



Deep Release Online
Professional Training for Counsellors

TRUST & BETRAYAL

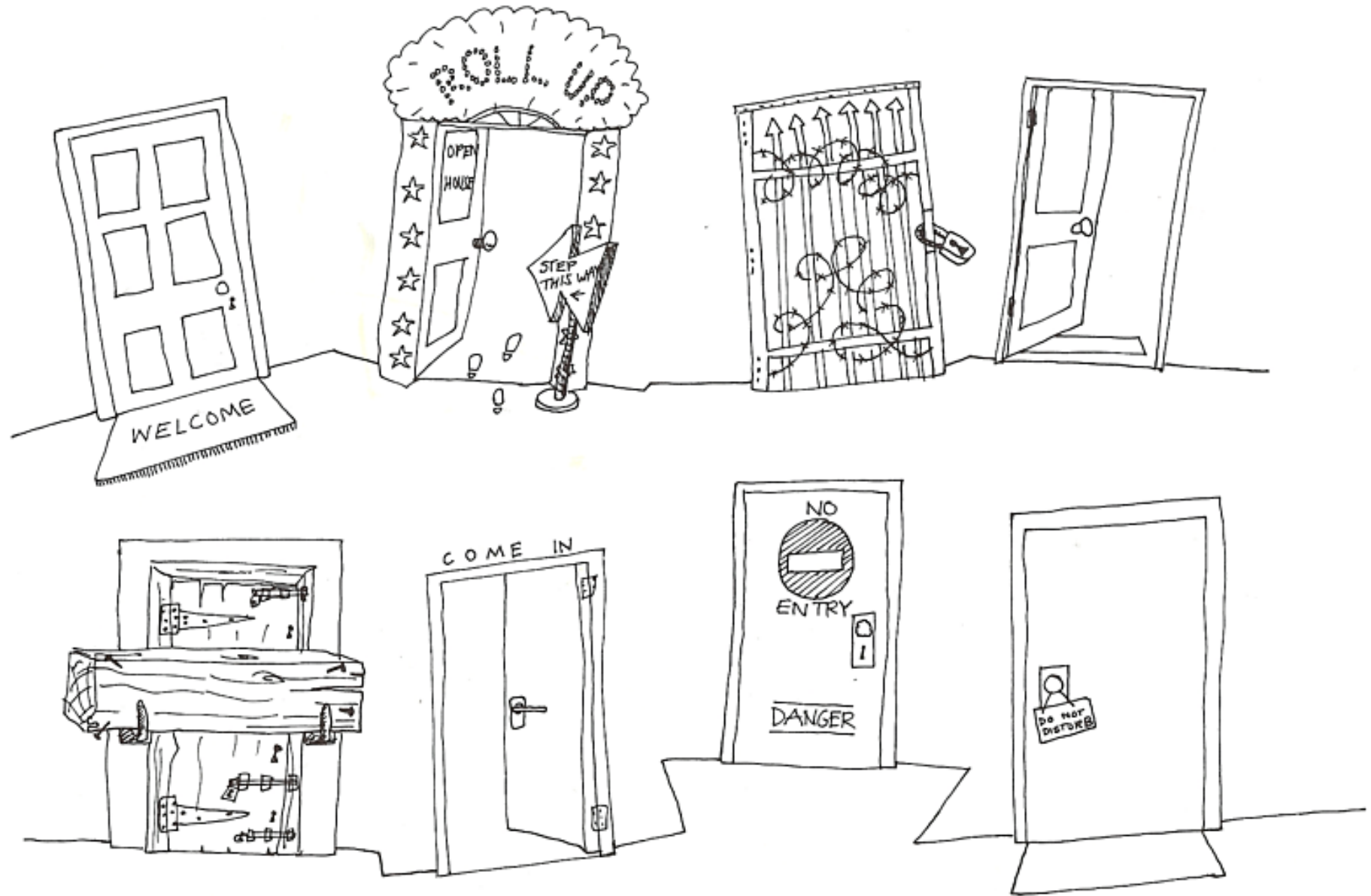


What kind of door were you in the past?

What kind of door are you now?

What happened in between?

How are you feeling today?



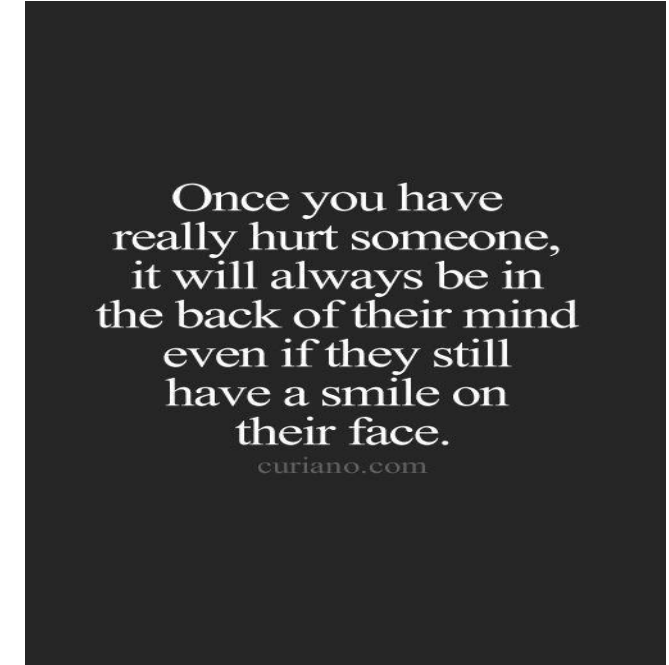
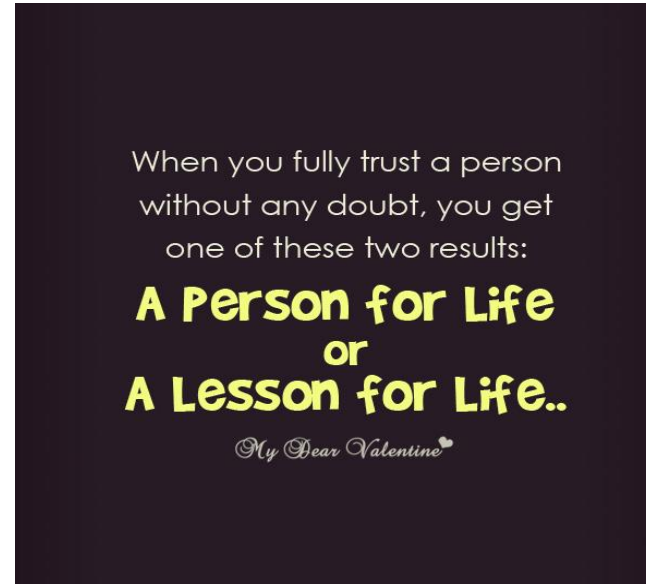
From: "Draw on Your Emotions" by Margot Sunderland



An Exercise in Trust

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What is Trust?



Before we start...

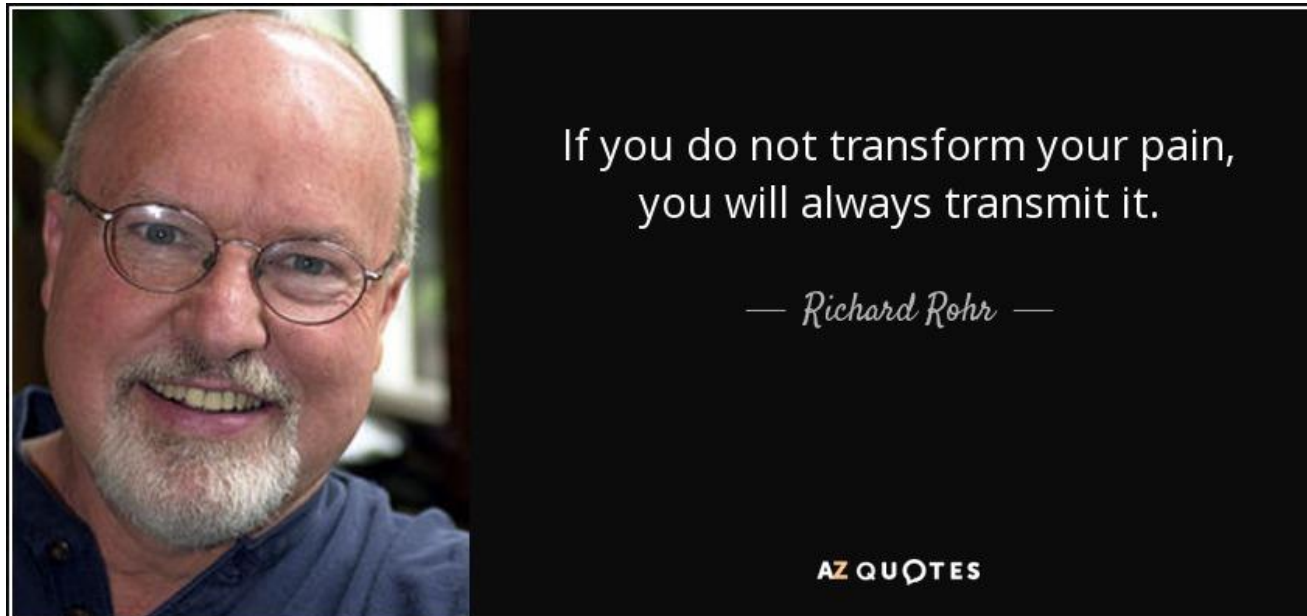
- Some of us here today have been betrayed and had our trust broken
- Some of us here today have betrayed others and broken trust with them
- Some of us have done both.....
- Sometimes it was done without realising it – unintentionally or by accident
- Sometimes they knew exactly what they were doing, but did it anyway, for any number of reasons
- Sometimes we were accused of something we had never done (misunderstanding, misrepresentation, transference)

it's
complicated

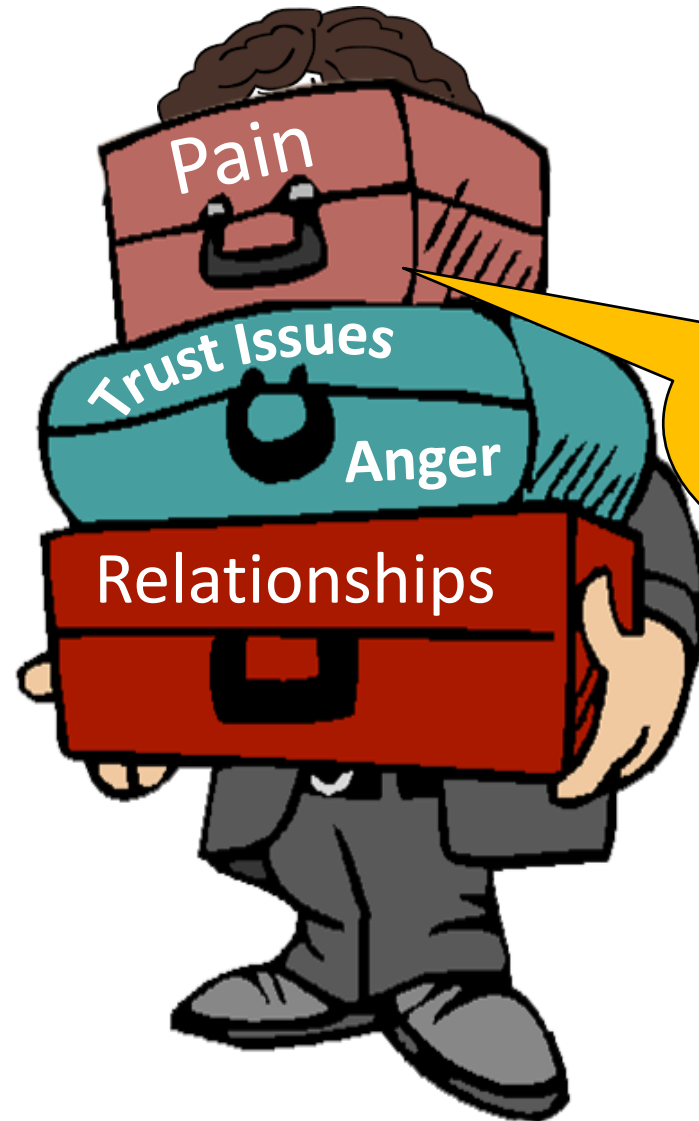
Before we start...

- Some of us here have been accused by clients of betraying them and breaking their trust
- Some of us here have been betrayed and felt our trust broken by clients

The No 1 issue to explore in Supervision:
WHAT ACTUALLY HAPPENED? IS THE ACCUSATION TRUE?
The answer to this can indicate the way forward



Unfinished Business



**Welcome!
Do come
in!**

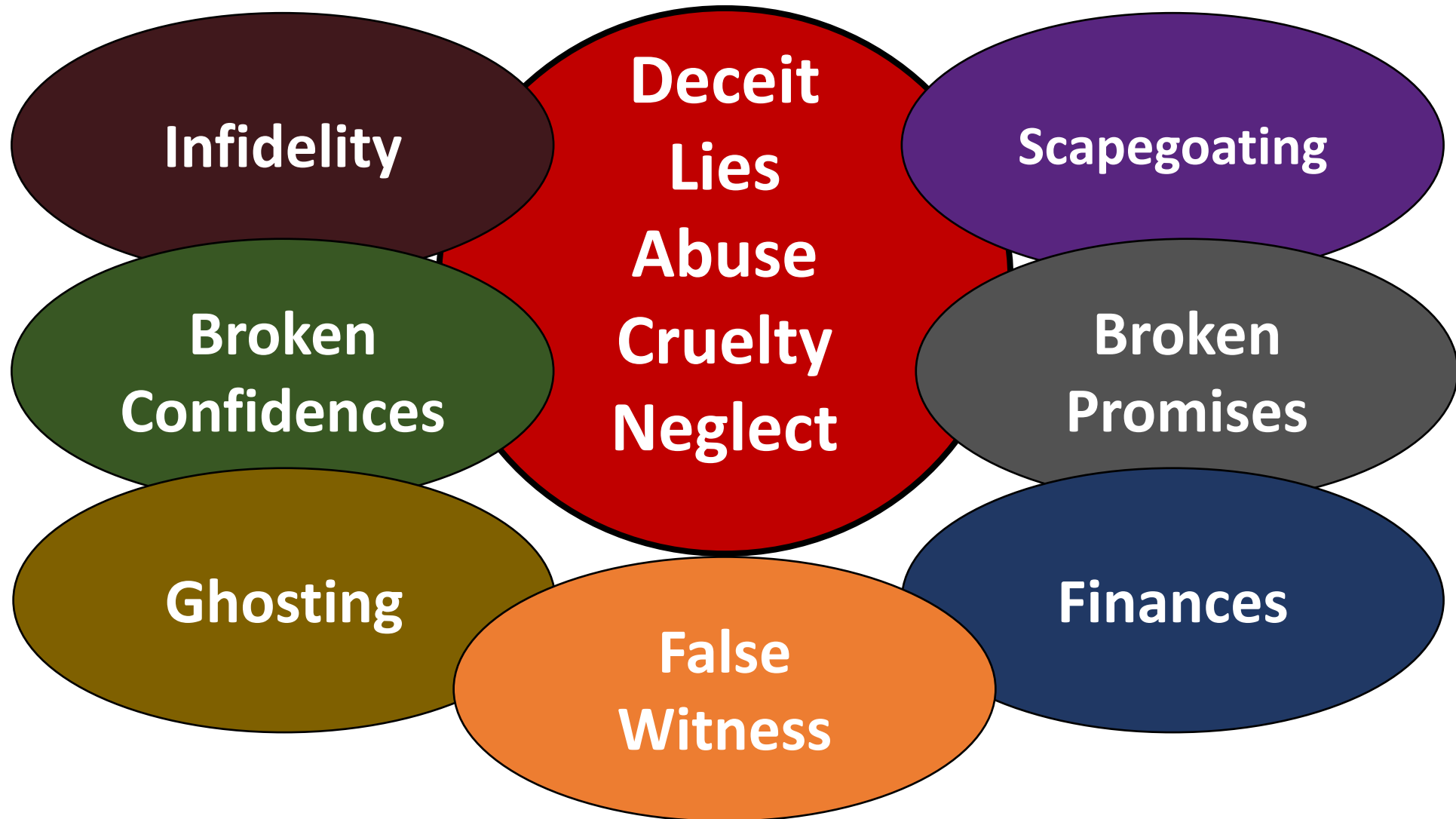
A

B



Vermeer
Girl With
Pearl Earring
1665

Trust and Betrayal



TRUST: HOW SOLID ARE YOUR FOUNDATIONS?



Trust – the Foundation of Security

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



Autonomy

Initiative

Competence

Group
Identity

Identity

Intimacy

Productivity

Integrity

Trust

Trust

Trust

Trust

Mistrust



Doubt
Shame



Guilt



Inferiority



Alienation



Role
Confusion



Isolation



Stagnation



Despair



TRUST AND BETRAYAL IN FAIRY TALES



Hansel and Gretel are drawn to the witch's house which is made of gingerbread and covered in frosting and sweets. But it is a deception to lure them into her power. She wants to devour and destroy them.



Little Red Riding Hood is a picture of trusting innocence, believing that she is safe and loved.



She gradually begins to see the 'red flags' and challenges the wolf.

TRUST AND BETRAYAL IN FAIRY TALES



Snow White is naïve in trusting the old hag who offers her the poisoned apple, not realising it is the wicked queen.

“For children who have received very little love or affection, being offered attention in a way that is outwardly sincere and caring, but which becomes abusive, will invariably lead to a massive sense of confusion and betrayal: something you rightfully needed has turned into something horrific and violating. It is not unlike biting into an apple and realising that you have eaten a maggot...”

Rebecca Mitchell



The Biggest Myth about Child Abuse

The biggest myth is that the dangers to children come from strangers. In most cases, the perpetrator is someone the parent or child knows, and is often trusted by the child and family.

“What is traumatic and confusing about sexual abuse is that the adult world, rather than containing and holding the child’s desire, reciprocates. The fruit of the tree of knowledge is eaten before the child can digest it – with resultant shame and loss of innocence, and premature expulsion from the world of play and plenitude.”

The Search for the Secure Base

Jeremy Holmes 2002







Attackments

Richard A. Chefetz, MD

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video to improve the
quality of the film*

**IT IS EASIER TO
FORGIVE AN
ENEMY THAN TO
FORGIVE A
FRIEND.**



QuoteHD.com

William Blake
English Poet

1757-1827





Regina's Story

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video to improve the
quality of the film*

T

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Share in Buddy Groups

Explore your own reactions to trust and betrayal issues, as much as feels safe.

15 minutes





TAKE A BREAK – 10 MINUTES

BREAKING THE SACRED VOW





Alex's Story Part 1

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video to improve the
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THOUGHTS FROM ALEX'S STORY

- **Shock** - *I had no ownership of it – there was nothing I could do*
- **Anger** - *he promised to love me forever and broke his promise*
- *how could he just dump this on me after 11 years?*
- **Fear** - *who was I outside of my relationship with him?*
- **Denial** - *if I don't tell people, it won't be real*
- **Inadequacy** - *what could I have done? Was it my fault?*

*I survived, day by day, hour by
hour, minute by minute...
The rejection was huge...
It would have been easier for me
if he had died...*



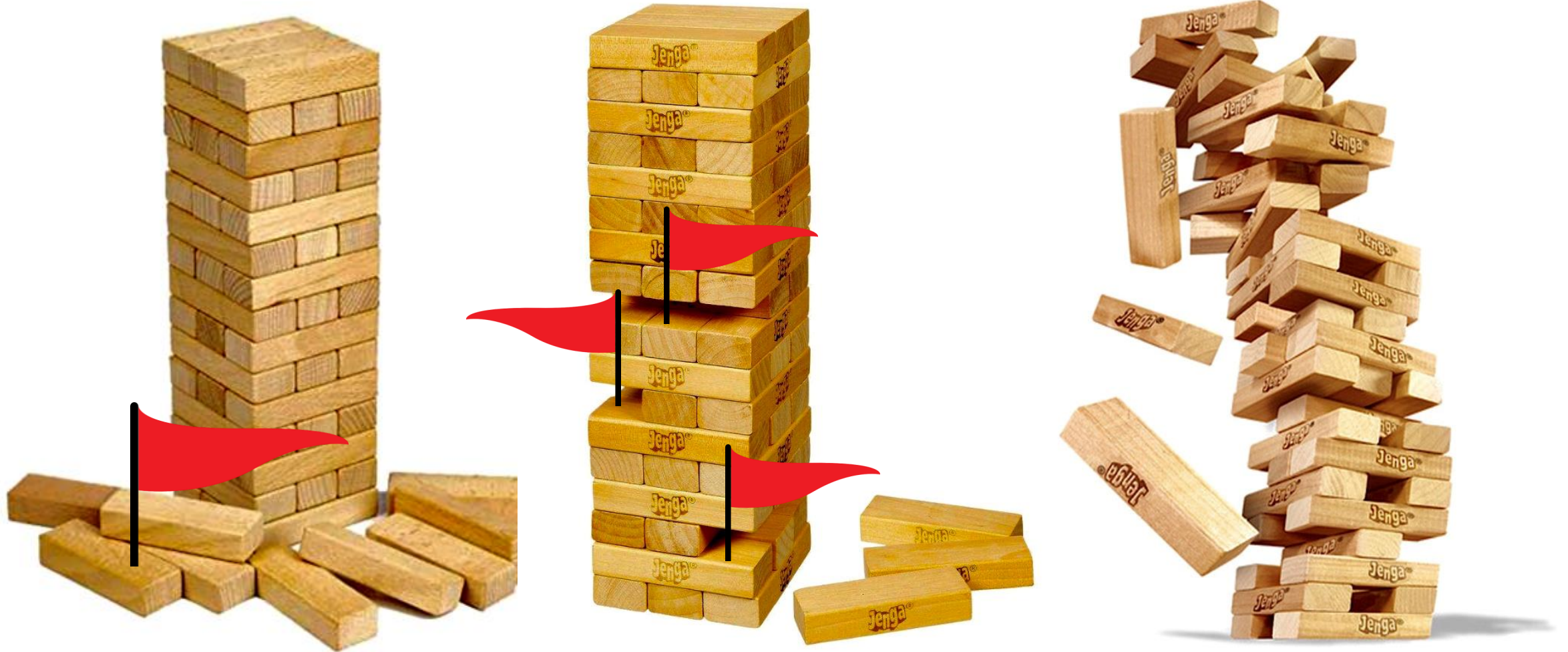
Blue Icebergs



When the edge of an ice sheet breaks off, the remaining iceberg turns upside down. The result is a 'blue iceberg'.

The forces that cause this also trigger accompanying earthquakes, and the seismic signals can be detected by instruments located all over the globe.

RED FLAGS





Alex's Story Part 2

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video to improve the
quality of the film*

The Anatomy of Trust

“Trust is choosing to make something important to you vulnerable to the actions of someone else.”

“Distrust is, what I have shared with you that is important to me, is not safe with you.”

Charles Feltman

“The more slowly that trust returns, the better; slow trust is more likely to have a solid and durable foundation. Be patient with yourself. Your trusting nature is not lost; it’s just a little bruised.”



COMMENTS AND QUESTIONS





Becky's Story Part 1

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video to improve the
quality of the film*

TRUST AND THE PROTECTOR CONTROLLER



Don't feel...
Don't trust...
Don't get close to people...
Don't be vulnerable...
Don't care...
Work it all out before you speak...

Lucia Cappachione

But this can also mean no
joy... close relationships... intimacy
spontaneity... freedom... pleasure... lows/highs



DISCONNECTION

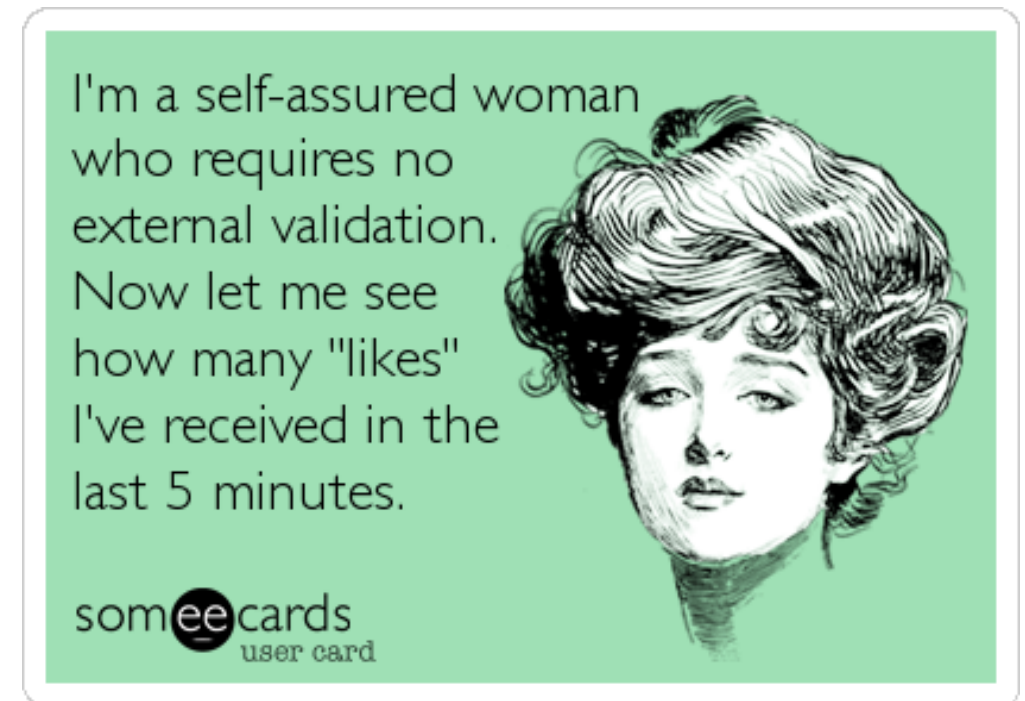
1. We start out able to freely love and receive love
2. We experience betrayal, abandonment, rejection from a trusted loved one
3. We feel emotional chaos and a loss of control – we are separated from the person we loved
4. We believe that we have somehow caused this by being defective in some way – we are separated from our true self



Adapted from: "Whole Again: healing your heart and recovering your true self after toxic relationships and emotional abuse", Jackson MacKenzie

DISCONNECTION

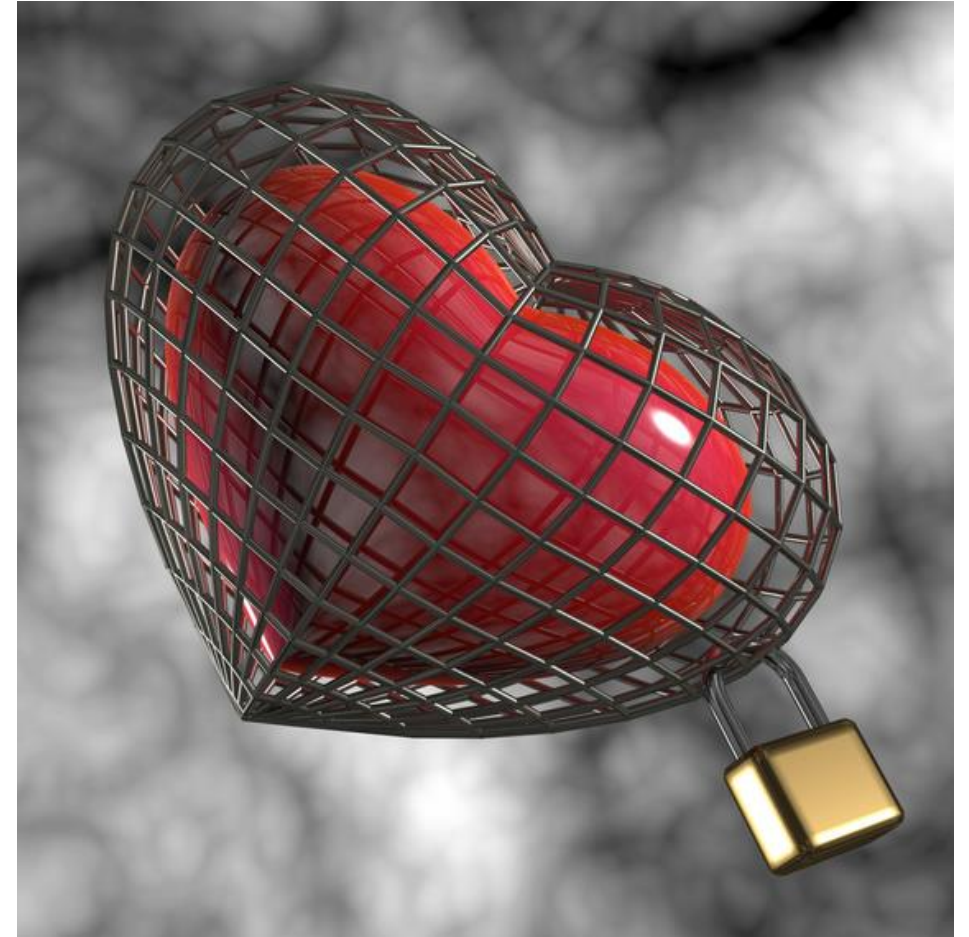
4. To protect ourselves from being consumed by pain, we numb it, putting it into our body (heartache, stomach problems, throat issues) – *we are disconnected from our body*
5. Our internal “protector-controller” takes over to stop us ever getting hurt again – *we disconnect from the pain...*
6. Being disconnected from our true self, we can come to rely heavily on external validation
7. We are people-pleasers, depressed, perfectionist, needing to be in control, addictive



Trust & Betrayal

“Defensive reactions to intimate betrayal – although perfectly natural and entirely justifiable – force you into reactive, narrow and rigid perspectives that inhibit growth and further erode self-value.

Allowed to run on automatic pilot, they will turn you into someone you’re not...”



“Living and Loving After Betrayal”, Steven Stosny

Share in Buddy Groups

Share your reactions to the two testimonies and the teaching

15 minutes





TAKE A BREAK – 5 MINUTES

Post-Traumatic Stress (PTS)

Shock

Relief

Pain

Anger

Panic

Guilt

Disbelief

Horror

Loss

Fear

Grief

My fault

Disorientation

The Pervasive Effects of Broken Trust and Betrayal





Tosh

Shetland Series 3

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video to improve the
quality of the film*

GREEN ROSES



Daring to trust again can be scary.

Protecting ourselves against hurt may work up to a point, but high defences and avoidance can rob our lives of colour. We may survive and even grow, but the chances are we've lost the full potential of all we are and can be.

Can we dare to take the risk?



Becky's Story Part 2

*Please turn off your
video to improve the
quality of the film*

HOPE





Working Creatively with Stones

Angie Petrie

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video to improve the
quality of the film*

In the Counselling Room

- **MEET:**

Address the Client-Counsellor relationship – take nothing for granted:
“This is a big deal for you to trust me ...”

- **EAT:**

Empathy ... Acceptance without judgement ... Touchstones

- **WAIT:**

Allow the story to be told – often in layers of depth of feeling



EXPLORE EAST AND WEST

- **E**motional – psychological - spiritual – physical effects
- **A**spects of Self – are the *Child Self / Teenage Self* or other parts affected?
- **S**cripts – what messages have surfaced for the client?
- **T**rust – what has happened to the client's world view / sense of safety?
- **W**atch – for the client's wellbeing
- **E**xpect – ups and downs in the counselling relationship
- **S**upervision – check your own feelings / responses / countertransference
- **T**ake care of yourself!



Share in Buddy Groups

Continue to explore your reactions and experiences with each other. (How easy is it for you to trust in groups?)

Say goodbye – exchange details if required

10 minutes



COMMENTS AND QUESTIONS





Resources



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Taming the Inner Critic – Training Video

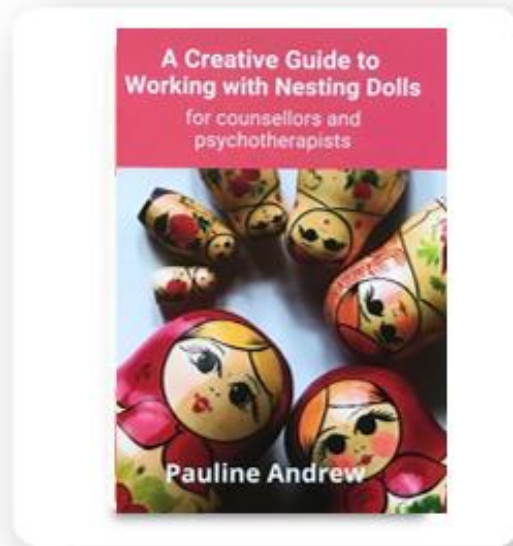
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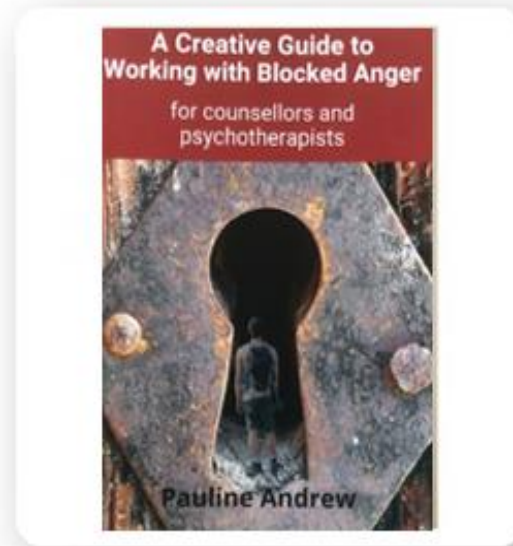
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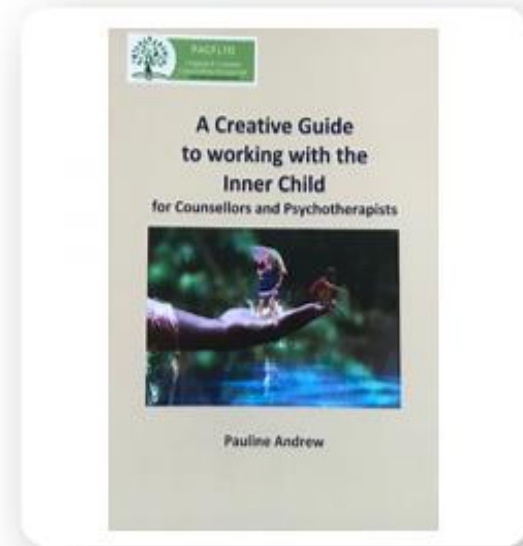
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Working with Nesting
Dolls

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A Creative Guide to
Working with
Blocked Anger

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Paperback from Amazon.co.uk**

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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

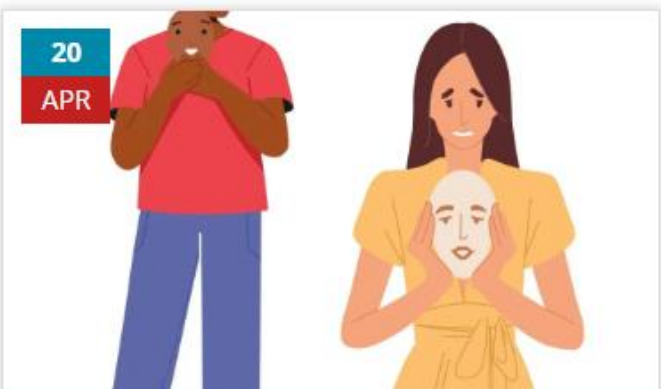


Online Event

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



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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- A closed group for counsellors & trainee counsellors
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