
Not what you did.

Euro2020CupFinal

Gareth Southgate consoles Bukayo Saka



# 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



**NEW!**  
**ROLES PLAYED**  
**IN GROUPS**  
**COMING SOON!**

# 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



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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

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## YOUTUBE CHANNEL

**Search: Pauline Andrew Creative Counselling**

- Lots of videos on working creatively
- Please subscribe!

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## YOUTUBE CHANNEL

**Search: Brain Body and Beyond**

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



# COMING UP IN OCTOBER!

05

OCT



## Online Event

**3 Ways to Work with  
Animal Figures**  
Weds Oct 5

**Price Starts from: £10.00**



October 5, 2022  
7:00 pm - 9:00 pm

13

OCT



## Online Event

**3 More Ways to Work with  
the Inner Child**  
Thurs Oct 13

**Price Starts from: £10.00**



October 13, 2022  
7:00 pm - 9:00 pm

27

OCT



## Online Event

**Working with Loss and  
Grief**  
Thurs Oct 27

**Price Starts from: £10.00**



October 27, 2022  
9:30 am - 1:00 pm

Please send  
us your  
feedback!



Contact us:  
[info@deeprelease.org.uk](mailto:info@deeprelease.org.uk)

[deeprelease.org.uk](http://deeprelease.org.uk)

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

*Thank you*

