



Deep Release Online  
Professional Training for Counsellors



**INTRODUCING THE NEW “ROLES PLAYED IN GROUPS”  
CARDS FOR COUNSELLORS!**



**Where did the idea  
for the cards come  
from?**

**MEMBERSHIPS**

**COLLEGE**

**NEIGHBOURS**

**FRIENDS**

**OFFICE**

**SOCIAL MEDIA**

**COMMITTEES**

**SCHOOL**

**HOME**

**WORKPLACE**

**WIDER FAMILY**

**SPECIAL INTEREST  
GROUPS**

**3 + PEOPLE**

**CHURCH/FAITH  
COMMUNITY**









# The Dark Blue Cards

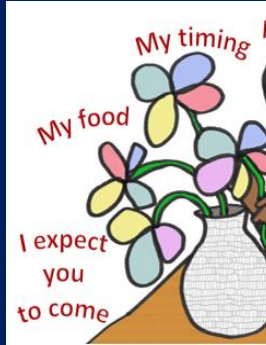


## DANCE ROUND



I expect you to  
my demands, I  
inconvenient

## THE ARRANG



I control  
the agenda  
satisfy my ne

## THE QUEEN BEE



I'm sweet, but the  
a sting in my tai

## THE BULLY BOSS



I use intimidation  
control to rule by

## DON'T CHALLENGE THE LEADER



We thought you  
one of us – how  
you do this?

## THE POLICE



I'm keeping my  
on you in case  
break the law

## A VERY BUSY PERSON



I don't have time to  
talk to you – I'm too  
important

## KEEP THE MICROPHONE



I love to hold  
and make  
about me

## THE JOBSWOP



You can't do  
without perm

## REWRITE HISTORY



I leave out key  
details that put me  
in a bad light

## THE BUBBLE-BURST



I tell you why you  
brilliant idea won't  
never work

## THE BUBBLE-TH



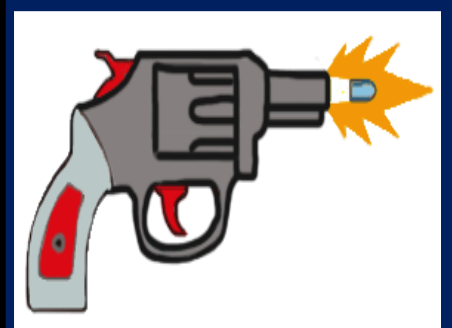
I'll steal your idea  
and say I thought  
of it myself

## THE VICTIM



I say I'm being treated  
unfairly and threaten  
to complain

## SHOOT MY BULLETS



I get you to say  
the difficult things I  
should be saying



## THE OVER-TALKER



I waste time by  
getting to the p

## THE CLOWN



I make a joke  
everything, even  
it's not fun

## THE DRAIN



I focus so much  
negative, I pull  
down with me

## THE GOSSIP



It's not safe to tel  
your secrets – I c  
keep them

## THE BACKSTABBER



I smile to your fa  
but will betray y

## THE RIGHT REMAIN SILENT



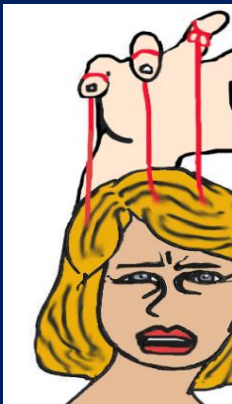
I resist group p  
and can end up  
the focus of att

## REWRITE HISTORY



I leave out key  
details that put me  
in a bad light

## THE GASLIGHTER



It's all in your m  
I suggest you s  
doctor

## THE DECEIVER



I am a user  
and abuser

## THE DESTROYER



I undermine, humiliat  
and crush people I  
don't like

**IRRITATING**

**DIFFICULT**

**STRESSFUL**

**EXHAUSTING**

**SCARY**

**TOXIC**

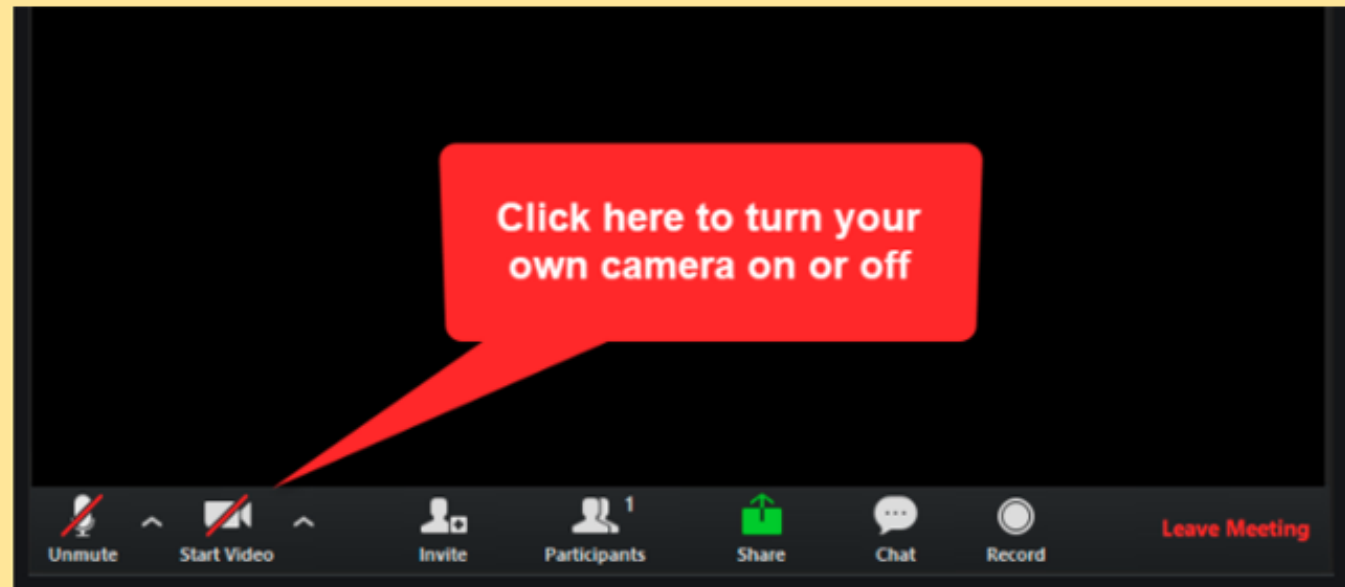




# ANGIE EXPLORES THE DARK BLUE CARDS

**Please turn your  
video off for the  
film**

**THANK YOU!**





# The Yellow Cards



## TRY TOO HARD



I have to be nice to everyone all the time or they won't like me

## THE FRUSTRATED INTROVERT



I need time to reflect or I don't rush me

## THE FRUSTRATED EXTRAVERT



I get energy from socialising

## OUT



I will never be part of the 'in' group or I don't fit in

## THE FLAPPY



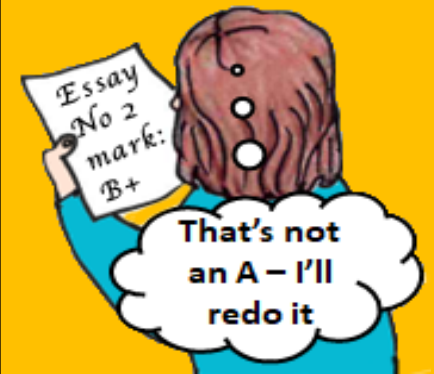
I panic at the least little thing

## THE INNER CRITIC



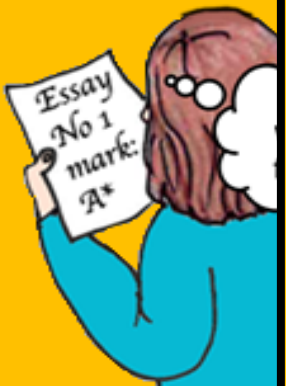
Messages from the past make me doubt myself

## THE PERFECTIONIST



I have to get it completely right

## THE SELF-DISQUALIFIED



I was just lucky or I was just being lucky

## THE MIND-READER



I write stories in my head that are often untrue

## THE OVER-THINKER



I make mountains out of molehills

## OVER-RESPONSIBLE



I worry that so many things are my responsibility

## THE CATASTROPHISER



My worst nightmare is going to happen

## BOTTLE AND BURST



I stay silent too long and then explode

## PLEASE DON'T SEE ME



I want to hide – groups aren't safe



ISOLATED



I will never be  
by a group again

FOOLISH



Why did I leave  
that happen

TORN APART



I need to leave  
group but it feels  
devastating

GHOST



I leave the group and  
cut myself off entirely



# ANGIE EXPLORES THE YELLOW CARDS



**Please turn your  
video off for the  
film**

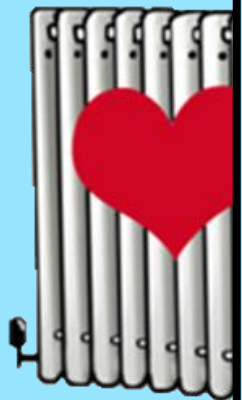
**THANK YOU!**



# The Pale Blue Cards

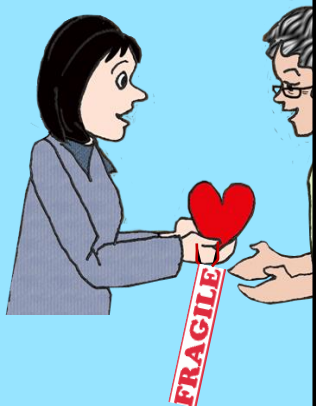


RADIATOR



I warm you up  
you stand next

CONFIDANT



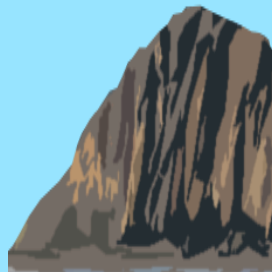
I keep confiden  
don't judge and  
try to fix you...

LOYAL



I have your ba

ROCKS



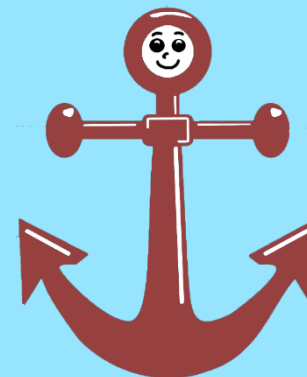
I give you sta  
solidness and s

CHEERLEAD



I believe in you  
genuinely celebr  
your successes

ANCHORS



I hold you steady wh  
the storms come

GOOD LISTENERS



Let's have a cup of tea  
and sort the world out

LAUGHT



I share your  
humour and  
great laughs

SPIRITUAL  
ENCOURAGE



Faith shared a  
understood

WISDOM



I bring you perspe  
and discernme

THERAPIST



I help you find the  
to your recovery  
healing

COACH



I motivate and inspire  
you to see the changes  
you want

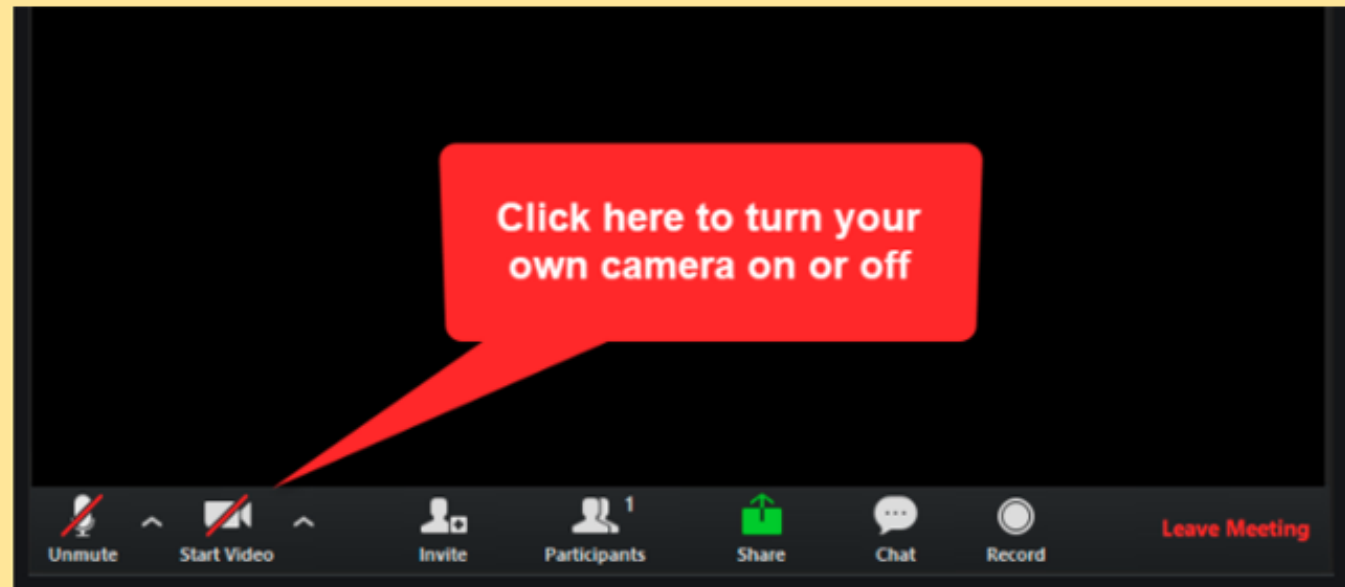




# ANGIE EXPLORES THE PALE BLUE CARDS

**Please turn your  
video off for the  
film**

**THANK YOU!**



# Buddy Group Discussions

- What feelings came up for you as we explored the cards together?
- How did you relate to Angie's experience?
- How would you have gone on to work with her?

**15 minutes – divide the time between you all**







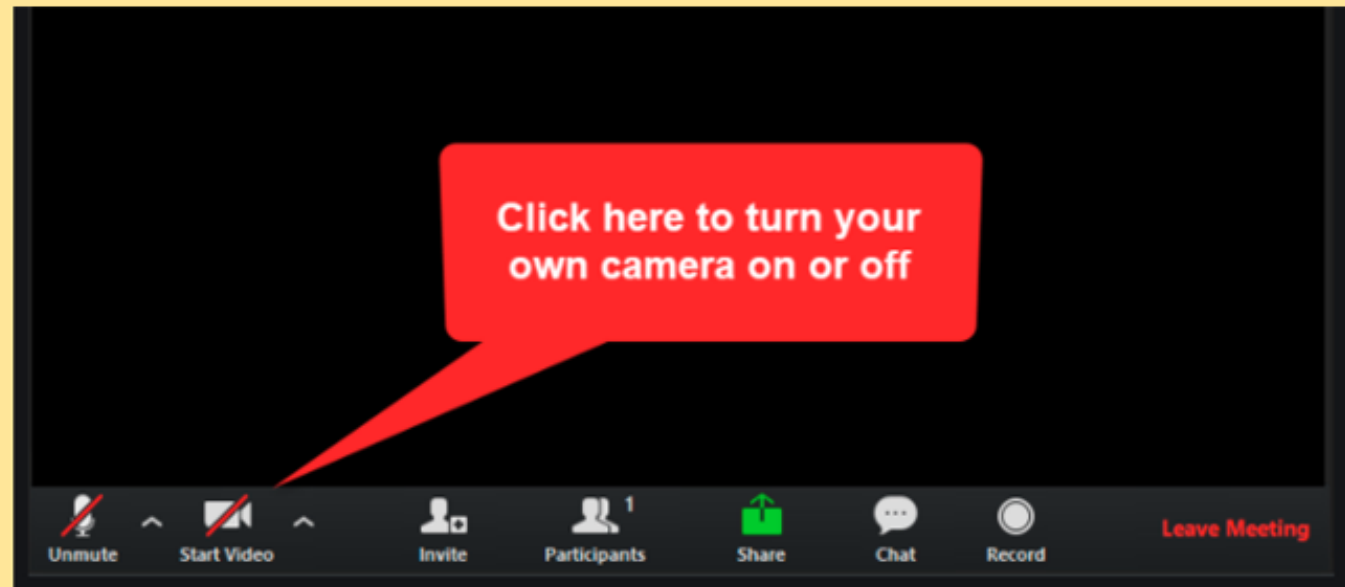
**10 minutes**

# HAZEL EXPLORES THE DARK BLUE CARDS



**Please turn your  
video off for the  
film**

**THANK YOU!**







**Taking**

**the next**

**steps...**

**Exploring  
Attachment  
Issues**

**Who do they  
remind me of?**

**Finding my  
Voice**

**Caring for my  
Inner Child**

**Setting Healthy  
Goals**

**Should I stay  
or Should I go?**

**Risking joining  
another group**

**Starting a  
group of my  
own**





# CHRIS EXPLORES THE CARDS



**Please turn your  
video off for the  
film**


**THANK YOU!**



# A Student Process Group



**KEEP THE MICROPHONE**



I love to hold the microphone and make it about me

**THE DRAIN**



I focus so much on the negative, I pull you down with me

**THE CONFESSION CHECKER**



Are we ok?  
Do you need a cup of tea?  
Do you want some help with that?  
Have you upset anyone?

I need to hear from everyone  
I hate conflict

**THE POLICE**



Desk 4 still on coffee break...

**POLICE**

I'm keeping my eye on you in case you break the law

**THE QUEEN BEE**



I'm sweet, but I have a sting in my tail

**THE OVER-TALKER**



So I said to him on Monday, no, it was Tuesday, have you got those papers? and he said, I told you I didn't, and I said well, you said...

I waste time by never getting to the point

**REWRITE THE SCRIPT**



Ann Stan...  
every...  
is...


I leave out details that are in a bad way

**THE CLOWN**




I make a joke out of everything, even when it's not funny

**THE VICTIM**




I say I'm being treated unfairly and threaten to complain

**SHOOT MY BULLETS**



I get you to say the difficult things I should be saying

**THE RIGHT TO REMAIN SILENT**



I resist group process and can end up being the focus of attention

PLEASE DON'T  
SEE ME



I want to hide  
groups aren't

FOOLISH

*I should have stood  
up to them*



Why did  
that hap

ISOLATE



I will never  
by a group

TORN APART



I need to leave  
group but  
devasta

GHOST



I leave the group and  
cut myself off entirely

- Wounding within a faith community

- Cults

- Social Media groups

- Shaming groups

- Controlling groups





**?**  
**DO YOU**  
**HAVE**  
**ANY**  
**QUESTIONS OR**  
**COMMENTS?**





# 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





AVAILABLE NOW

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



# 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



Working with Loss and Grief – Training Video  
£30.00



Narcissism and Echoism – Training Video  
£30.00

# NEW VIDEOS NOW ON SALE IN THE PACT RESOURCES WEBSITE SHOP!



Making the Most of Supervision – Training Video

£30.00



Coaching for Counsellors 2 with Dr Chris – Training Video

£30.00



Coaching for Counsellors with Dr Chris – Training Video

£30.00



A Masterclass in Working with the Roles Played in Anger Cards – Training Video

£30.00



Extreme Reactions – Working with Clients who Self Injure – Training Video

£30.00



Losing the Will to Live – Working with Suicidal Clients – Training Video

£30.00

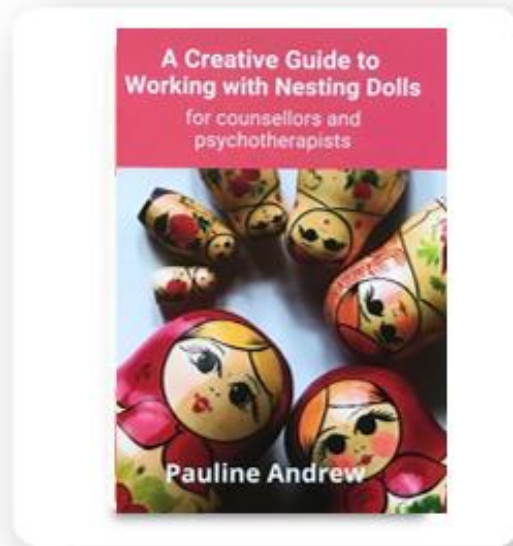
Buy 2 - get  
another  
video  
FREE!





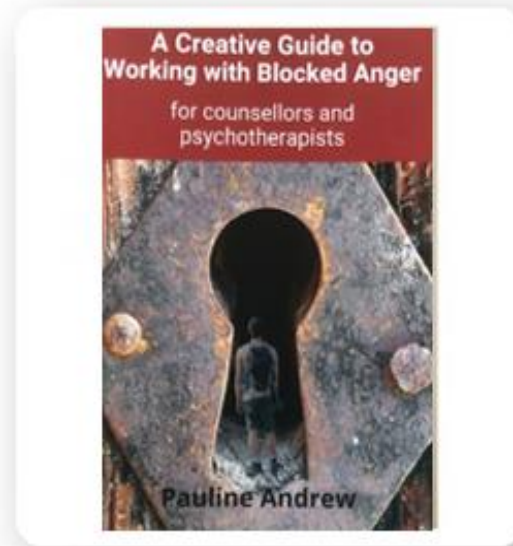
Special offer – save  
£2.50 when you buy  
all 3 books

£32.00



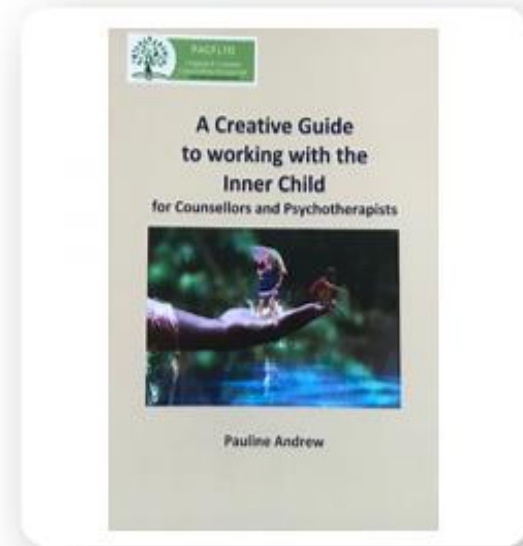
A Creative Guide to  
Working with Nesting  
Dolls

£11.50



A Creative Guide to  
Working with  
Blocked Anger

£11.50



A Creative Guide to  
Working with the  
Inner Child

£11.50

**Also available on Kindle and as a  
Paperback from Amazon.co.uk**

**and Paperback from  
[www.pact-resources.co.uk](http://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 1.5K 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://YouTube.com/c/PaulineAndrewCreativeCounselling)



## YOUTUBE CHANNEL

**Search: Brain Body and Beyond**

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







**Deep Release**  
training counselling

# CREATIVE CONFIDENCE WEEKEND

- **USING NESTING DOLLS**
- **THE COURTROOM**
- **THE CONCEPTION TO BIRTH JOURNEY**
- **WORKING WITH CLAY**
- **WORKING WITH SAND TRAYS & MORE!**

APRIL  
28-30  
MOOR HALL,  
BERKSHIRE

Book at  
[www.deeprelease.org.uk](http://www.deeprelease.org.uk)

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*

