



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

# **RUPTURE & REPAIR: Mending Broken Relationships**



RELATIONSHIP – ISSUE - RELATIONSHIP

**RIR**



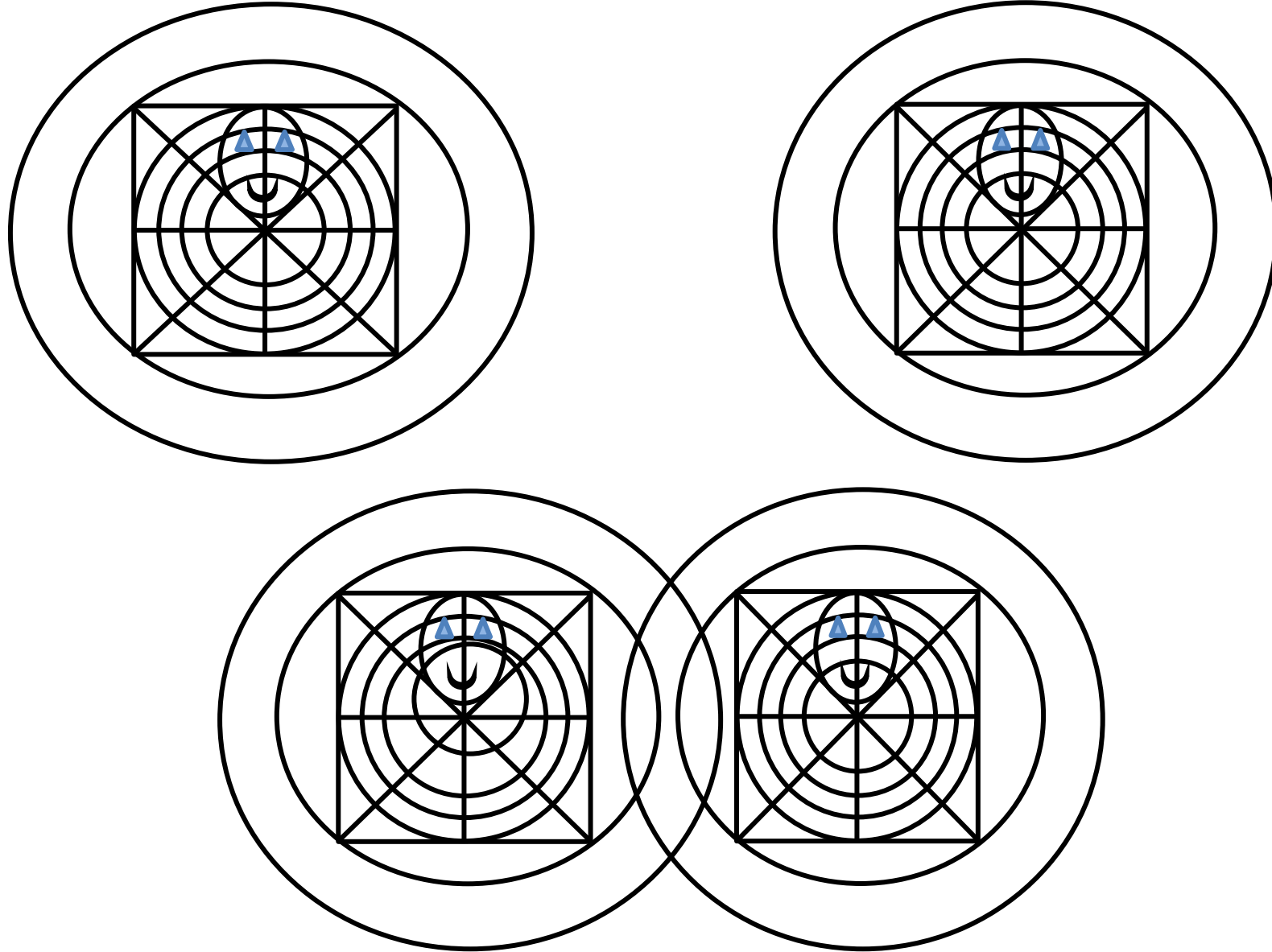






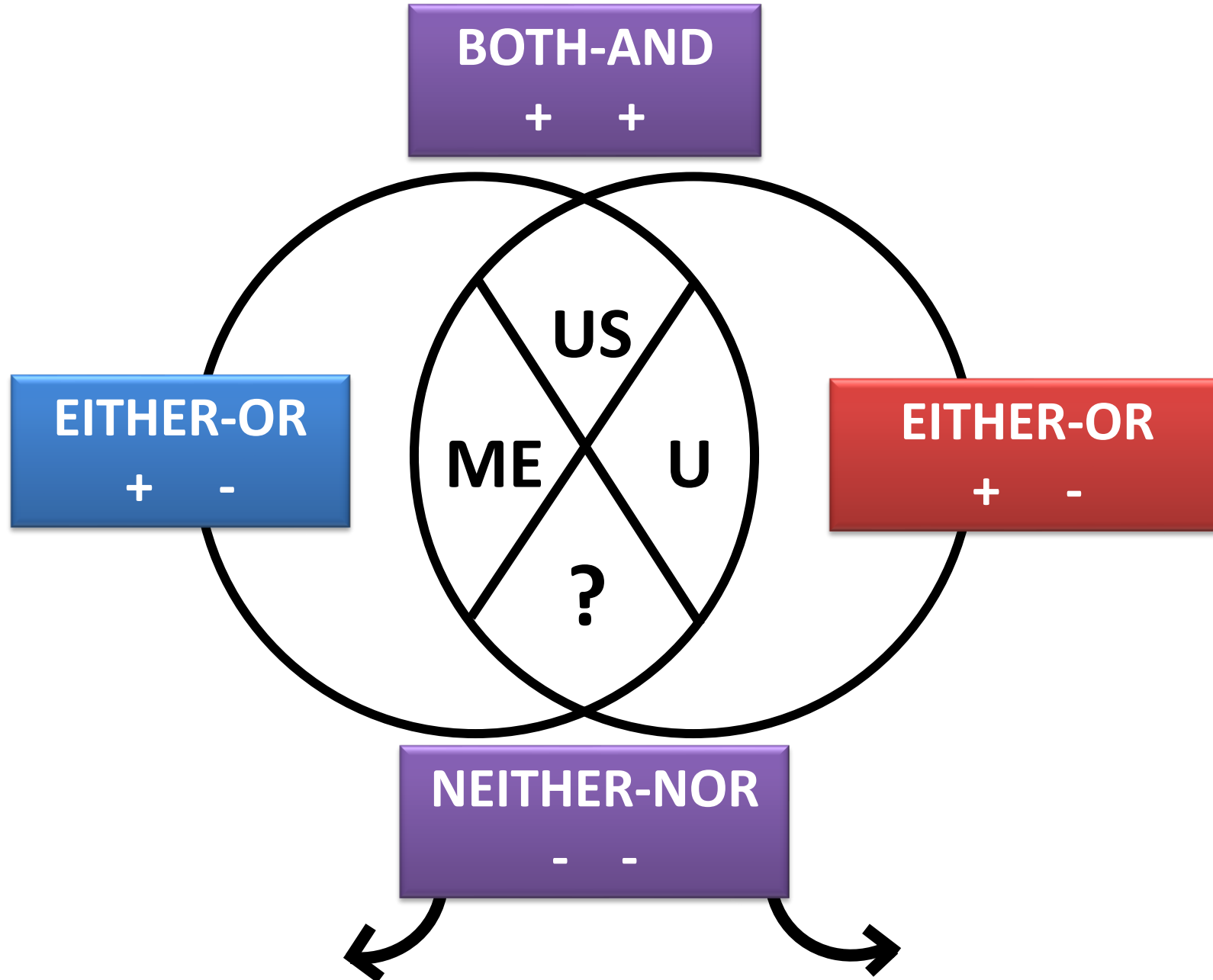


# APPROACH - AVOIDANCE



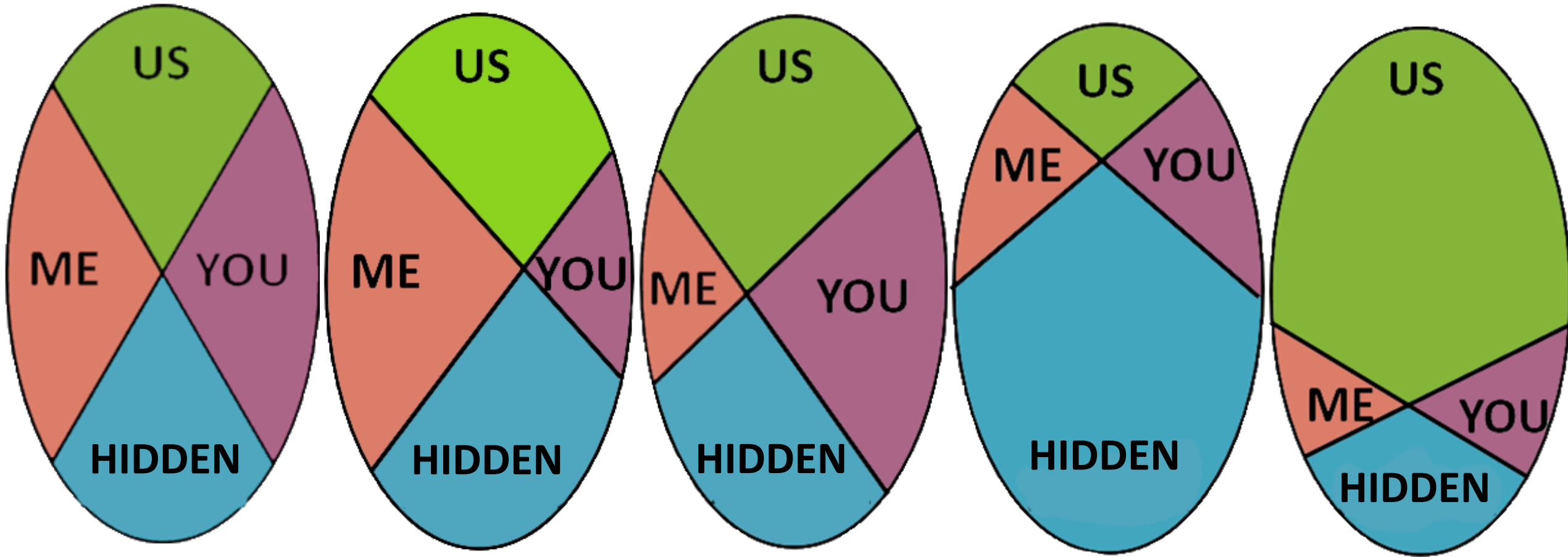


# EITHER - OR... NEITHER - NOR



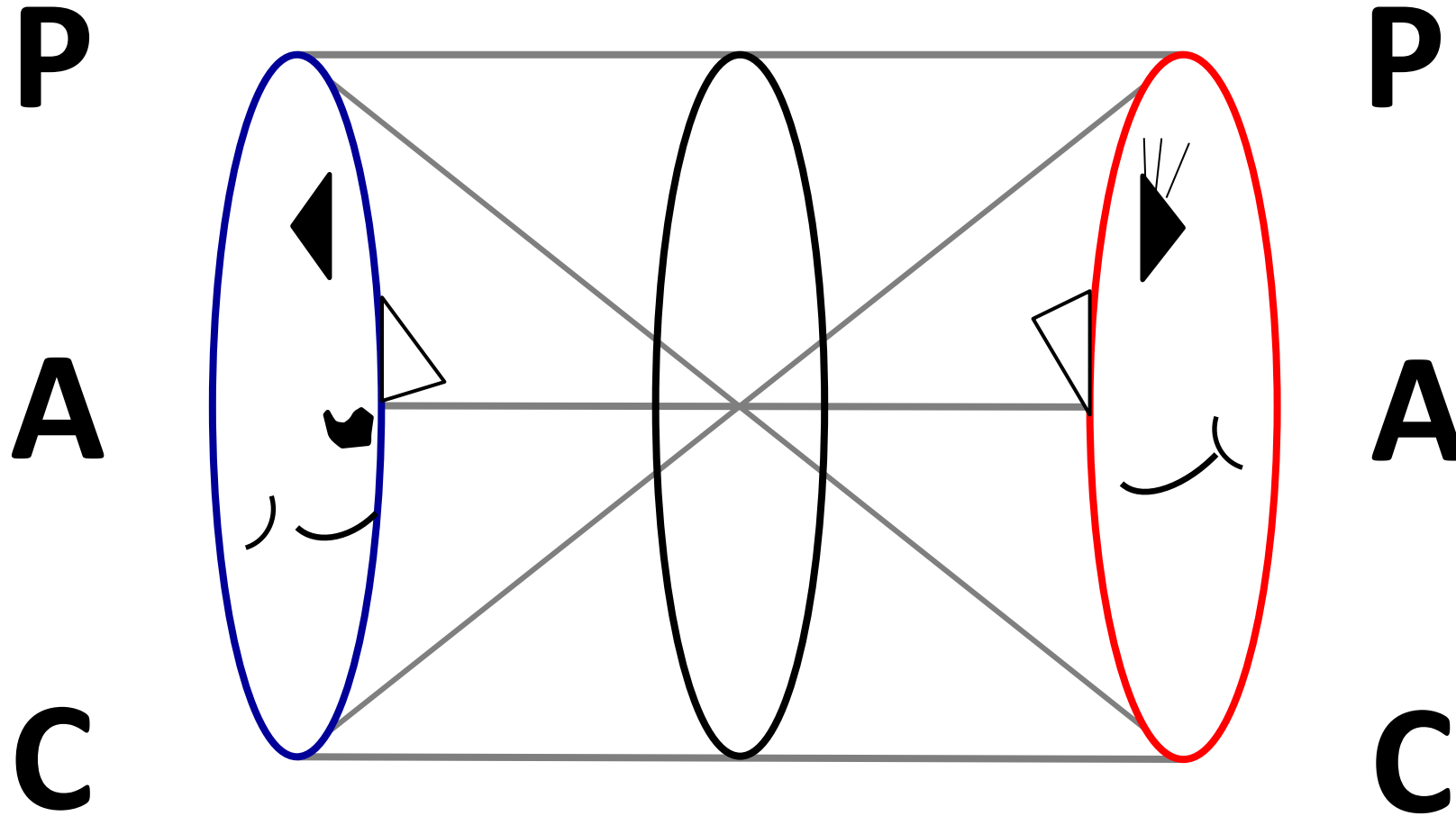


# FIGHTING FOR THE SPACE

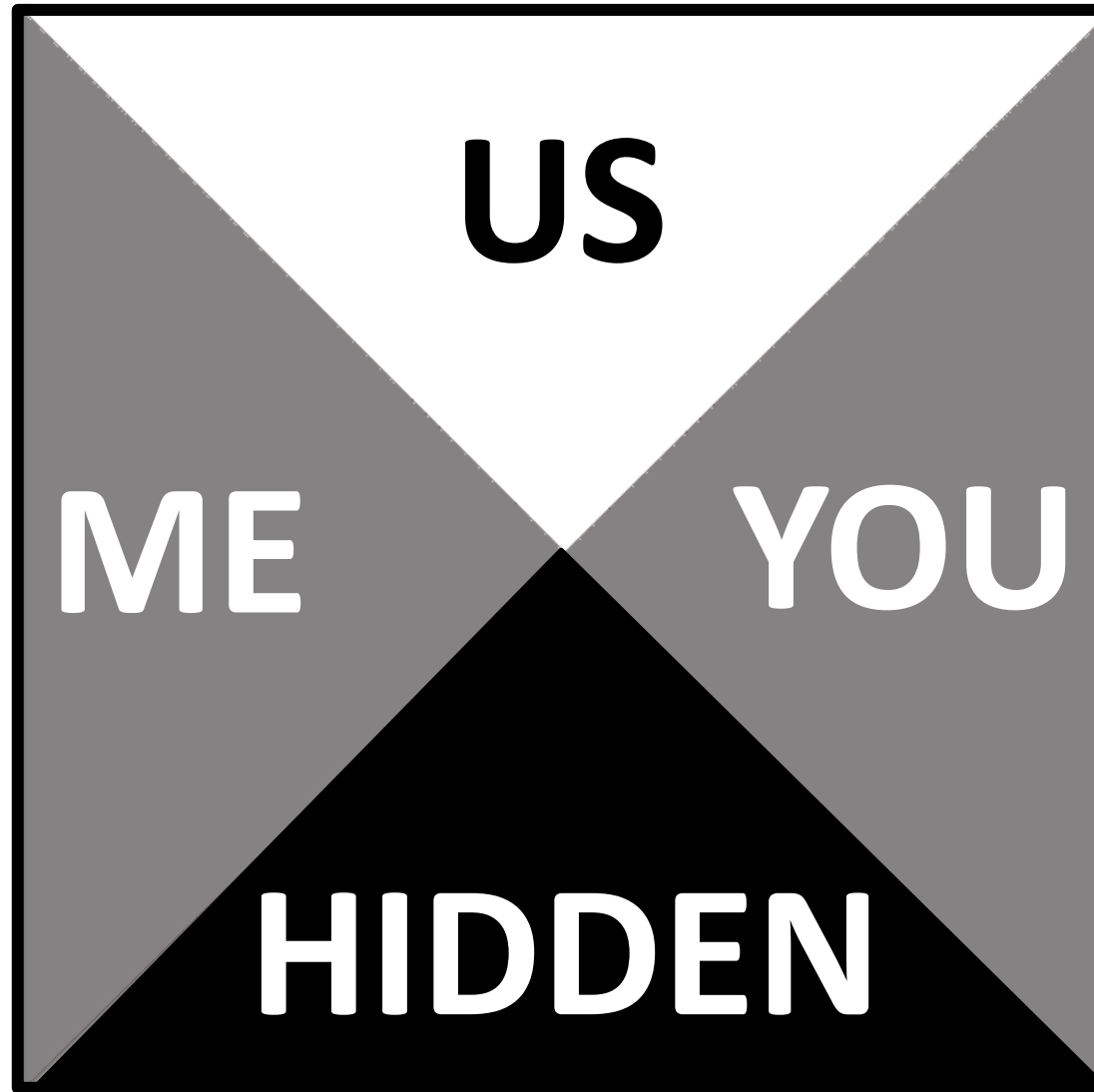




# SIMULTANEOUS 2-WAY COMMUNICATION

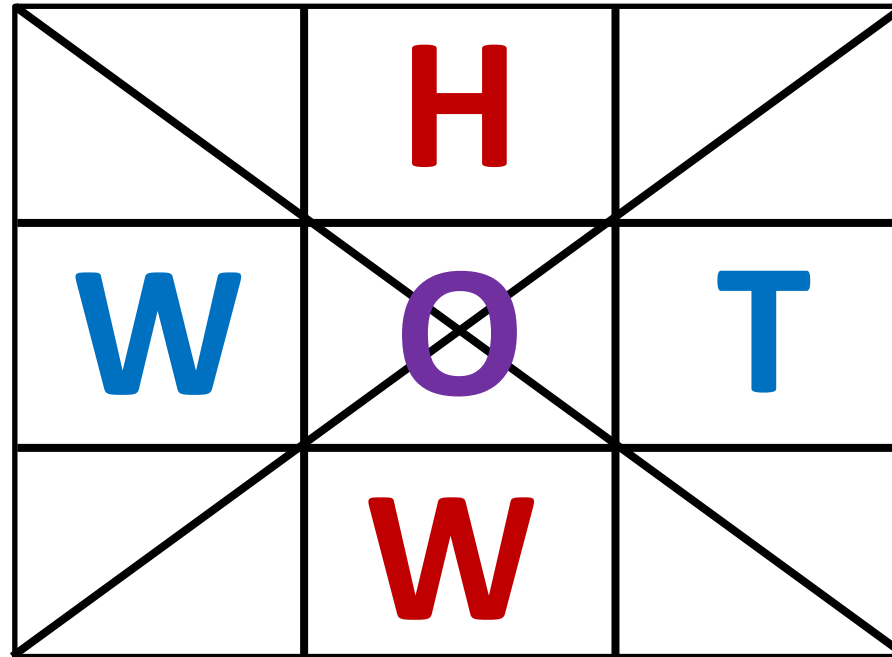




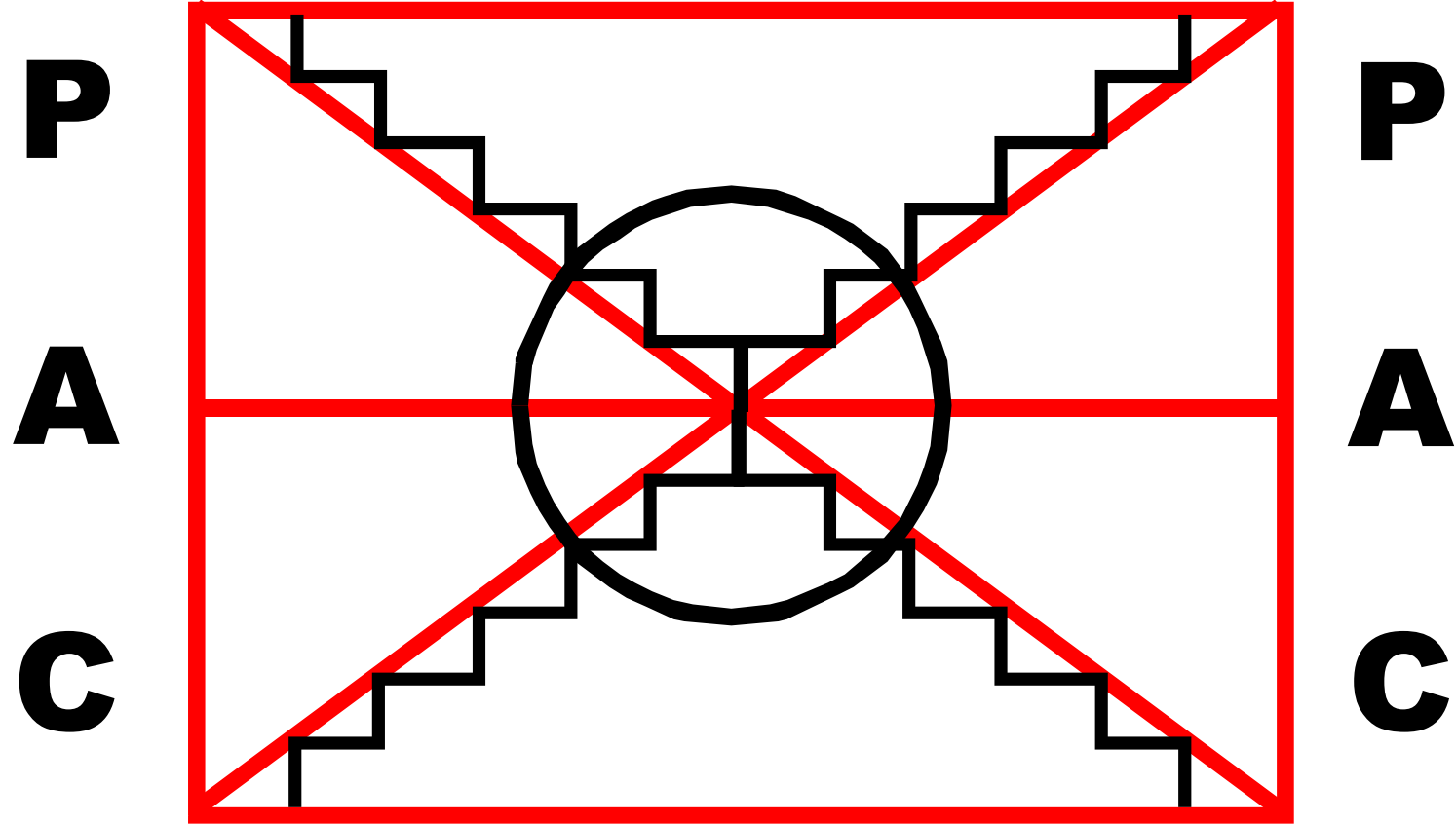




# WHAT WE SAY AND HOW WE SAY IT!



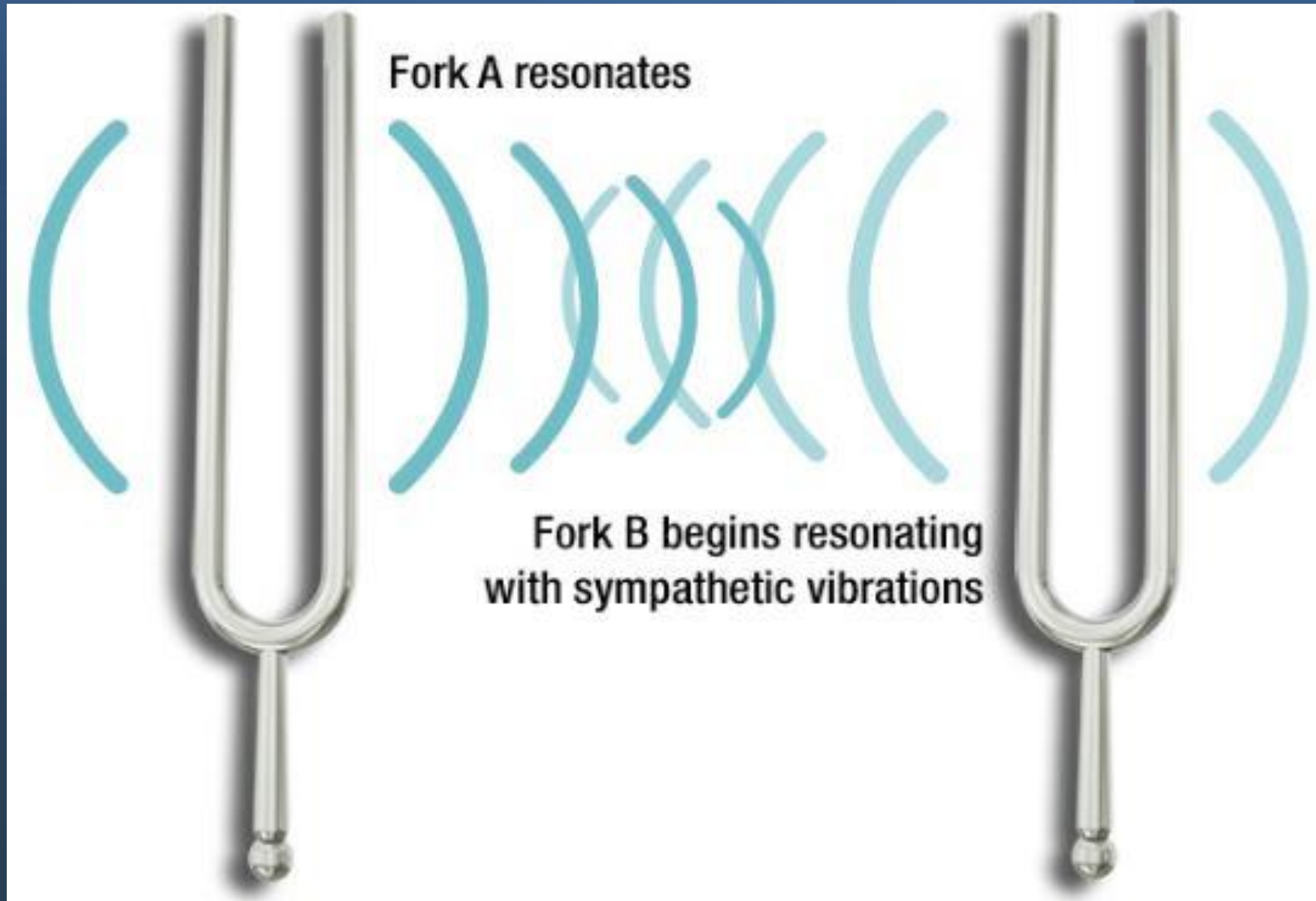
# THE CLIMBING FRAME







# ATTUNEMENT







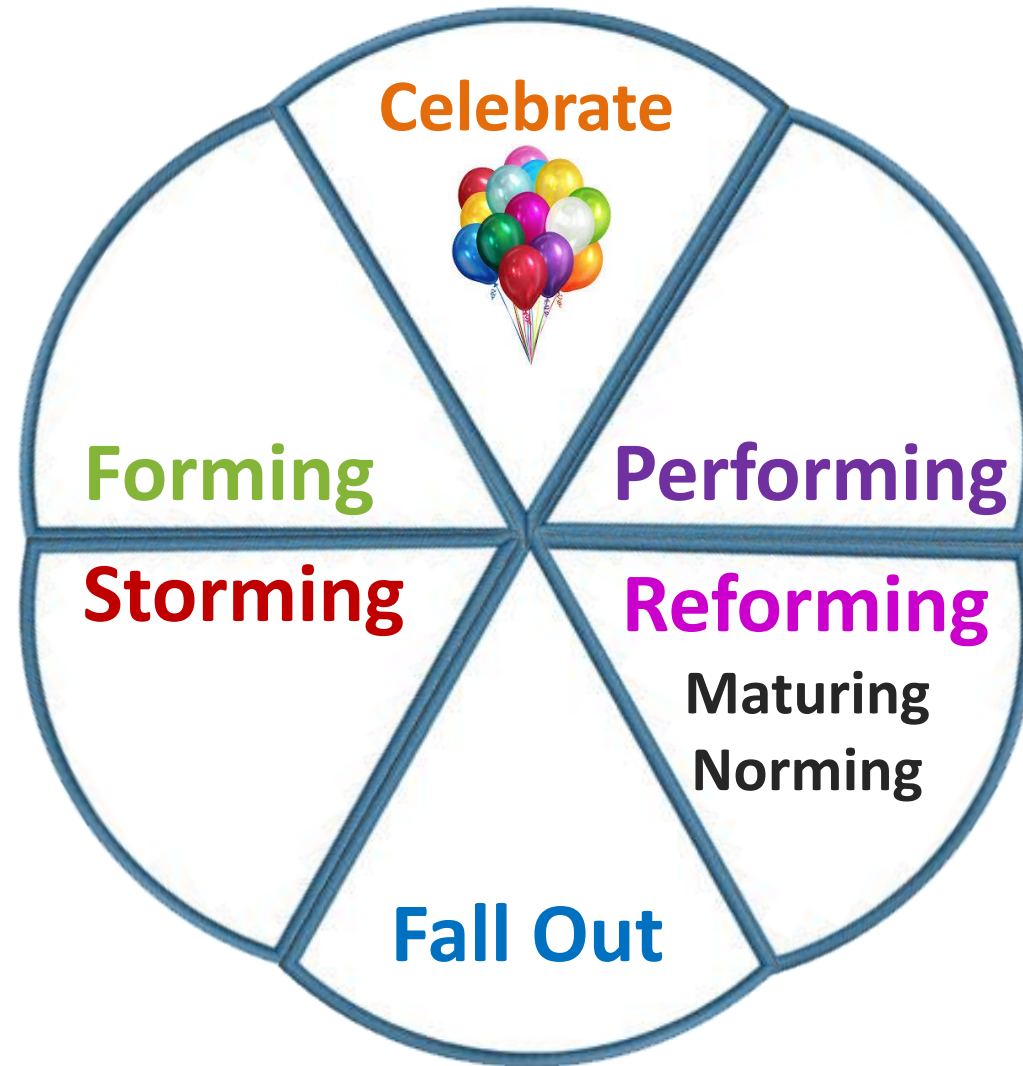


## FRIENDS IN CONFLICT!



**PLEASE TURN  
YOUR VIDEO OFF  
FOR BETTER  
PICTURE AND  
SOUND!**





# CELEBRATE

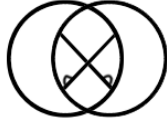
Co-exist



Converge



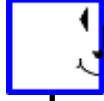
Conflict/Cancel



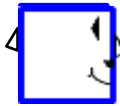
Cross the line



Chase



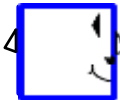
Concede



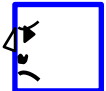
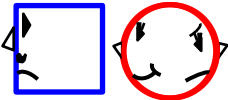
Converse



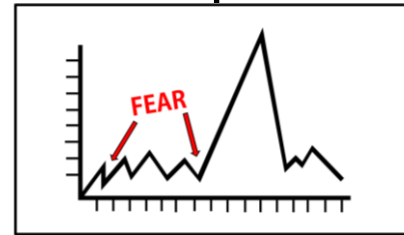
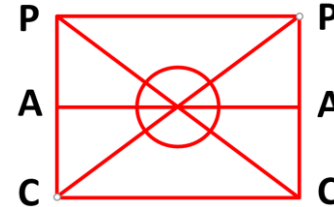
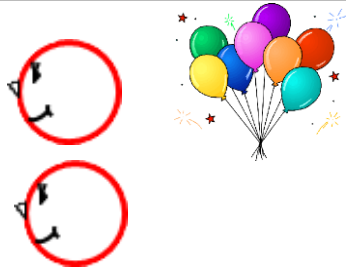
Cave



Cold war



Fall Out/Make Up



$$1+1 = 11$$

100/100 Commune

60/80 Complement

50/50 Cooperate

30/30 Compromise

90/10 Consume

+

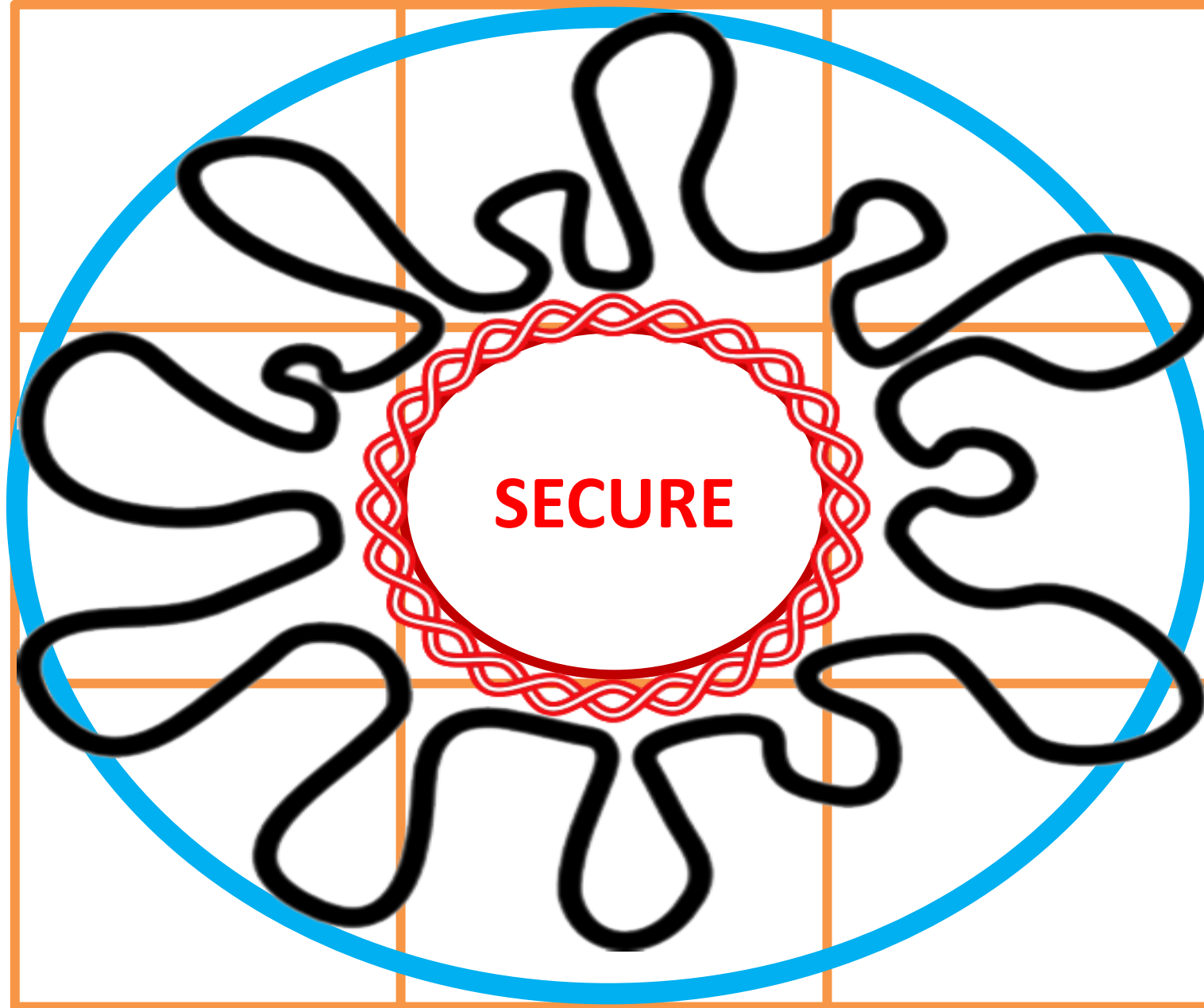
-

+

Relationship  
Issue  
Relationship



# ATTACHMENT STYLES





# Share in Buddy Groups

*Share your experiences and thoughts on the teaching so far*

**20 minutes**





# Defences





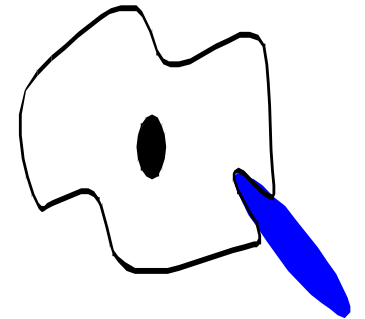
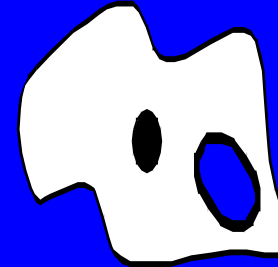
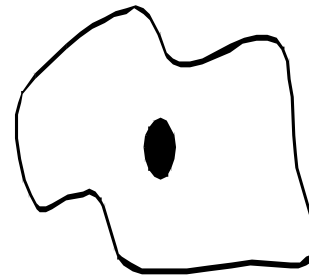


## Classic Triad

**DENY**

**SPLIT**

**PROJECT**





# D-FENCES

## DENY

- **Defend**

*I will put my defensive walls up when I feel threatened*

- **Deceive**

*I will lie to get out of trouble, twist the truth, rewrite history until I actually believe it myself*

- **Dissemble**

*I will pretend I don't care, that it doesn't matter to me*

- **Distort**

*I will intellectualise, play psychological games, to make you back down*

- **Duck and Dive**

*I will use any tactic not to face the issue*

- **Disarm**

*I will use my charms to fend off any perceived attack from you*

- **Dissolve**

*I will regress to a child place, burst into tears and claim I can't cope with this*

## DISPLACE

- **Distract/Deflect**

*I will try and change the subject, make light of it, use humour*

- **Distance**

*I will withdraw, bodily and emotionally from you and not face the conflict*

- **Divide**

*I will split, repressing and suppressing what causes me pain, and saying 'It wasn't me'*

- **Dis-associate**

*I will claim it's not my problem, it has nothing to do with me*

- **Dissociate**

*I will go somewhere else in my head when I feel threatened – 'this isn't happening (to me)'*

- **Disappear**

*I will remove myself totally from the situation, leave the relationship/group*

- **Drug**

*I will drink, eat, take drugs rather than face this*

## DEFY

- **Diss...**

- **Dispute**

*I will argue vigorously that you are wrong*

- **Disparage**

*I will rubbish you as a person*

- **Decry**

*I will express outrage that you could think that of me, list your faults and blame others*

- **Denigrate/Denounce**

*I will talk to others about you in a negative way*

- **Dismiss**

*I will claim that what you say is ridiculous*

- **Destroy**

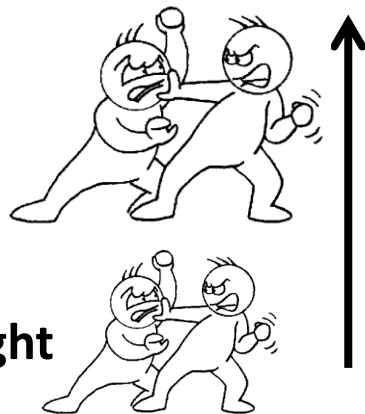
*I will win by destroying you*

**Deal:** *I will address the issues from an adult place and work through maturely and non-defensively*

Freeze



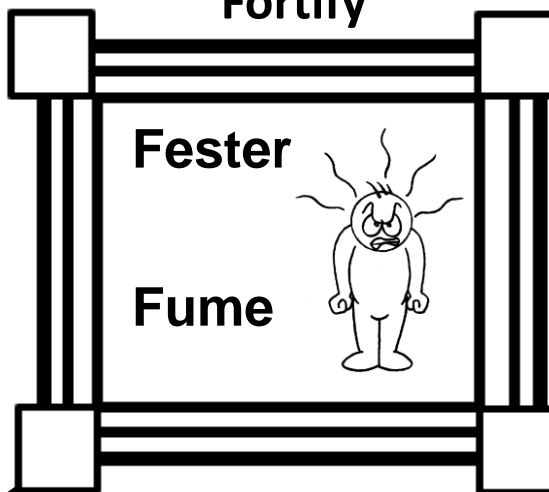
Fight



Fortify



Fawn  
Feign/Fake



Fester

Fume

Face (P)

Face (A)

Face (C)

CONFLICT!

fear

Flee



Fight

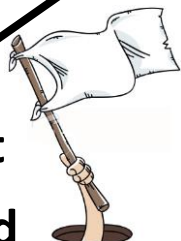


Furtive

Fault

Faint

Fail Fold



Flip

F R a g m e N t



## GAMES : PASSIVE RESPONSES

POOR ME



KICK ME



SORRY, SORRY,  
SORRY



YOU'LL BE THE  
DEATH OF ME!



SULK



## GAMES : AGGRESSIVE RESPONSES

BRING IT  
ON!



WELL WHAT  
ABOUT YOU!



LATEST  
RESEARCH SAYS



TOP  
DOG



TRADING  
STAMPS



"SO, YOU'VE GOT ME ON SOME NAUGHTY OR NICE LIST, YOU SEE ME WHEN I'M SLEEPING, YOU KNOW WHEN I'M AWAKE...THAT'S A SERIOUS INVASION OF PRIVACY AND YOU'LL BE HEARING FROM MY LAWYER!"

CartoonStock.com

# GAMES : PASSIVE-AGGRESSIVE RESPONSES

## SPEAK BEHIND YOUR BACK



## SMILE & STAB



## BOTTLE & BURST



## REWRITE HISTORY



## SHOOT MY BULLETS



## OTHER GAMES

## HIT AND RUN

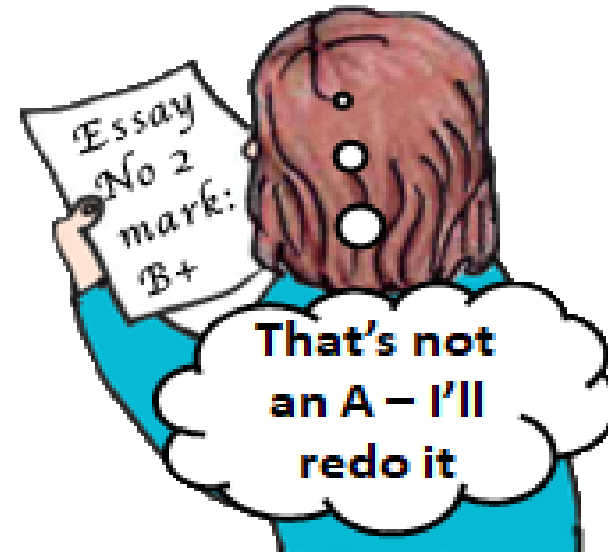


"I hate cellphones.  
You can't slam them down  
dramatically after an irate phone call."

## HEADMASTER'S STUDY



## BLEMISH



## DISINFORMATION





# KONVERSATION KILLERS!

**Not Listening**  
(waiting to speak)

**Keeping the  
Microphone**

**Talking over  
People**

**It's all about  
me!**

**Off at a  
Tangent**

**TA 'Fouls'**

# WHEN IS ENOUGH ENOUGH?



***Play  
on...?***



***Yellow Card...***



***Red Card...***







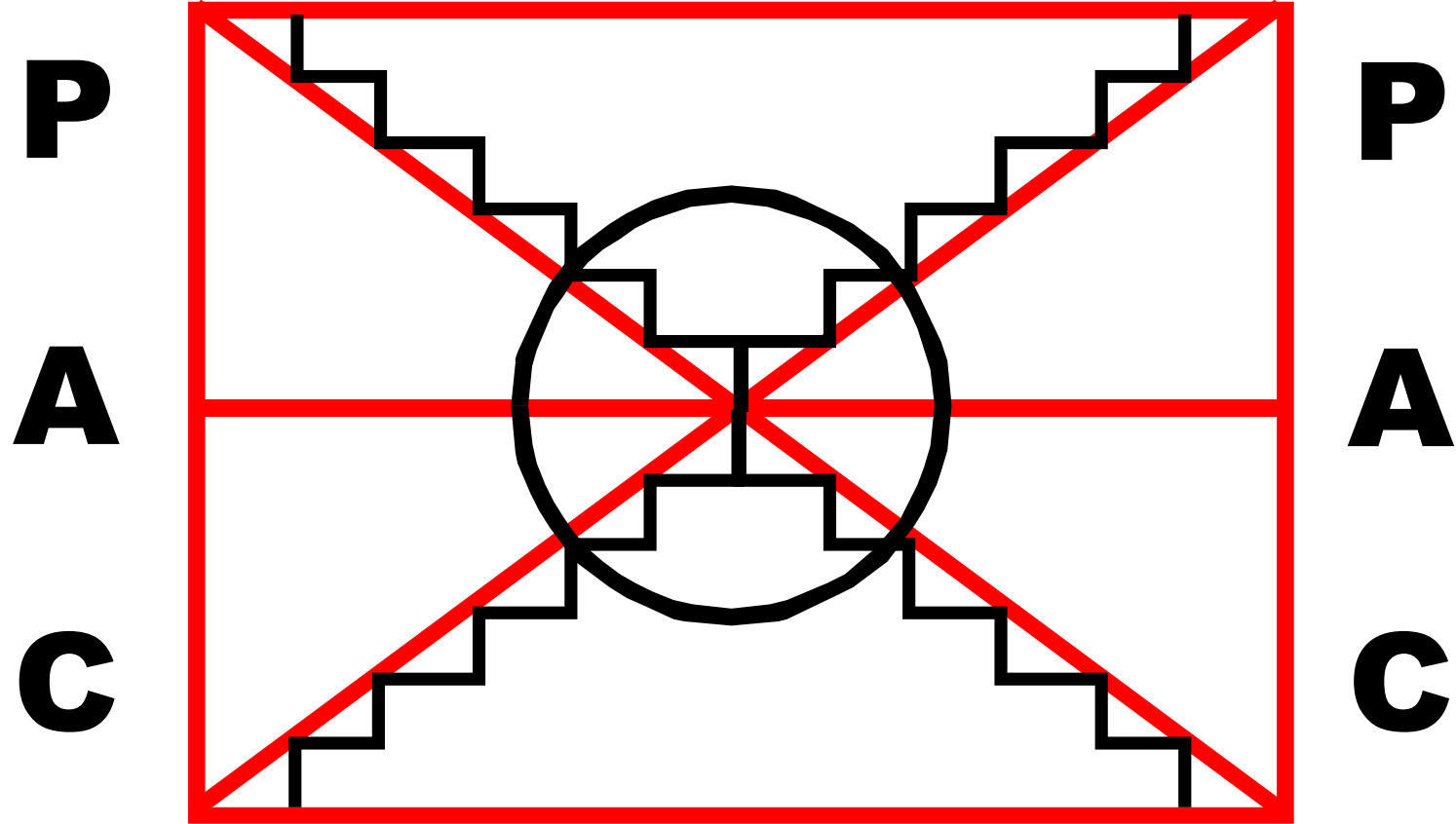
**TAKE A BREAK – 10 MINUTES**

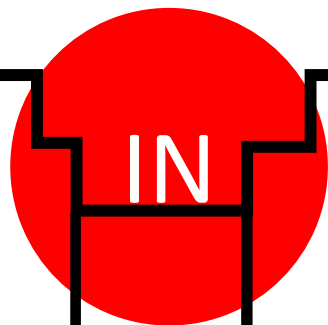
# COMMENTS AND QUESTIONS





# THE CLIMBING FRAME







# HAZEL AND PAULINE HAVE A ROW..



**PLEASE TURN YOUR VIDEO  
OFF FOR BETTER PICTURE  
AND SOUND!**

# Fears of Confronting





# How will I come across?



**I'll be too strong...**

**I'll hurt them...**



**I'll be too weak...**



**I'll be too  
anxious to  
"make it all right"...**

How will I come across?



I'll freeze and be  
tongue-tied...



I don't have the stature...

And how will *they* be to *me*?



## How they will be with me...?

They'll deny there is a problem...



I'll lose the relationship...  
(my job)

They'll say I'm over-reacting



They'll gang up on me

They'll hit back at me too strongly...



They'll say they were only kidding

They'll collapse into Hurt Child

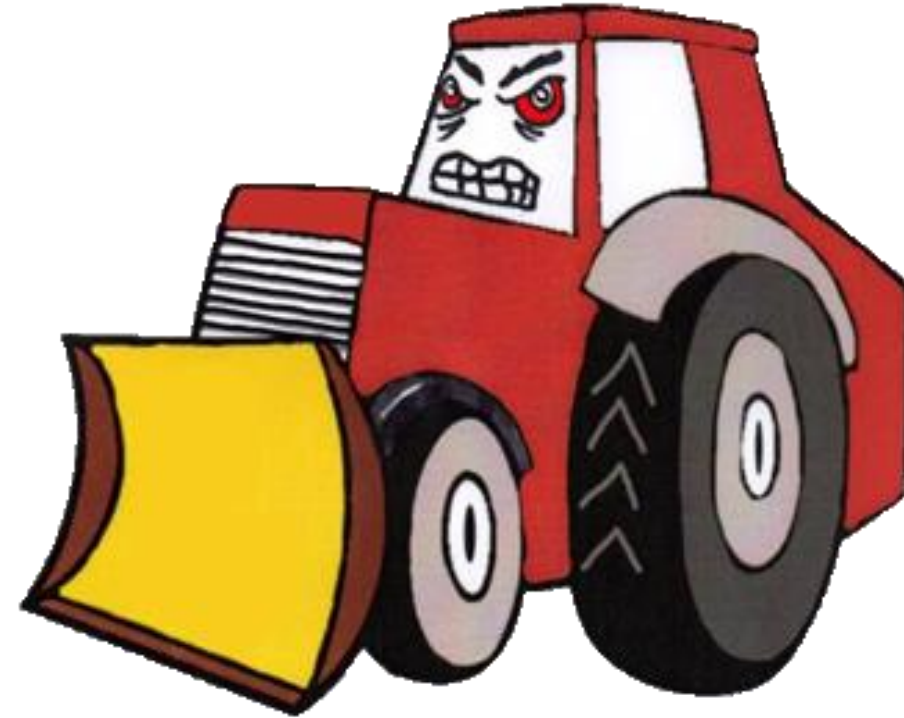
They'll despise, reject me...





# WHAT IS ASSERTIVENESS?

It's essentially about finding the middle ground between being Passive or Aggressive



# WHAT IS ASSERTIVENESS?

In essence it's a style that involves expressing my own opinions, needs, and feelings in a clear, engaging, caring yet direct manner, while at the same time respecting the rights and feelings of others

It means standing up for myself by expressing my own needs and opinions in a straightforward way without being either passive or aggressive





# WHAT IS ASSERTIVENESS?

Speaking Adult to Adult  
Caring and Confronting  
Loving and Levelling  
Speaking the truth in Love  
Being firm but fair

## HOW DOES ASSERTIVENESS IMPROVE RELATIONSHIPS?

- **It increases effective communication**
- **It allows issues to be resolved, that might otherwise get avoided**
- **It helps build healthy relationships**
- **It helps build confidence in our own ability to stay in a long term relationship**
- **It allows us to make better decisions because we can resist being pressurised and manipulated by others**

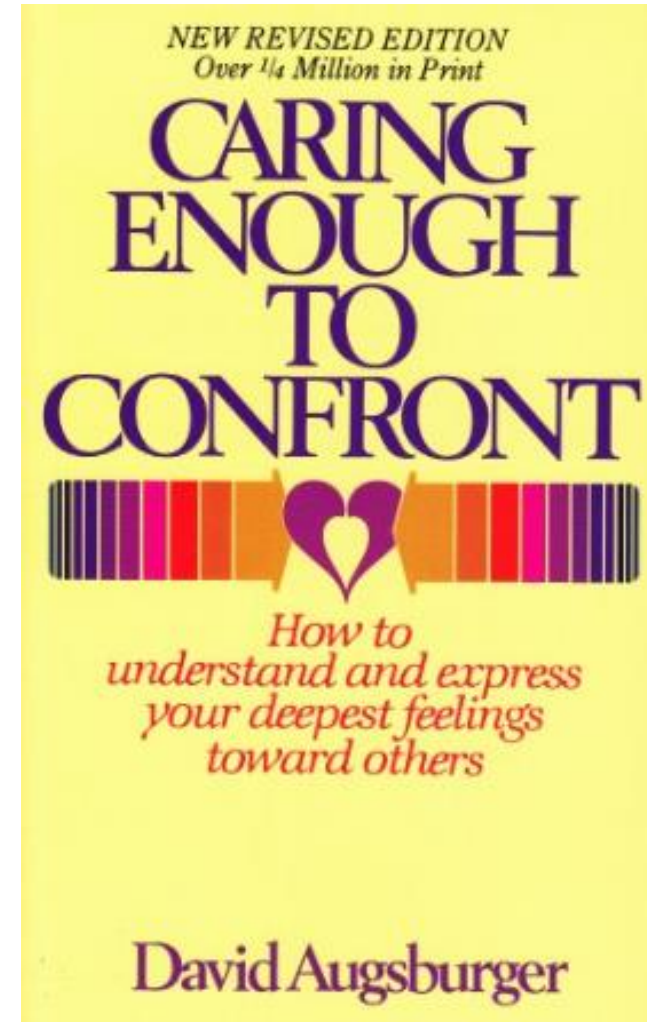
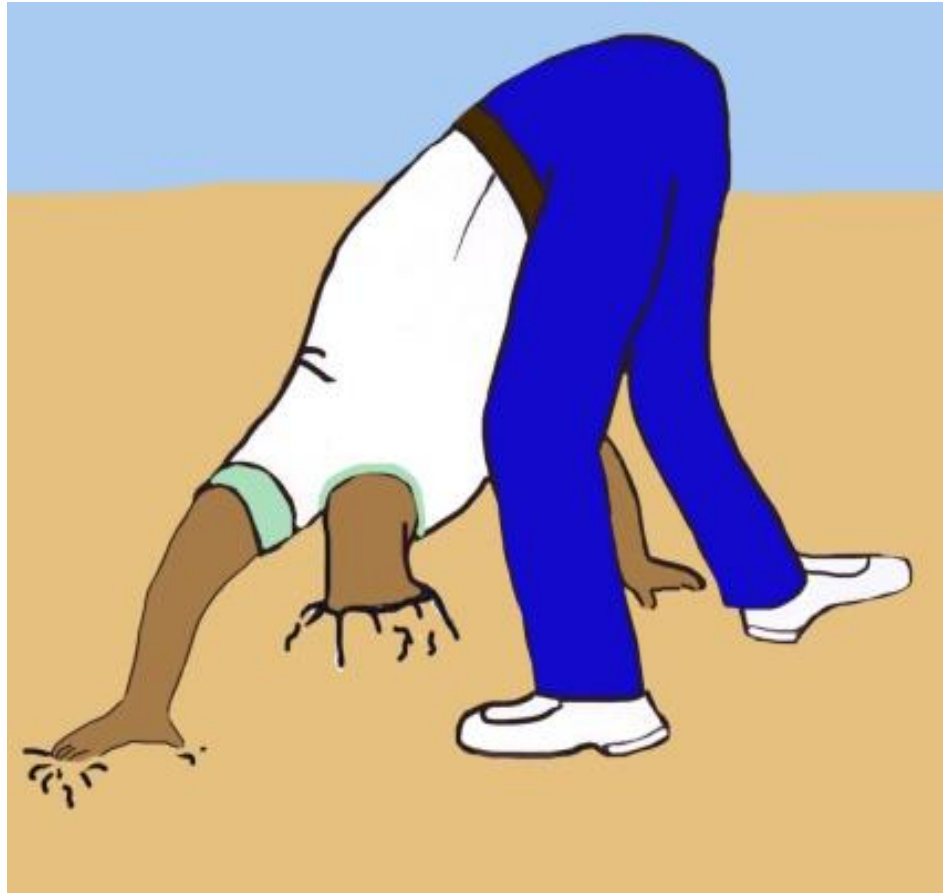


# HOW DOES ASSERTIVENESS IMPROVE RELATIONSHIPS?

- Responding quickly and assertively helps us to reduce stress because we get to resolve what would otherwise linger
- Feel the fear and do it!



**“IF WE DON’T CONFRONT, WE REJECT”**



# GET THE ANGER OUT SAFELY!



**Find a safe place (way) to unload your angry feelings before you launch in!**

**Do some chair work to explore your own side of things, and to try and connect with the other person's viewpoint.**



# 1. PREPARATION: The Rehearsal



Practise  
getting  
the tone  
right



Put yourself in their  
shoes – see things from  
their viewpoint



## 2. ENGAGEMENT: The Encounter

### The Right Time



### The Right Body Language



### The Right Level









### 3. ENGAGEMENT: The Opener

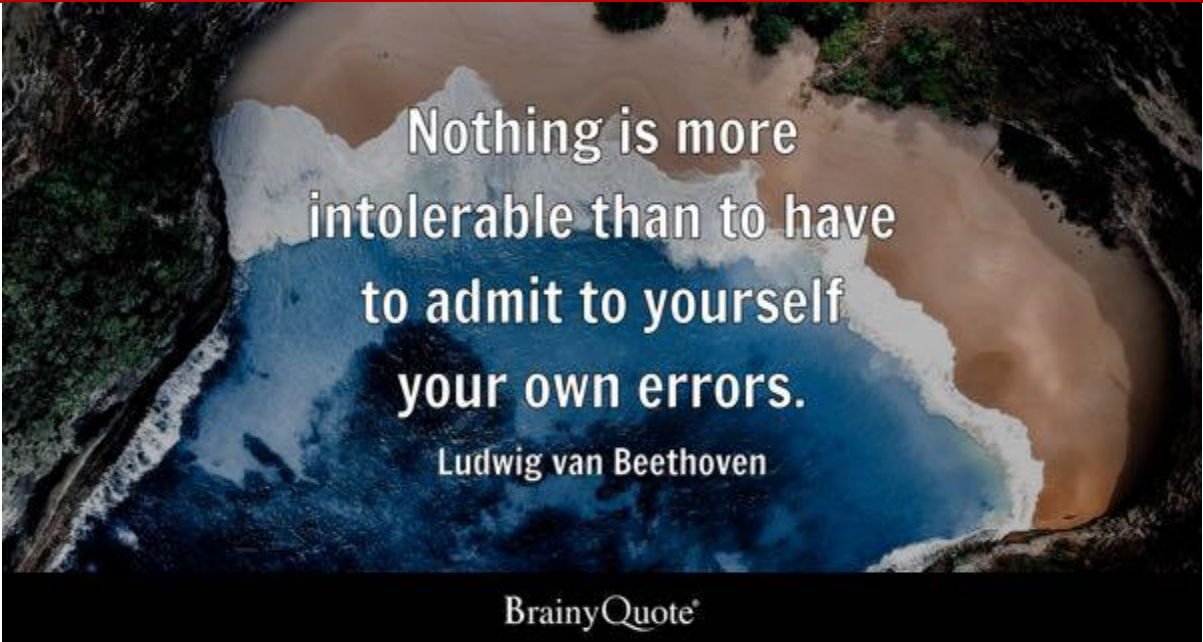
A preamble can be helpful:

- This is a hard thing for me to do
- I will get elements of it wrong
- Please forgive me in advance!
- I have no desire to hurt you...
- ... but I want to clear the air to get our relationship back on track






## 4. ENGAGEMENT: Own Your Own Stuff



Nothing is more  
intolerable than to have  
to admit to yourself  
your own errors.

Ludwig van Beethoven


BrainyQuote®



*"Freedom is not worth  
having if it does not  
include the freedom  
to make mistakes."*

*- Mahatma Gandhi*

inspire99



A person who never  
made a mistake  
never tried  
anything new.

Albert Einstein

BrainyQuote®



## 5. ENGAGEMENT: Some basic 'rules'



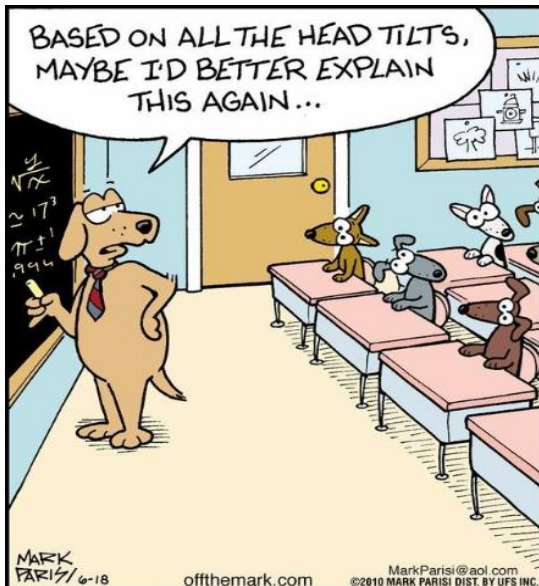
**Be empathic**



**Don't hog the microphone**



**Use 'I' and 'we' statements**



**Ask for clarification if needed**



**Hold your nerve**



**Be quietly persistent**



# ASSERTIVENESS PRINCIPLES

I have a right to:

- ... have an opinion
- ... be heard and respected
- ... express my own needs and wants appropriately
- ... set boundaries
- ... get things wrong
- ... change my mind
- ... say no without explanation
- ... be responsible for my own feelings and actions
- ... be “difficult” at times
- ... not be responsible for other people’s feelings and responses
- ... agree to disagree without ending the relationship
- ... not necessarily be liked / be what you expect me to be

Don't shrink. Don't puff up.  
Just stand your sacred ground.

- Brené Brown



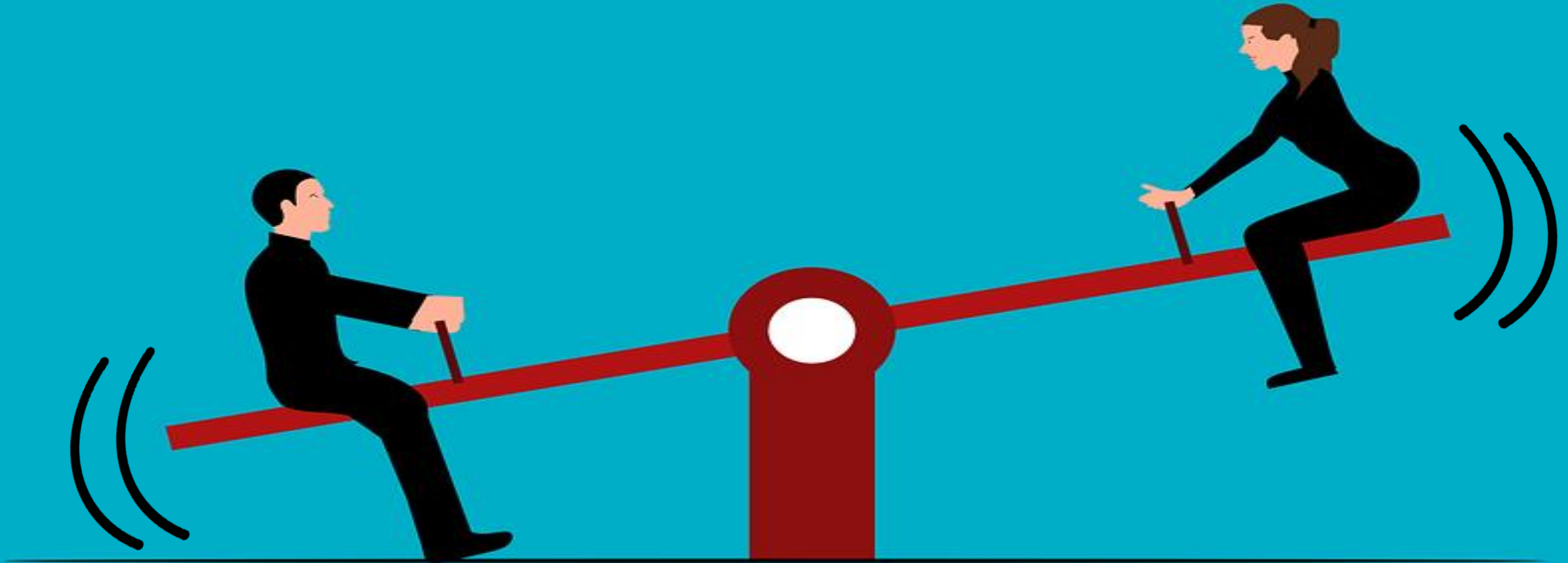
*Calm*



# THE FENCING MATCH!



# THE SEESAW





## 6. ENGAGEMENT: Reality Check

**However mature you are,  
anticipate an immature reaction!**



# Share in Buddy Groups

*How easy or difficult do you find it to resolve conflict? What do you find hardest?*

**15 minutes**







**TAKE A BREAK – 10 MINUTES**

# The Caring Confrontation Contract (David Augsburger: *Caring Enough to Confront*)

- I want to get our relationship right...
- I want to give you a chance to express your side...
- I want to give you the freedom to express your real feelings...
- I'll try my best to understand your viewpoint (put myself in your shoes...)
- I'll try not to manipulate you, pressure you or distort the differences between us...
- I'll try to stay with the discussion until we've worked things through to a place of mutual understanding...
- ... but there are some deep issues between us...
- ... but I also want you to hear my side clearly...
- ... and I want you to allow me to express mine...
- ... and I want you to try and understand my viewpoint...
- ... and I want your clear, unpressured, honest view of our differences...
- ... and I want you to keep working with me until we reach this place...



RELATIONSHIP – ISSUE - RELATIONSHIP

**RIR**

# Daring to Risk It...



## RIGHT ARM:

But... we have a problem

### All Right Arm...

- Confrontational
- Can appear aggressive
- Likely to provoke
- defensiveness
- 'War'

IDEALLY THE LEFT-  
RIGHT-LEFT  
"SANDWICH"  
IS MOST LIKELY TO  
PRODUCE  
AN OPTIMUM  
OUTCOME



## LEFT ARM:

I value our relationship

### All Left Arm...

- Don't confront the issue
- People-pleaser?
- Likely to increase distance
- Feelings likely to fester
- 'False peace'



## Conflict Resolution

- The most effective method of resolving conflict is **Caring Confrontation**.
- If this doesn't work, move to **Cooperative Compromise**, a temporary solution which enables you to move back towards Caring Confrontation.
- If this fails, then move towards **Yield to Keep the Relationship**.
- This is an intermediate stage which enables you to build the relationship so that more effective conversations and negotiations can follow.



## Conflict Resolution

- If this is rejected, move to **Win-Lose**. This affirms your goals even if you lose the relationship. The hope is still that you will be able to restore the relationship later.
- If all of these prove ineffective, the last choice is to **Leave and Lose/Win**. This is the point of having to withdraw from the relationship altogether, respecting the other person's right to reject our attempts to resolve our issues.



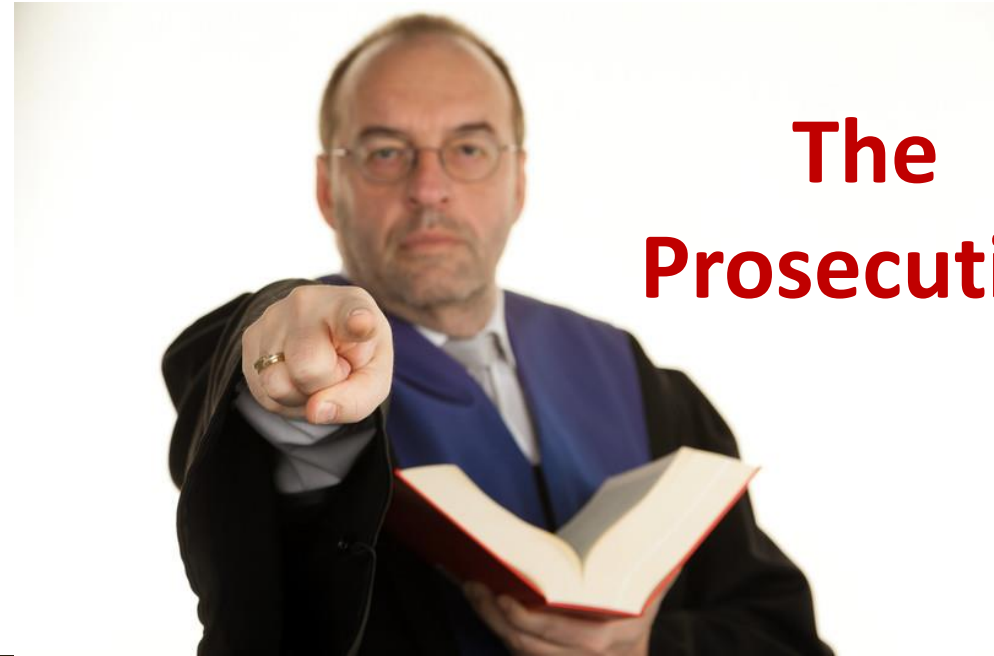
***Hopefully it's not the end of the story...***



# GOING TO COURT



**Judge  
and  
Jury**



**The  
Prosecution**



**The  
Defence**

# GOING TO COURT



**Advocacy**



**Judgement**

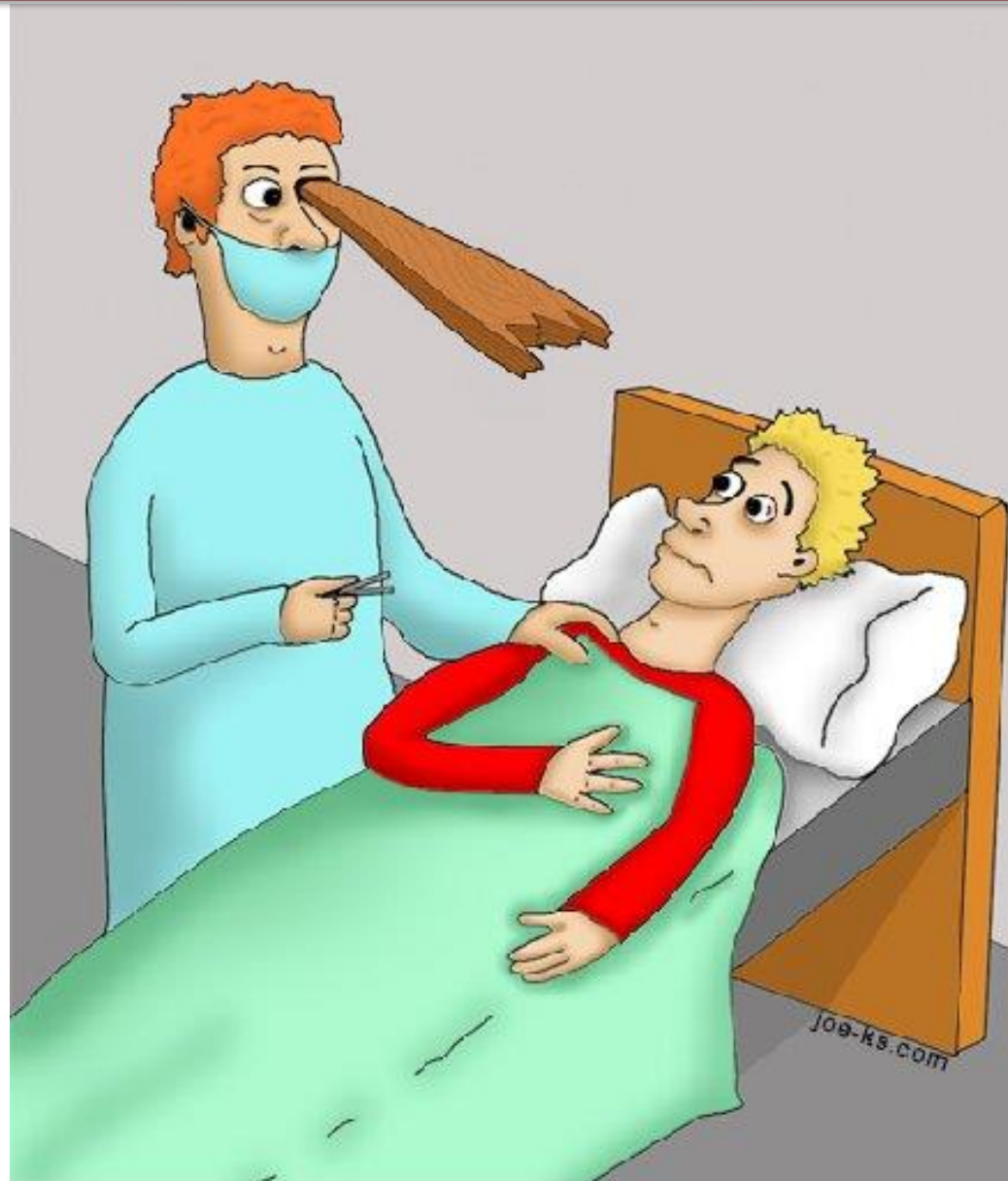


# UNFORGIVENESS

***Unforgiveness is like drinking poison  
and expecting the other person to die.***



# PLANKS AND SPLINTERS



Let me take that speck out of your eye.



# What about FORGIVENESS?

When forgiveness....

**denies** that there is anger...

**acts** as if it never happened....

**smiles** as though it never hurt...

**fakes** as though it's all forgotten...

Don't offer it

Don't trust it

Don't depend on it

It's not forgiveness... It's just fantasy





**FORGIVENESS**  
**doesn't mean...**

- **it didn't hurt**
- **it doesn't matter**
- **I'm over it**
- **you may do it to me again**
- **there aren't consequences**



# What about FORGIVENESS?

**What do we do...**

- **When the person won't take personal responsibility...?**
- **When they won't seek help to change...?**
- **When they keep repeating the same offence...?**
- **When they say sorry, but nothing ever changes...?**



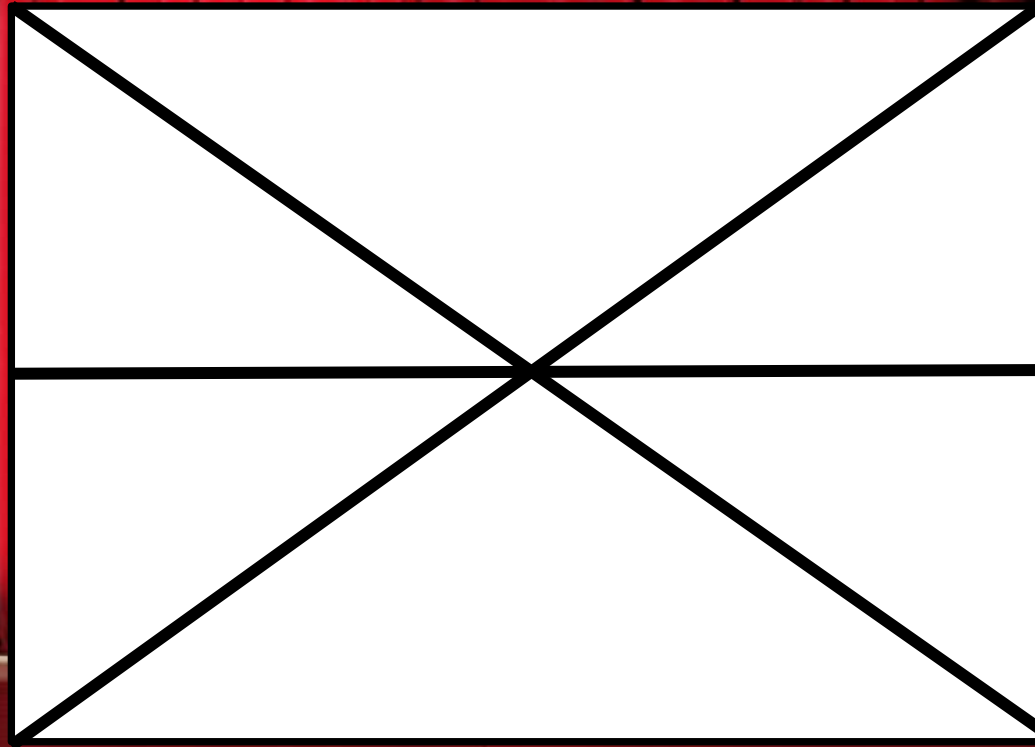
RELATIONSHIP – ISSUE - RELATIONSHIP

**RIR**



# RELATIONSHIP – ISSUE - RELATIONSHIP

**R**



**R**

# Share in Buddy Groups (3)

*What are your  
thoughts on Caring  
Confrontation?*

*What do you think is  
the place of  
forgiveness?*

**15 minutes**





# COMMENTS AND QUESTIONS





*final thoughts*



# Share in Buddy Groups (4)

*Time to say goodbye and exchange details if you wish to.*

**5 minutes**



# FRIENDS IN CONFLICT!



**PLEASE TURN  
YOUR VIDEO OFF  
FOR BETTER  
PICTURE AND  
SOUND!**





# 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)

£28.50 + P&P



# 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

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

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Taming the Inner Critic – Training Video

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Buy 2 - get  
another  
video  
FREE!



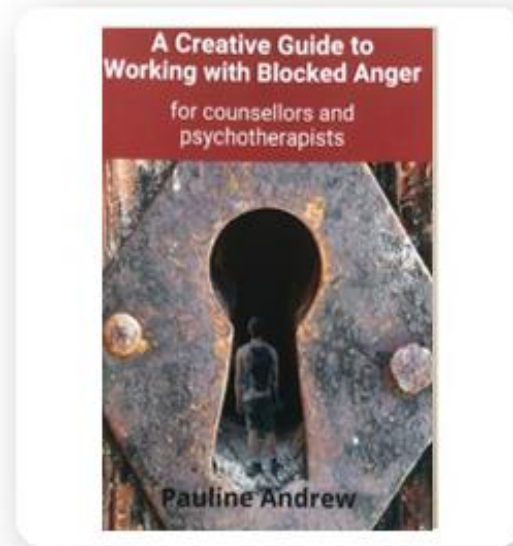
Special offer – save  
£2.50 when you buy  
all 3 books

£32.00



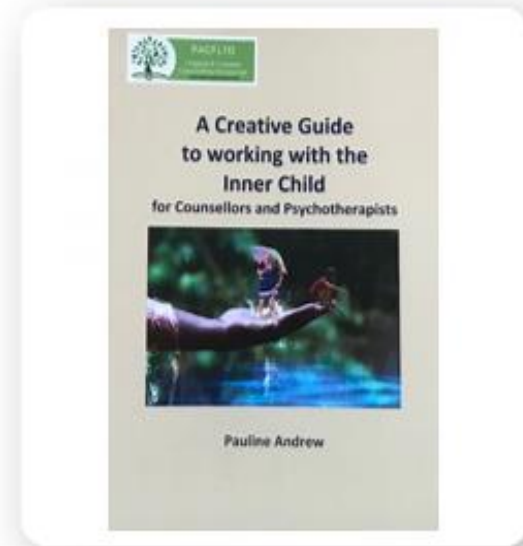
A Creative Guide to  
Working with Nesting  
Dolls

£11.50



A Creative Guide to  
Working with  
Blocked Anger

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A Creative Guide to  
Working with the  
Inner Child

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**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)**



02

MAR



### Online Event

#### Trust and Betrayal – Thurs Mar 2

Price Starts from: £10.00

March 2, 2023  
9:30 am - 1:00 pm

15

MAR



### Online Event

#### Understanding and Using the Deep Release "In-Out Model" – Wed Mar 15

Price Starts from: £10.00

March 15, 2023  
9:30 am - 11:30 am

21

MAR



### Online Event

#### Working with Sand Trays in person and Online – Tues Mar 21

Price Starts from: £10.00

March 21, 2023  
9:30 am - March 15, 2023 1:00 pm

20

APR



### Online Event

#### Imposter Syndrome – Thurs Apr 20

Price Starts from: £10.00

April 20, 2023  
9:30 am - 1:00 pm

**DEEP RELEASE ANNUAL COUNSELLORS CONFERENCE**  
**15-17 SEPTEMBER 2023**  
**MOOR HALL, COOKHAM, BERKSHIRE**





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*Thank you*

