



**Deep Release Online**  
Professional Training for Counsellors

# Building Boundaries Breaking Barriers

*“A boundary is like an invisible line that defines who we are and who we are not; where we start and where we end; what is ours and what is not; and what we’re responsible for and what we’re not.”*



# Borders, Boundaries and Barriers: BODY

## SKIN

...is protective and can allow certain things to be absorbed through it, eg creams and lotions

## DIGESTIVE SYSTEM

...decides what is to be absorbed and what is to be eliminated

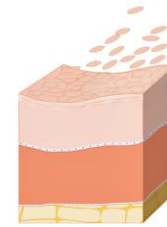
## PLACENTA

...provides the baby with oxygen and nutrients, removes harmful waste and carbon dioxide and produces hormones that help the baby grow

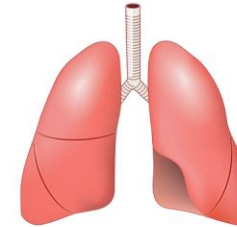
## BLOOD BRAIN BARRIER

...provides a roadblock to stop bacteria and other toxins, that may be circulating in the bloodstream, from entering the brain

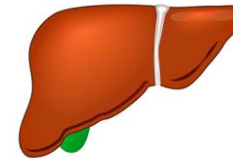
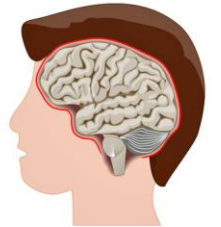
SKIN  
(desquamation)



LUNGS  
(surfactant)



BLOOD-BRAIN  
barrier



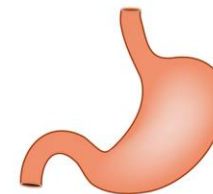
LIVER  
(bile acids)

## ANATOMICAL BARRIERS

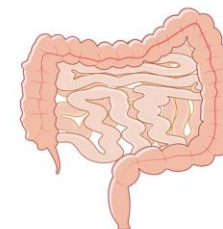
(immune system)



EYES  
(tears)



STOMACH  
(gastric acids)



DIGESTIVE TRACT  
(peristalsis)

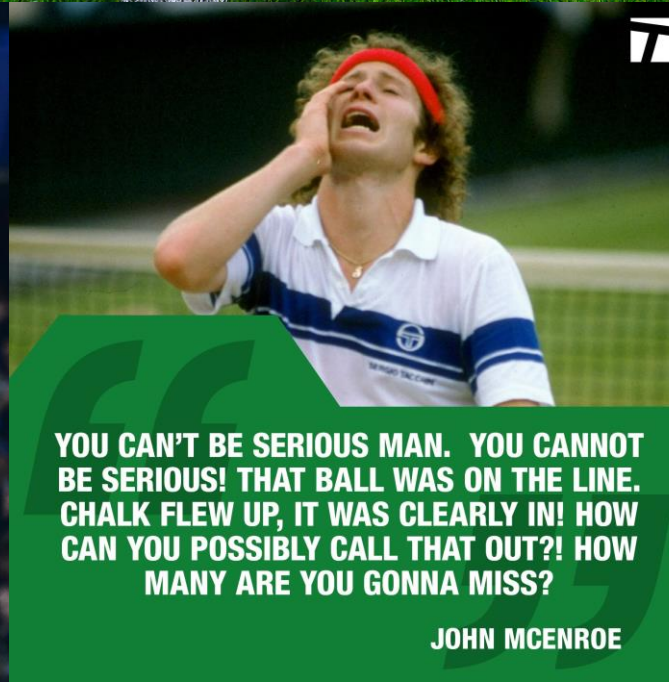


NASOPHARYNX  
(saliva and lysozyme)

# Borders, Boundaries and Barriers: PHYSICAL & GEOGRAPHICAL



# Borders, Boundaries and Barriers: SPORT



**YOU CAN'T BE SERIOUS MAN. YOU CANNOT BE SERIOUS! THAT BALL WAS ON THE LINE. CHALK FLEW UP, IT WAS CLEARLY IN! HOW CAN YOU POSSIBLY CALL THAT OUT?! HOW MANY ARE YOU GONNA MISS?**

**JOHN MCENROE**



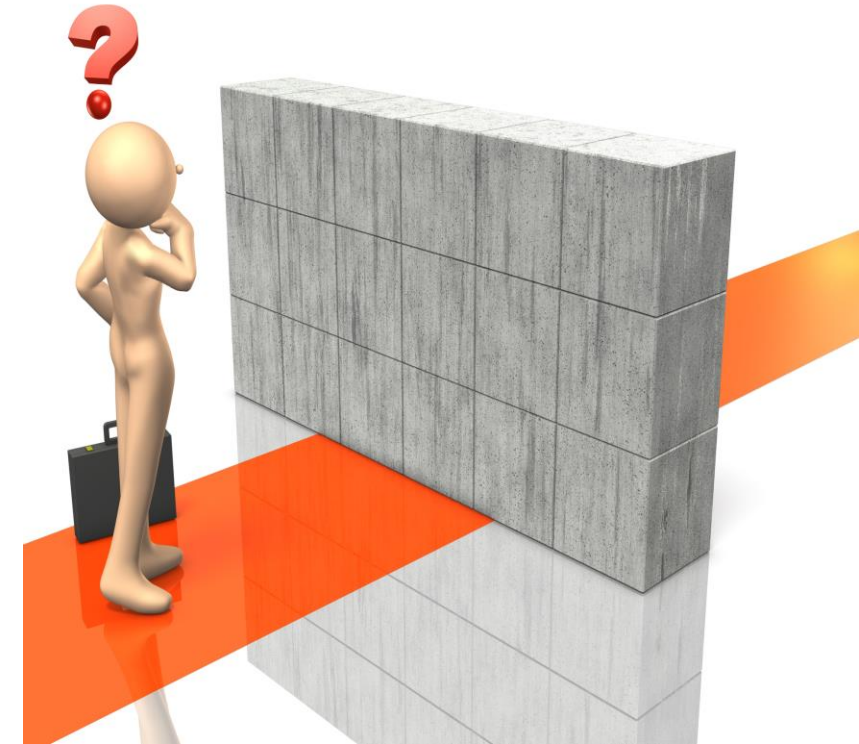
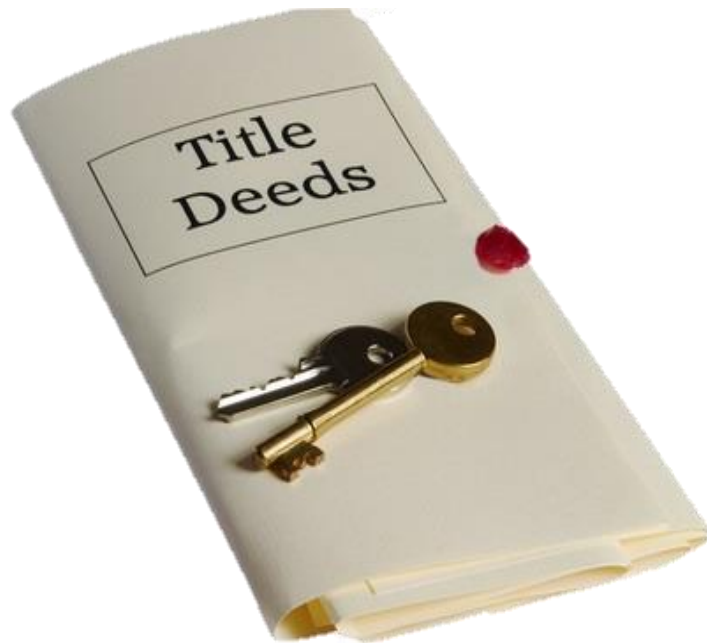
FIA introduces new F1 grid penalty rules



# Borders, Boundaries and Barriers: SOCIAL



# Borders, Boundaries and Barriers: PERSONAL



# In the counselling space



# The Boundary of Physical Space



# Challenging the borders of the counselling space

**Walk and Talk  
Therapy  
with Mareile**

**Please turn off your  
video for better viewing**



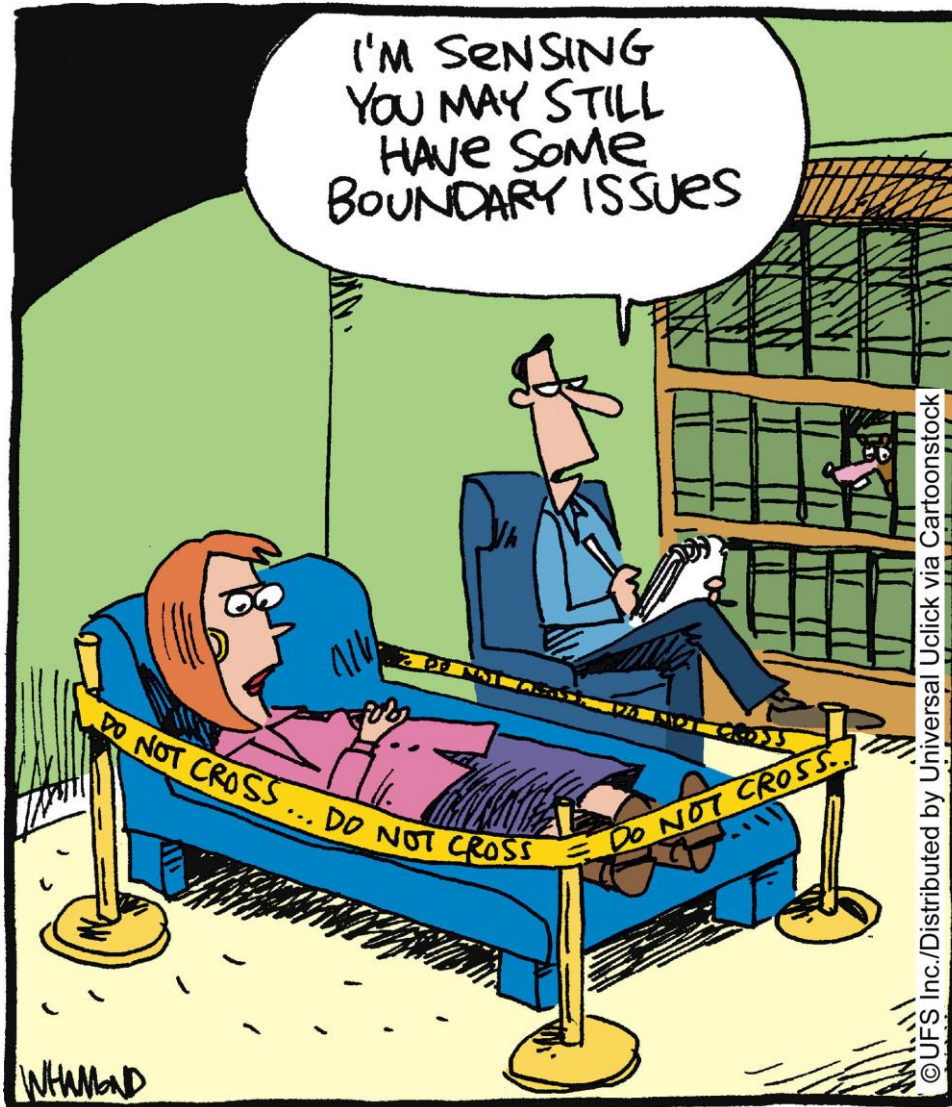
# Share in Buddy Groups

*Share your experiences of boundary issues. How do you feel about walk and talk therapy?*

15 minutes



# Barriers in the Client's Process : Attachment Dynamics



## Avoidant/Dismissive Attachment Behaviour *High Level Boundaries*

- **Internal Working Model:** I'm on my own – life is DIY
- Keep a lid on your emotions
- Don't want a close therapeutic relationship
- Don't trust a close therapeutic relationship
- Dismissive of own needs and those of others
- You may struggle to build a therapeutic alliance

# Barriers in the Client's Process : Attachment Dynamics

## Ambivalent / Preoccupied Attachment Behaviour *Low Level Boundaries*

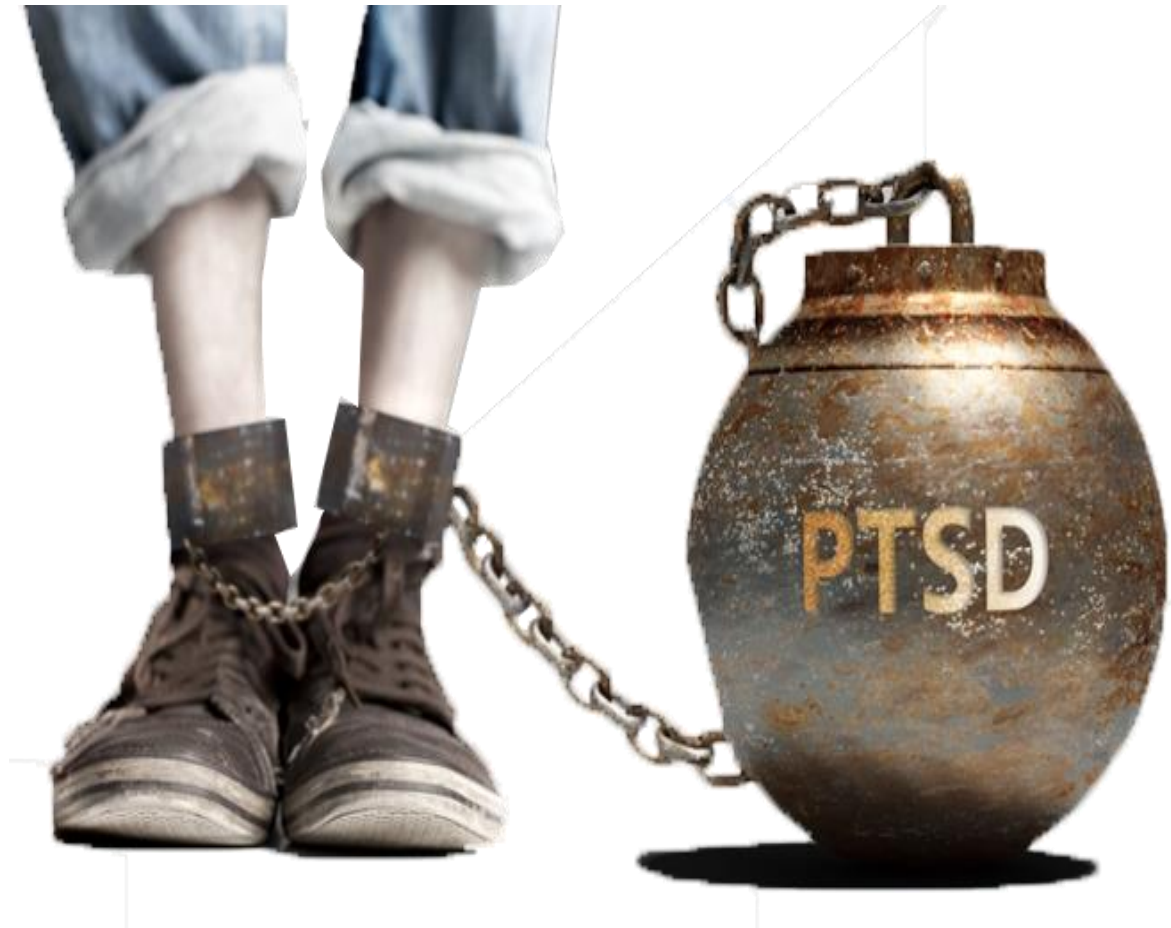
*Don't leave  
me!!*

- **Internal Working Model:** Relationships are unpredictable
- Desperately want a close therapeutic relationship
- Don't trust a close therapeutic relationship
- *Go away, don't leave me!*
- You might *think* you've got a close therapeutic alliance...



## Disorganised / Unresolved Attachment Behaviour *No Boundaries*

- **Internal Working Model:** The world is not safe and I am powerless
- I don't understand boundaries
- I don't trust in a safe therapeutic relationship
- I am not worthy of a close therapeutic relationship
- Challenging to build a therapeutic alliance



# Barriers in the Client's Process : Attachment Dynamics

## Disorganised / Unresolved Attachment Behaviour No Boundaries



*“Abuse teaches us from a very young age that our property doesn’t really begin at our skin. Abuse teaches us that the ‘no fly zone’ around our skin that we call ‘personal space’ can be invaded or ignored.*

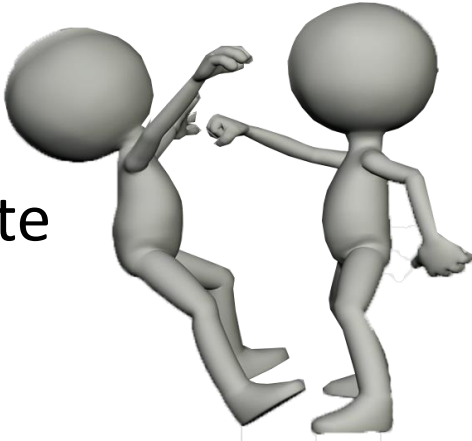
*Abuse teaches us that our boundaries don’t matter. Abuse strips us of our privacy.*

*It teaches us that other people can walk right into our gardens and dig over our pansies and we can’t stop them. It teaches us that our gardens don’t really belong to us and that we don’t have ownership or control. It teaches us that our gardens are worthless and lacking in beauty. That’s the process we have to repair as adults.”*

# Autonomic Nervous System Responses to Threat or Loss

## • FIGHT

- Resist
- Retaliate
- Reject



## • FOLD

- Submit
- Surrender
- Self loathing



## • FLIGHT

- Get away
- Get out
- Ghost



## • FREEZE

- Immobile
- Inaudible
- Isolated



## • ATTACH

- Despairing
- Devotion
- Dissociation



# Disorganised Attachment Behaviour

*“I had no boundaries and, as a result, I was continually victim to other people’s emotions, demands and needs.*

*The powerlessness of trauma had left me without a sense of autonomy. For too long I had mindlessly enacted the relational templates of my upbringing, unable to choose when to say yes and when to say no, and enmeshed in a destructive morass of compulsive care-giving alongside chronic self- neglect. I said yes to everyone else, and no to myself. Other people mattered; I did not...”*



# ‘Breaking the Rules?’

# Configurations and Dissociative Disorders

Different parts of us have different  
boundaries... different reactions...  
different needs

P

A

C





## Boundaries and Pashminas with Angie

**Please turn off  
your video for  
better viewing**

# Share in Buddy Groups

*How in touch are you with your client's attachment behaviour, as well as your own? Has this affected the relationship boundaries?*

**15 minutes**



BREAK TIME



**10 MINUTES**

# Questions and Comments



# Barriers in the Counsellor's Process : Poor Psychological Contact



# Fear of relationship / being affected by our clients

*“I urge you to let your patients matter to you, to let them into your mind, influence you, change you.”*

*“I think everybody I've seen has come from some other therapy, and almost invariably, it's very much the same thing: the therapist is too disinterested, a little too aloof, a little too inactive. They're not really interested in the person; he doesn't relate to the person.”*

- Irvin Yalom



## What can help:

- Examination of our model and what we believe about the role of relationship
- Personal therapy
- Good supervision

# Are we too rigid or too relaxed? COUNSELLORS



What shall I take to Supervision??

- Boundaries too loose
- Boundaries too tight
- Our own Attachment Behaviour
- 12 sessions... 12 months... 12 years therapy?
- Misuse of Power
- Encounter, not invasion

# Invading a client

Mearns and Cooper, (Working at Relational Depth, 2005)

*“For many clients , the idea of allowing another person into their deepest most personal realms is profoundly anxiety provoking - particularly where previous visitors have left chaos and damage in their wake.*


*Such a client, then, is likely to keep their therapist at arm’s length until they feel that they can fully trust that person to do no harm.”*



## What can help:

- ‘Tread lightly’ - don’t force entry
- Genuinely respecting defences and their purpose
- Valuing, non-judgemental approach – clients often expect to be attacked and criticised
- Listen, listen, listen
- Stable, predictable, dependable counsellor supports relational ‘encountering’
- Boundaries such as honouring contracts and timekeeping support this

# Flexible or Violated Boundaries? CLIENTS

- 
- Don't turn up – and don't want to pay
  - Arrive late and want you to extend the session
  - Want more sessions
  - Don't want you to take time off
  - Want to put their shopping in your fridge!
  - Want you to give them a lift to the station
  - Dual relationships
  - Gifts



# **The Healing Power of Touch**

## What about Touch?

*“Holding includes especially the physical holding of the infant, which is a form of loving. It is perhaps the only way in which a mother can show the infant her love of it. There are those who can hold an infant and those who cannot; the latter quickly produce in the infant a sense of insecurity, and distressed crying.”*  
(Winnicott, 1960)

*“...Touch is one of the most essential elements of human development, a profound method of communication, a critical component of the health and growth of infants, and a powerful healing force.”* (Bowlby, 1952)



# What about Touch?

Susie Orbach, Bowlby Memorial Lecture 2012,  
'Psychoanalysts' Discomfort with Touch'

*“With a few exceptions, we psychoanalytic clinicians leave the discourse and theorising about touch to the body-oriented therapists and keep quiet about those hugs, the touch on the shoulder, the hand that needs holding, the kiss that got planted on us...”*



# What about Touch?

Susie Orbach, Bowlby Memorial Lecture 2012,  
'Psychoanalysts' Discomfort with Touch'

*...It is surely irresponsible to ignore the findings of the Miami Touch Research Institute which shows that 'a hand on the shoulder' can ... lower the blood pressure, or Vivette Glover's work on oxytocin, the bonding hormone which is increased through loving touch and which creates a sense of biopsychological well-being..."*



# What about Touch?

Susie Orbach, Bowlby Memorial Lecture 2012  
'Psychoanalysts' Discomfort with Touch'

*...Touch can be healing and, although it is unfashionable to say so, psychoanalysis is also very much about healing, and I wonder what kind of disservice we do by not touching."*





# TOUCH AND CONNECTION

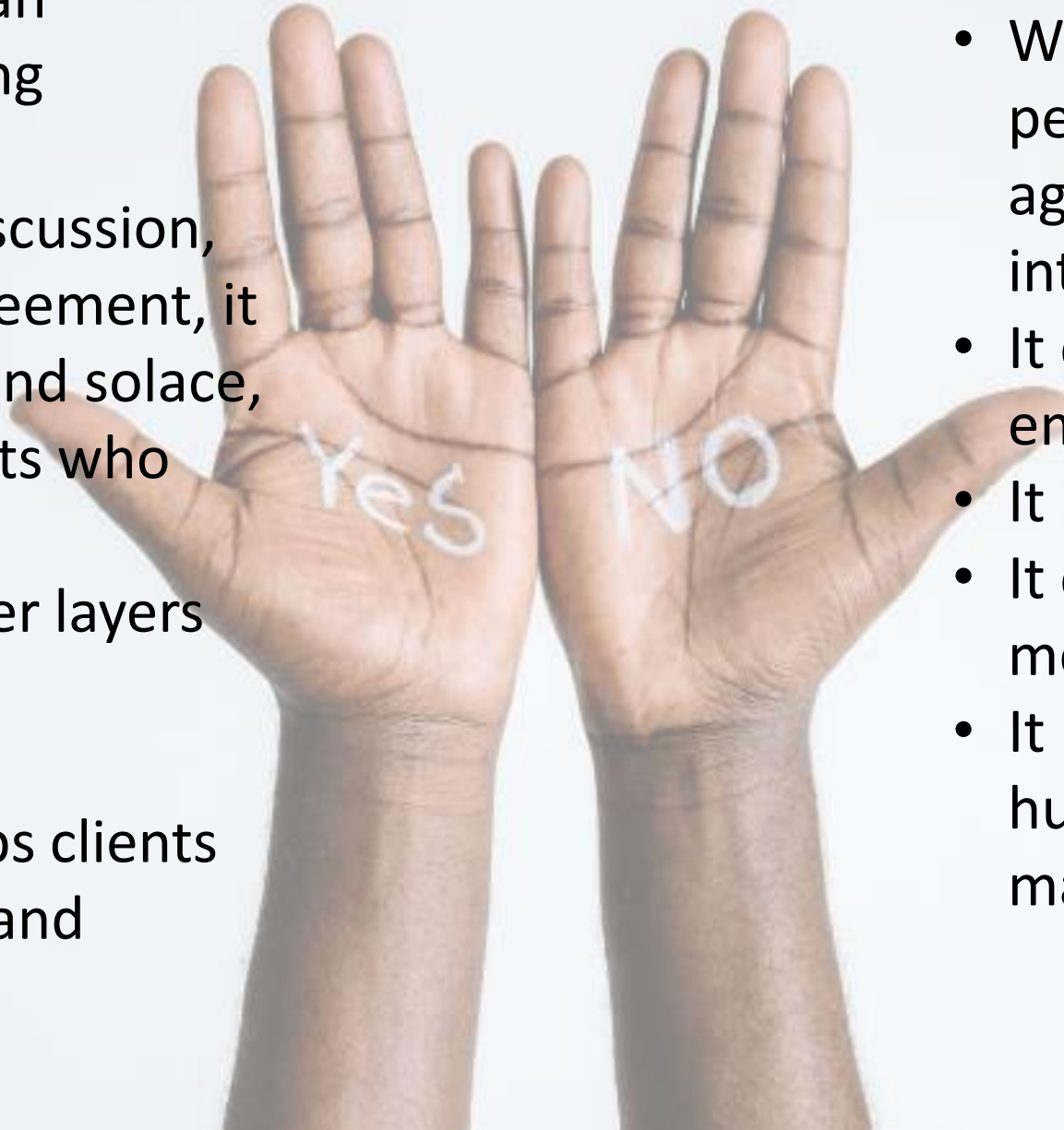


# Therapeutic Touch as an Intervention



## The Benefits

- It is a normal, human response to suffering
- Contracted!
- When used with discussion, permission and agreement, it can bring comfort and solace, particularly to clients who are alone
- It can release deeper layers of emotion
- When used as an intervention, it helps clients explore safe touch and reclaim their body
- It can be grounding



## The Pitfalls

- Without discussion, permission and agreement it can be intrusive, even abusive
- It can block the release of emotion
- It increases transference
- It can send wrong messages
- It highlights the lack of human contact the client may otherwise experience

# Share in Buddy Groups

*What are your feelings around offering touch to a client?*

**15 minutes**



BREAK TIME



**5 MINUTES**



We all make mistakes

## Not repairing

*“If you make a mistake, admit it. Any attempt at cover-up will ultimately backfire. At some level the patient will sense you are acting in bad faith, and therapy will suffer.”*

*Furthermore, an open admission of error is good model-setting for patients and another sign that they matter to you.”*

- Irvin Yalom



*“The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients”*

*I'm sorry, I'm  
really stressed  
right now...*

*I'm sorry you  
feel that  
way....*

*I'm sorry you  
misinterpreted  
what I said...*

*I'm sorry, but  
what about  
the time you....*

*I'm sorry, but  
if you hadn't...*

# A True Apology

Say <u>what</u> you are sorry for:	<i>"I'm sorry for..."</i>
Say <u>why</u> it was wrong	<i>"It was wrong because..."</i>
Accept <u>responsibility</u>	<i>"I accept full responsibility for what I did / said..."</i>
Ask <u>how</u> to make amends	<i>"How can I make this better?"</i>
<u>Commit</u> to not doing it again	<i>"Moving forward, I promise to..."</i>
Ask for <u>forgiveness</u>	<i>"Will you accept my apology?..."</i>
<u>Thank</u> them	<i>"Thank you for being brave, and caring enough to tell me..."</i>

# Working Creatively





# Share in Buddy Groups

*Share your experiences of when boundaries have been breached – how did you negotiate rupture and repair*

**15 minutes**



# Questions and Comments



# Share in Buddy Groups

*Share your experiences of when boundaries have been breached – how did you negotiate rupture and repair*

**15 minutes**



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

Brene Brown





# Resources

**PACT LTD**

**Original & Creative  
Counselling Resources**

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



## **Roles Played in Families Extra Set A**



Erikson's Life Stages



Wheel of Life



Working with Animal  
Figures Online Pack

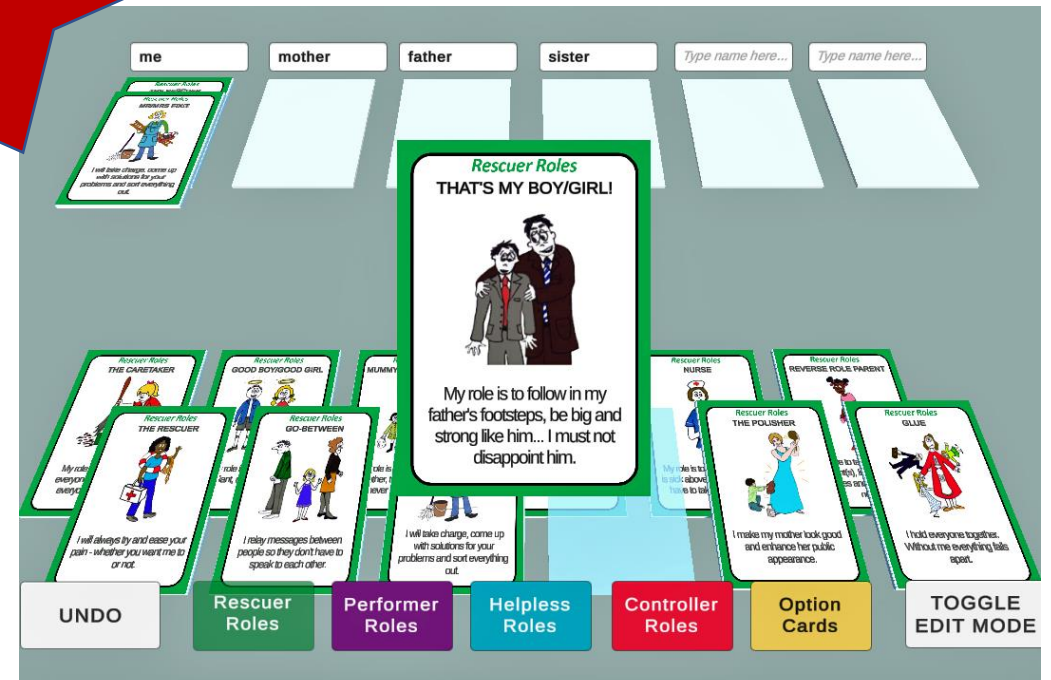
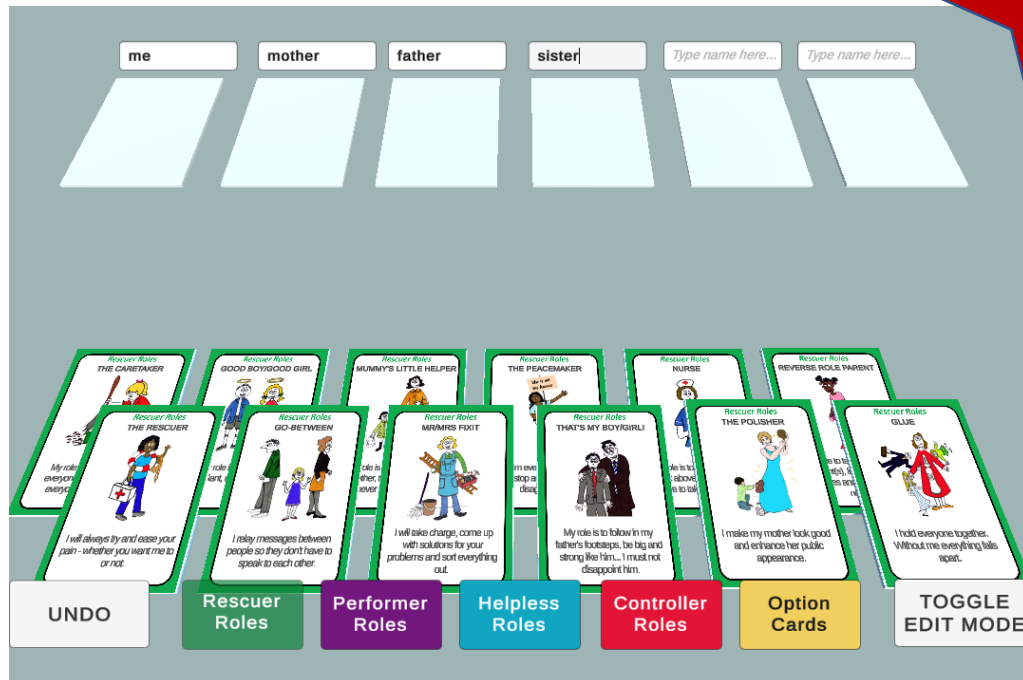


Therapeutic Sandscapes™  
Online Pack

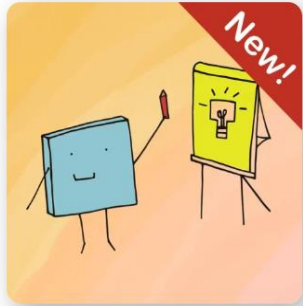
## Roles Played in Families WebApp

Other sets of cards to follow soon!

Nearly  
Ready!!



# CHECK OUR OUR TRAINING VIDEO SELECTION AT [PACT-RESOURCES.CO.UK](http://PACT-RESOURCES.CO.UK)!



Psycho-integration for Counsellors – Training Video



Trust and Betrayal – Training Video



Attachment and Shame – Training Video



Making the Most of Supervision – Training Video



Coaching for Counsellors 2 with Dr Chris – Training Video



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



Taming the Inner Critic – Training Video



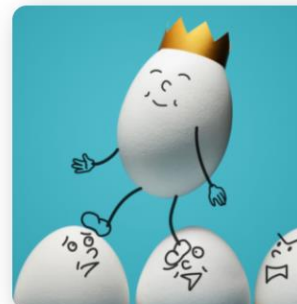
Extreme Reactions – Working with Clients who Self Injure – Training Video



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



Working with Loss and Grief – Training Video



Narcissism and Echoism – Training Video



Coaching for Counsellors with Dr Chris – Training Video



Attachment Behaviour in the Counselling Room – Training Video

**Buy 2 -  
get  
another  
video  
FREE!**



Working Creatively with Blocked Anger – Training Video



Working Creatively with Nesting Dolls in Counselling – Training Video



Working with Gestalt in the Counselling Room – Training Video



Disordered Eating and Attachment – Training Video



Working Creatively with Dreams – Training Video



Working Creatively with Aspects of Self – Training Video



Mending Broken Relationships – Training Video



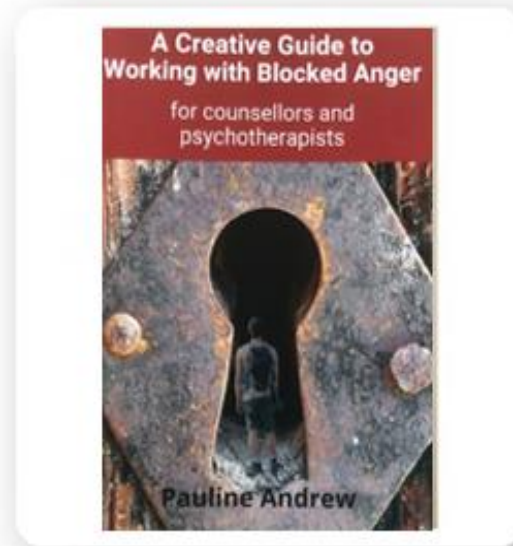
Special offer – save  
£2.50 when you buy  
all 3 books

£32.00



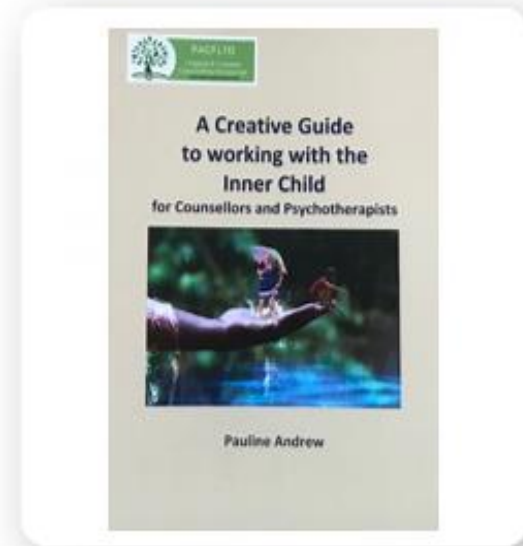
A Creative Guide to  
Working with Nesting  
Dolls

£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)**

24  
JUN



in person  
course

Working Creatively with the Inner Child – one day course

Price: £129.00

Location:  
Moor Hall Hotel & Conference Centre,  
Maidenhead

June 24, 2023  
9:00 am - 5:00 pm

Moor Hall Hotel &  
Conference Centre  
Cookham, nr Maidenhead

deeprelease.org.uk

15  
SEP



Waiting  
list

2023 Deep Release Counsellors  
Conference



Online  
training  
this  
summer!

31  
MAY




Online Event

Using Erikson's Life Stages in Counselling –  
Wed 31 May

Price Starts from: £10.00

May 31, 2023  
9:30 am - 1:00 pm

10  
JUN



Online Event


Neuroscience in a Nutshell for Counsellors with Dr Chris –  
Sat June 10

Price Starts from: £10.00

June 10, 2023  
9:30 am - 1:00 pm

Prices  
from £10!

29  
JUN



Online Event

Introduction to In Womb & Birth Trauma for Counsellors –  
Thurs June 29

Price Starts from: £10.00

June 29, 2023  
9:30 am - 1:00 pm

04  
JUL



Online Event

Working Creatively with Aspects of Self –  
Tues July 4

Price Starts from: £10.00

July 4, 2023  
9:30 am - 1:00 pm

15  
JUL



Online Event

Childhood Sexual Abuse and its Effects into Adulthood –  
Sat Jul 15

Price Starts from: £10.00

July 15, 2023  
9:30 am - 1:00 pm

# 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 1.7K 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://www.youtube.com/c/PaulineAndrewCreativeCounselling)



## YOUTUBE CHANNEL

**Search: Brain Body and Beyond**

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



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feedback!



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

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

*Thank you*

