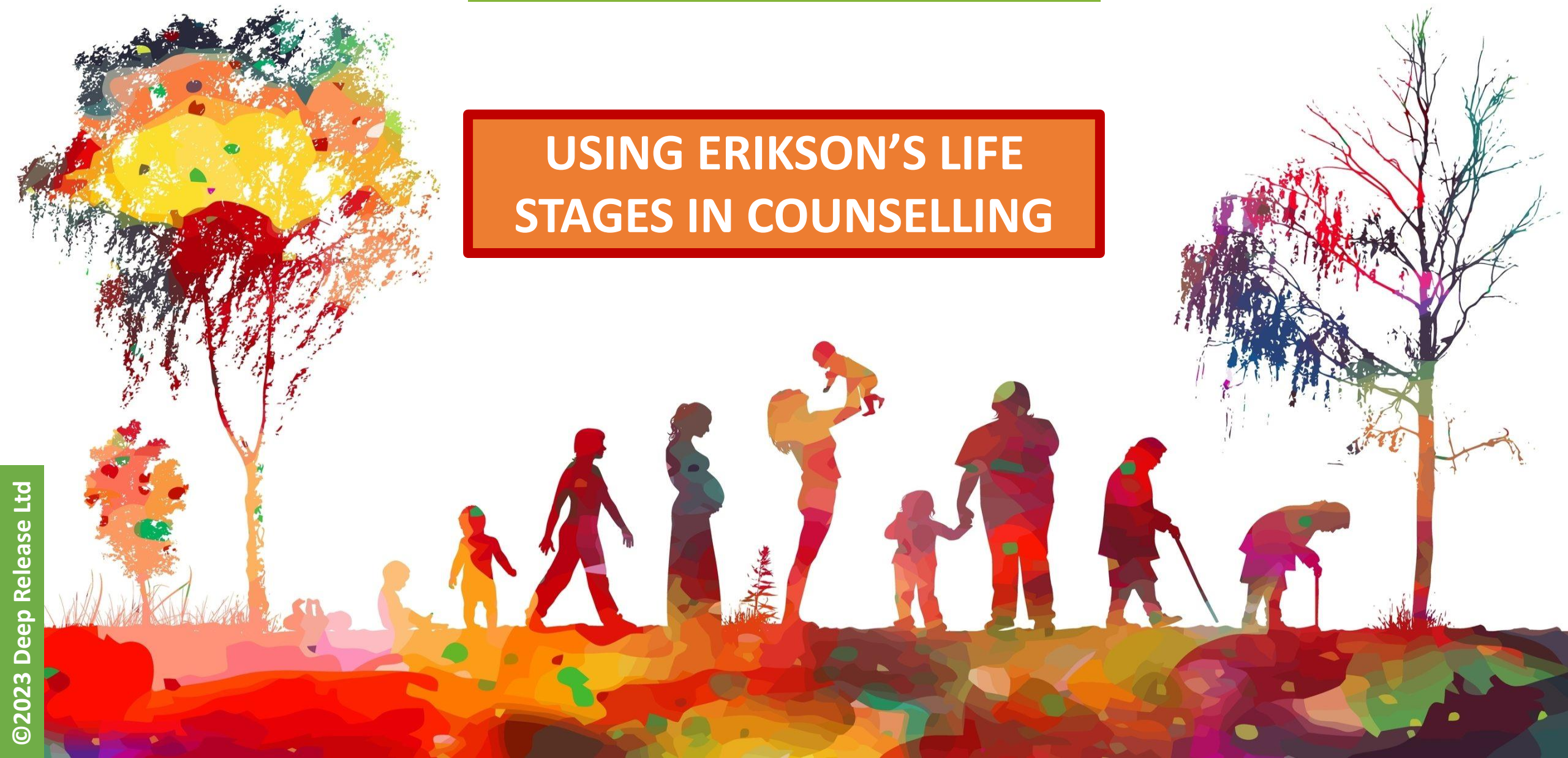




Deep Release Online
Professional Training for Counsellors

USING ERIKSON'S LIFE STAGES IN COUNSELLING





Erik Erikson, 1902-1994


- Real father not known.
- Only discovered his stepfather wasn't his biological father in his late childhood. He remained bitter about it all his life.
- As an older adult, he wrote about his adolescent *"identity confusion"*, which was at times, *"on the borderline between neurosis and adolescent psychosis"*.

- *"The common story was that his mother and father had separated before his birth, but the closely guarded fact was that he was his mother's child from an extramarital union. He never saw his birth father or his mother's first husband."*

— Erikson's obituary, *The New York Times*, May 13, 1994

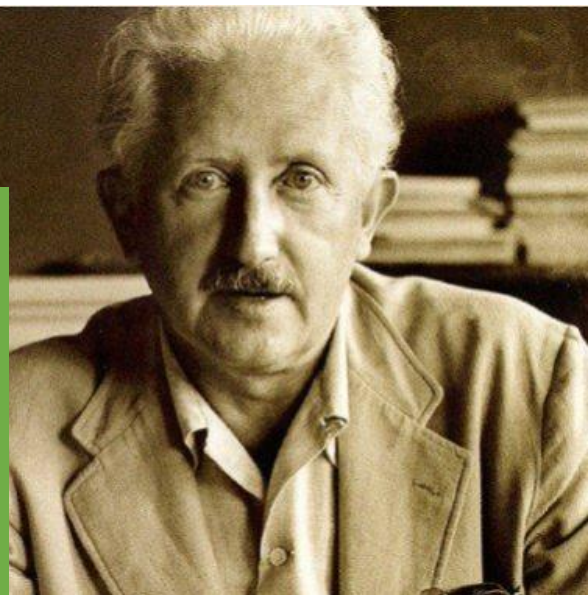


The Erikson family (Jon, Kai, Erik, Sue, and Joan) in Stockbridge, 1953.

- His daughter wrote he only really established his identity when he ditched his stepfather's name (Homburger) and invented the name Erikson for himself.
- It is said his children were delighted that they would no longer be called the "Hamburgers". 
- Erikson married Canadian dance instructor, Joan Serson, who was also teaching at the school where he worked. The couple married in 1930 and went on to have three children. His son, Kai T. Erikson, is a noted American sociologist.



- Erikson was a tall, blond, blue-eyed boy who was raised in the Jewish religion; he was a target of bigotry by both Jewish and non Jewish children.
- His stepfather wanted him to do medicine, but Erikson decided to go to art school in Munich instead, dropped out and wandered around Europe trying to find his identity.
 - He went on to teach art at a school in Vienna where Anna Freud happened to be doing psychoanalysis with the rich parents of his pupils.
- She noticed his sensitivity to the children and encouraged him to study psychoanalysis.
- Erikson received diplomas from the Vienna Psychoanalytic Institute in 1933 and the Montessori Teachers Association.
- These were his only qualifications.





- Erikson met Sigmund Freud at a party, and became Anna Freud's patient.
- *“Psychoanalysis was not so formal then”, Erikson once recalled. “I paid Miss Freud \$7 a month, and we met almost every day. My analysis, which gave me self-awareness, led me not to fear being myself. We didn't use all those pseudoscientific terms then—defence mechanism and the like—so the process of self-awareness, painful at times, emerged in a liberating atmosphere.”*

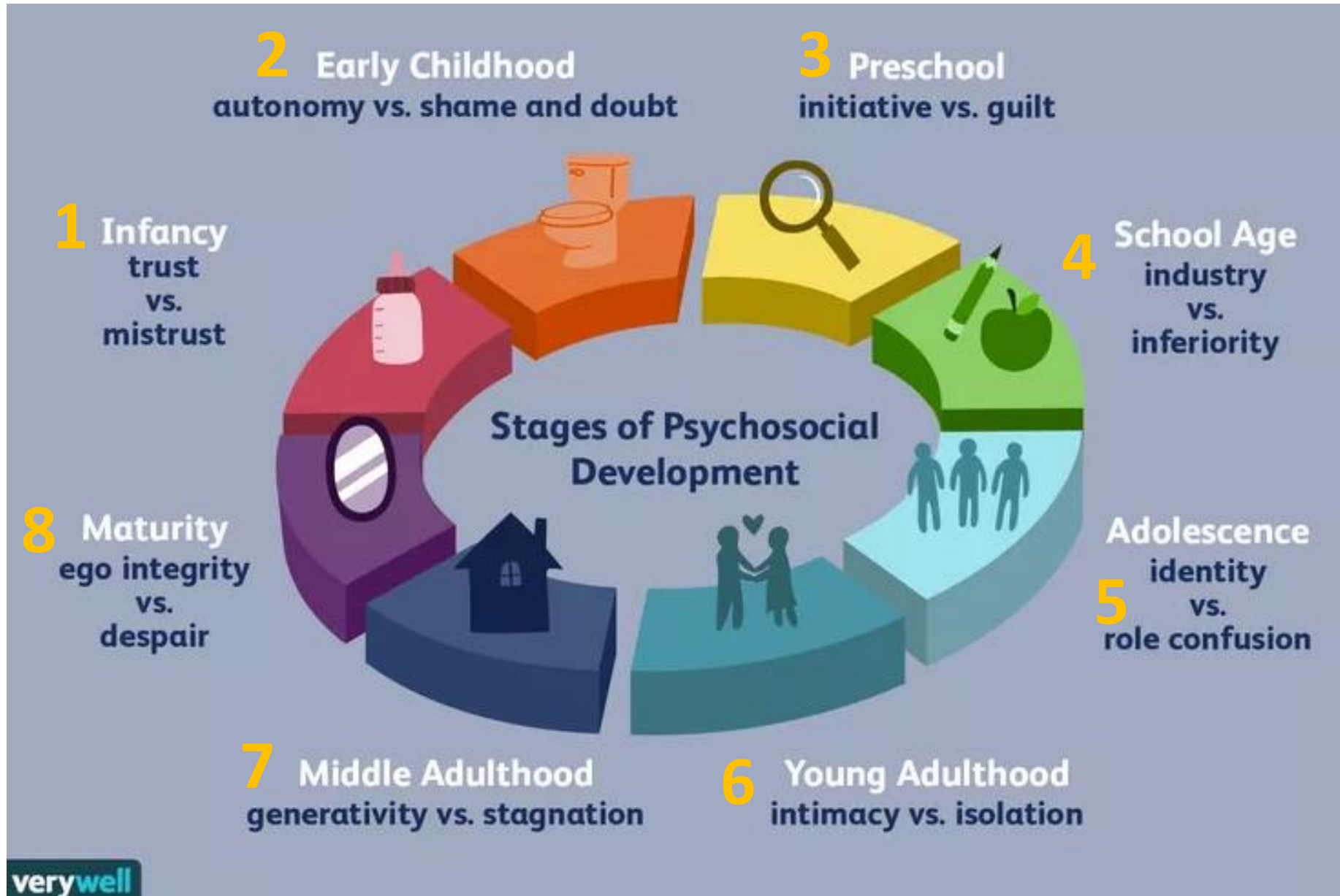


- Despite never having gained a university degree, Erikson served as a professor at Harvard, the University of California, Berkeley, and Yale.
- A *Review of General Psychology* survey, published in 2002, ranked Erikson as the 12th most eminent psychologist of the 20th century. (Wikipedia)











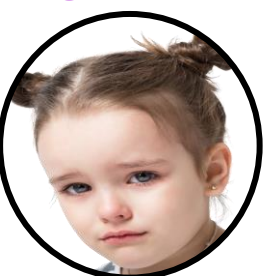


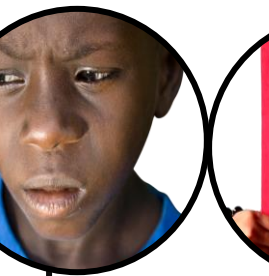




COMPARISON CHART

Age	FREUD - Psychosexual	ERIKSON - Psychosocial	PIAGET - Cognitive
0-2 years Infant	ORAL STAGE: mouth, tongue, gums are focus of pleasurable sensations; feeding most stimulating activity.	TRUST vs MISTRUST: baby learns either to trust others will care for them or lack confidence in this.	SENSORIMOTOR PERIOD: most action is reflexive. Perceptions based on the body; objects are extension of self. <i>Object permanence; stranger anxiety</i>
18 months – 3 years Toddler	ANAL STAGE: anus is the focus of pleasurable sensations; toilet training most important activity.	AUTONOMY vs DOUBT & SHAME: children either learn to be self-sufficient (eg toileting, feeding, walking, exploring) or doubt their own abilities.	PREOPERATIONAL (Preconceptual): self-centred; asks many questions; explores the environment; rapid language development; associates words with objects.
3-6 years Preschool	PHALLIC STAGE: penis is the most important body part; boys proud, girls wonder why they don't have one (Oedipal conflict).	INITIATIVE vs GUILT: children want to undertake many adult-like activities, sometimes overstepping the limits set by parents and feeling guilty	PREOPERATIONAL (Intuitive): egocentric thinking diminishes; includes others in environment; enjoys repeating words; may count to 10; words express thoughts.
7-11 years Middle Childhood	LATENCY: an interlude when sexual needs are quiet and children put energy into conventional activities like schoolwork and sport.	INDUSTRY vs INFERIORITY: children learn to be competent and productive in mastering new skills, or feel inferior as unable to do anything well.	CONCRETE OPERATIONS: can solve concrete problems; understanding of size, right and left; understands viewpoints.
12-18 years	GENITAL STAGE: seeks sexual stimulation and satisfaction in relationships.	IDENTITY vs ROLE CONFUSION: <i>who am I?</i> Establish sexual, political and career identities or are confused about what roles to play.	FORMAL OPERATIONS: uses rational thinking; reasoning is deductive and futuristic; abstract logic; potential for mature reasoning.

“Identity and the Life Cycle”, Erikson, 1959



Adapted from “Identity and the Life Cycle”, Erikson, 1959

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 LATE ADOLESCENCE	25-45 years ADULthood	45-65 years MIDDLE AGE	65+ years SENIOR AGE
								
TRUST	AUTONOMY	INITIATIVE	COMPETENCE	GROUP IDENTITY	IDENTITY	INTIMACY	PRODUCTIVITY	INTEGRITY
Feeding and Core Attachment	Holding on and letting go	Exploration and Efficacy	School	Social Group Relationships	Core Sense of Self Relationships	Work and Family	Reflection on Meaning of my Life	
MISTRUST	DOUBT & SHAME	GUILT	INFERIORITY	ALIENTATION	ROLE CONFUSION	ISOLATION	STAGNATION	DESPAIR
								
				“IDENTITY CRISIS”				

Erikson's "Virtues"



ERIKSON'S LIFE STAGES CYCLES OF DEVELOPMENT

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
LATE
ADOLESCENCE

25-45 years
ADULTHOOD

45-65 years
MIDDLE AGE

65+ years
SENIOR AGE



TRUST

AUTONOMY

INITIATIVE

COMPETENCE

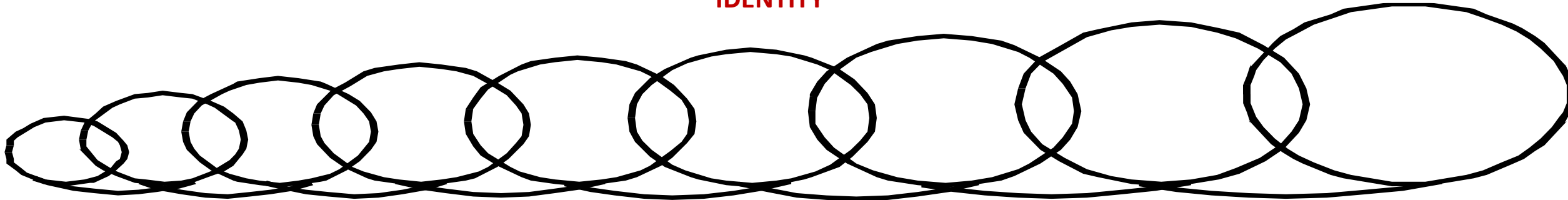
GROUP
IDENTITY

IDENTITY

INTIMACY

PRODUCTIVITY

INTEGRITY



MISTRUST

DOUBT &
SHAME

GUILT

INFERIORITY

ALIENTATION

ROLE
CONFUSION

ISOLATION

STAGNATION

DESPAIR



"IDENTITY CRISIS"

0-2 yrs : Infancy

TRUST



Wanted, secure, welcomed, loved, protected, acknowledged; warmth, attention, play, joy.

2-4 yrs : Early Childhood

AUTONOMY



Encouraged, celebrated, allowed to grow, holding-on and letting-go, play, joy.

MISTRUST



Unwanted, insecure, unwelcome, unprotected, unacknowledged, neglect, rejection.

DOUBT & SHAME



Don't belong, difficult to play, difficult to choose, "wrong", self-doubt, shame.

1

VISUALISATION **Holding and speaking to your own baby self**

**What might you say from your heart
to your own infant self...**

**newborn... innocent...
vulnerable... unknowing...**

**What words can you find?
What emotions do you feel?**

PAUSE.....



4-6 yrs : Middle Childhood

INITIATIVE



Encouraged, school and friendships positive, good brain development; dare, risk, try.

GUILT



Failing, worthless, to blame, get it wrong, not what is wanted, irritating; don't try, don't risk.

2

Through
your
child's eyes

*Make a copy of
a photo of your
Child Self's face.
Fold the paper
so only the eyes
are showing.*

**When did you last
really look into your
Inner Child's eyes?
What are they saying
about how they feel
about themselves...
about you... about life...**



Share in Buddy Groups

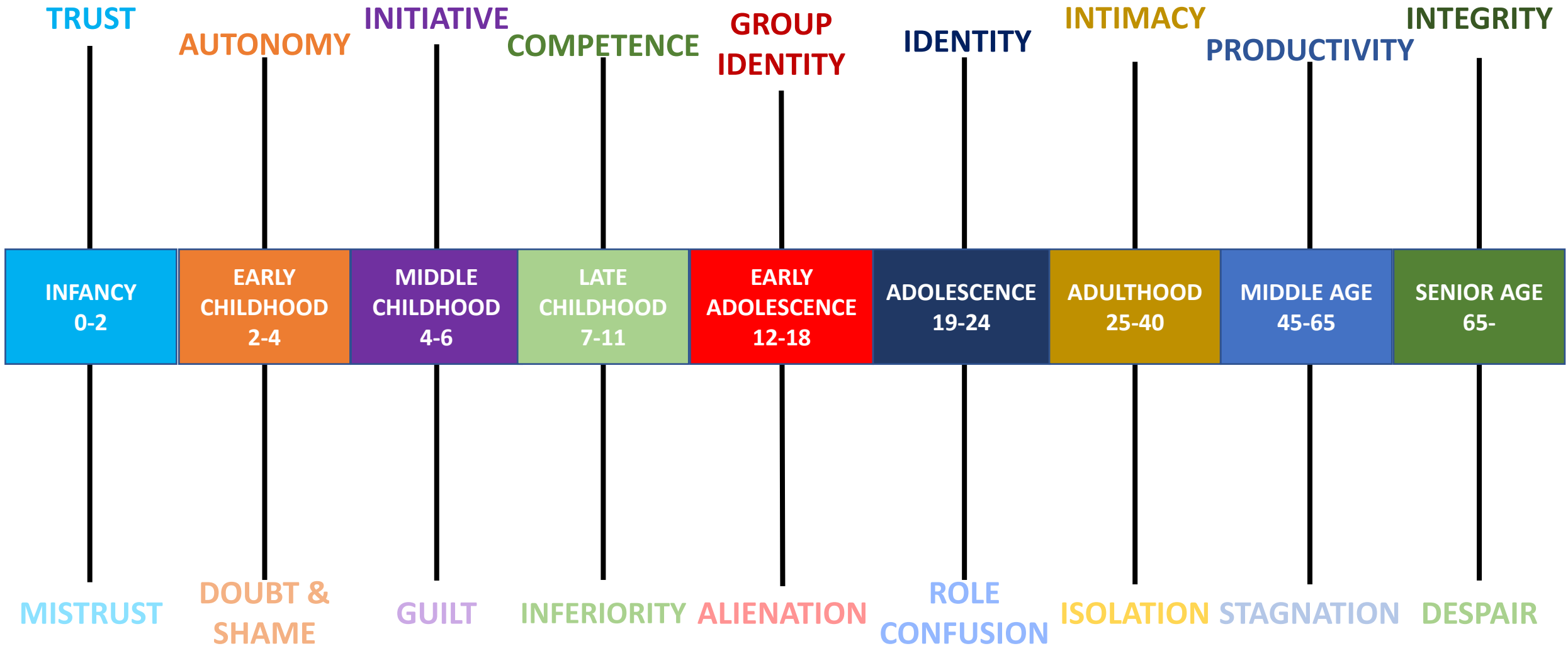
As much as feels safe, share your responses to the teaching, and if you were able to, the exercises.

15 minutes

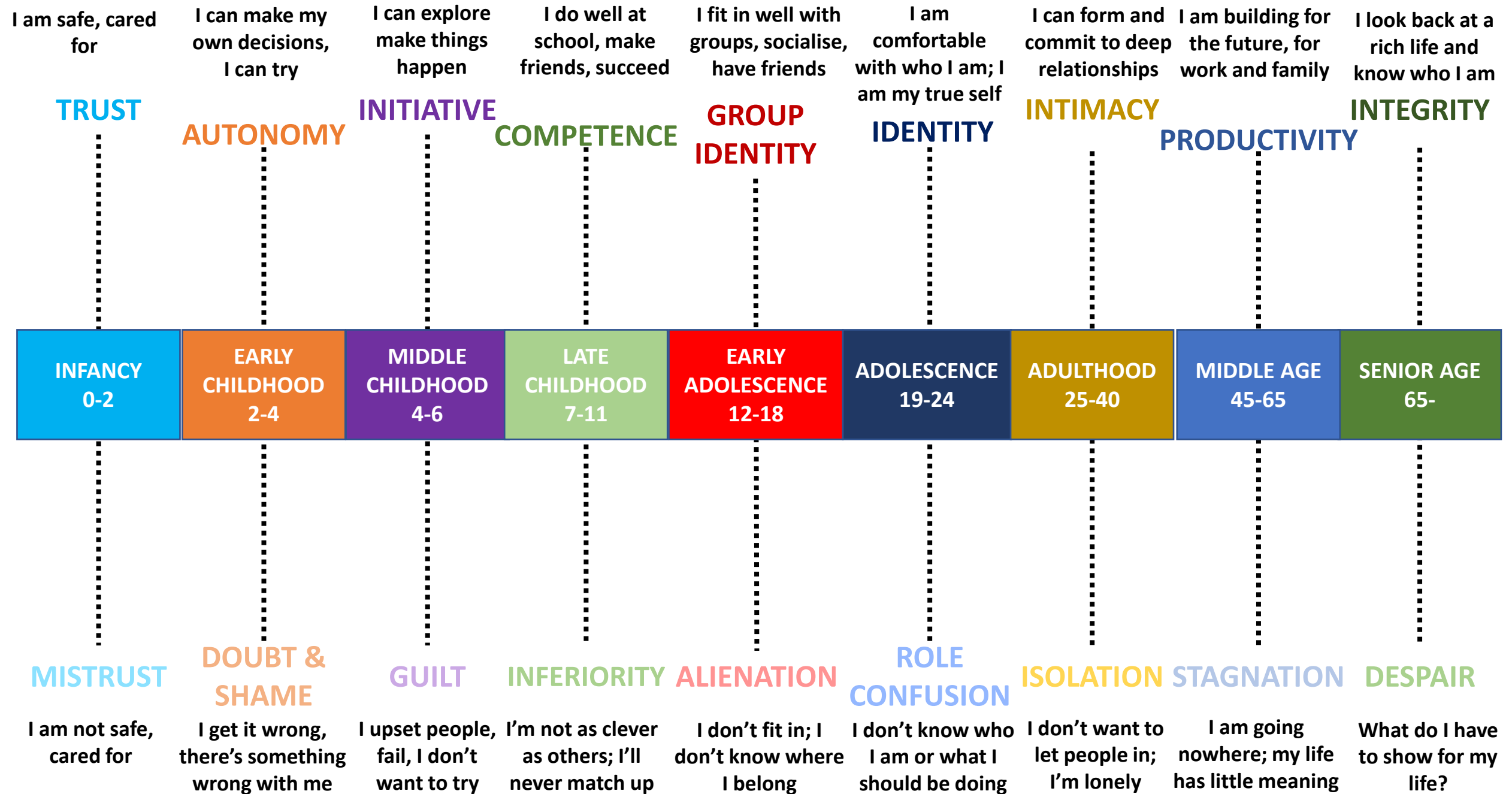


3

Using the Timeline



USING THE TIMELINE





Morag explores her Timeline – Part 1: 0-6 yrs *Below the Line*

Please stop your
video to improve the
quality of the film

7-11 yrs : Late Childhood

COMPETENCE



Self-belief, ability, success, productive, praised, validated, encouraged, can do life.

INFERIORITY



Discouragement, less than, failing, don't match up, can't do it, don't fit in.

A circular portrait of a woman with long brown hair, smiling slightly, set against a purple background with decorative icons.

Morag explores her Timeline –
Part 2: 7-11 yrs
Above the Line

Please stop your video to improve the quality of the film

12-18 yrs : Early Adolescence

GROUP IDENTITY (revisit TRUST)



Belong, share, fun, engagement, mutual support, acceptance, independence, autonomy.

19-24 yrs : Late Adolescence

IDENTITY



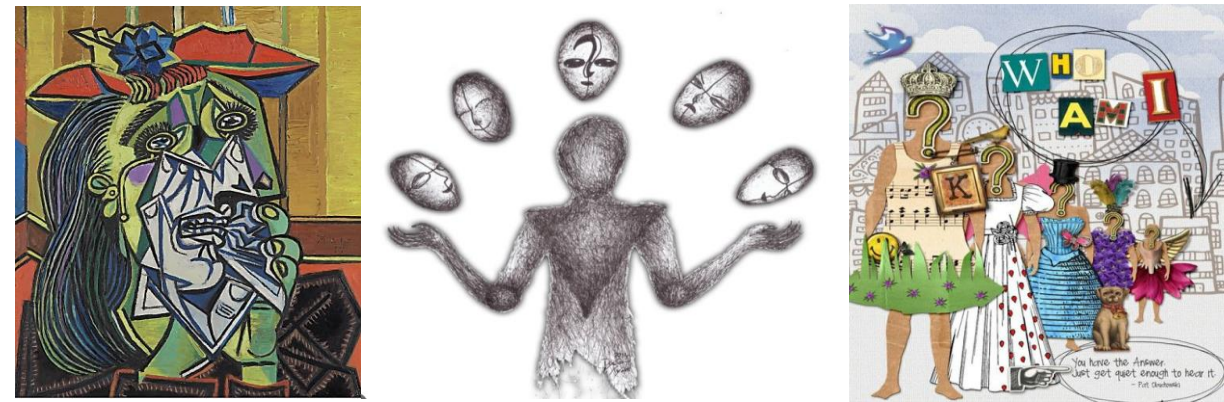
True self, openness, deeper relationships, self-acceptance, assertiveness, love.

ALIENATION



Outsider, don't fit in, don't belong, lonely, confused, low self-worth, anger.

ROLE CONFUSION



*Who am I? Who do I have to be to fit in?
Where do I belong? Anxiety, self-doubt, shame.*



Morag explores her Timeline – Part 3: 12-24 yrs *Below and Above the Line*

Please stop your
video to improve the
quality of the film

BREAK TIME



5 MINUTES

Questions and Comments



4

Using the Core Needs in Families cards



Who met my needs... practically...
morally... emotionally... spiritually...
psychologically... physically?

5

Using the Roles Played in Families cards



What roles did
you play to get
your needs
met?

What roles did
other members
of your family
play?

Rescuers
Performers
Helpless
Controllers



6

Using the Roles Played in Groups cards



25-45 yrs : Adulthood

INTIMACY



True self, *into-me-see*, shared life experience, interdependence, commitment, $1+1=11$.

45-65 : Middle Age

PRODUCTIVITY



True self, openness, deeper relationships, self-acceptance, assertiveness, love.

ISOLATION



Low self-worth, loneliness, search for true self, poor relationships, low level initiative.

STAGNATION



Where am I going? What is the purpose of my life? Lack of meaning, frustration.

45- : Senior Age

INTEGRITY



DESPAIR



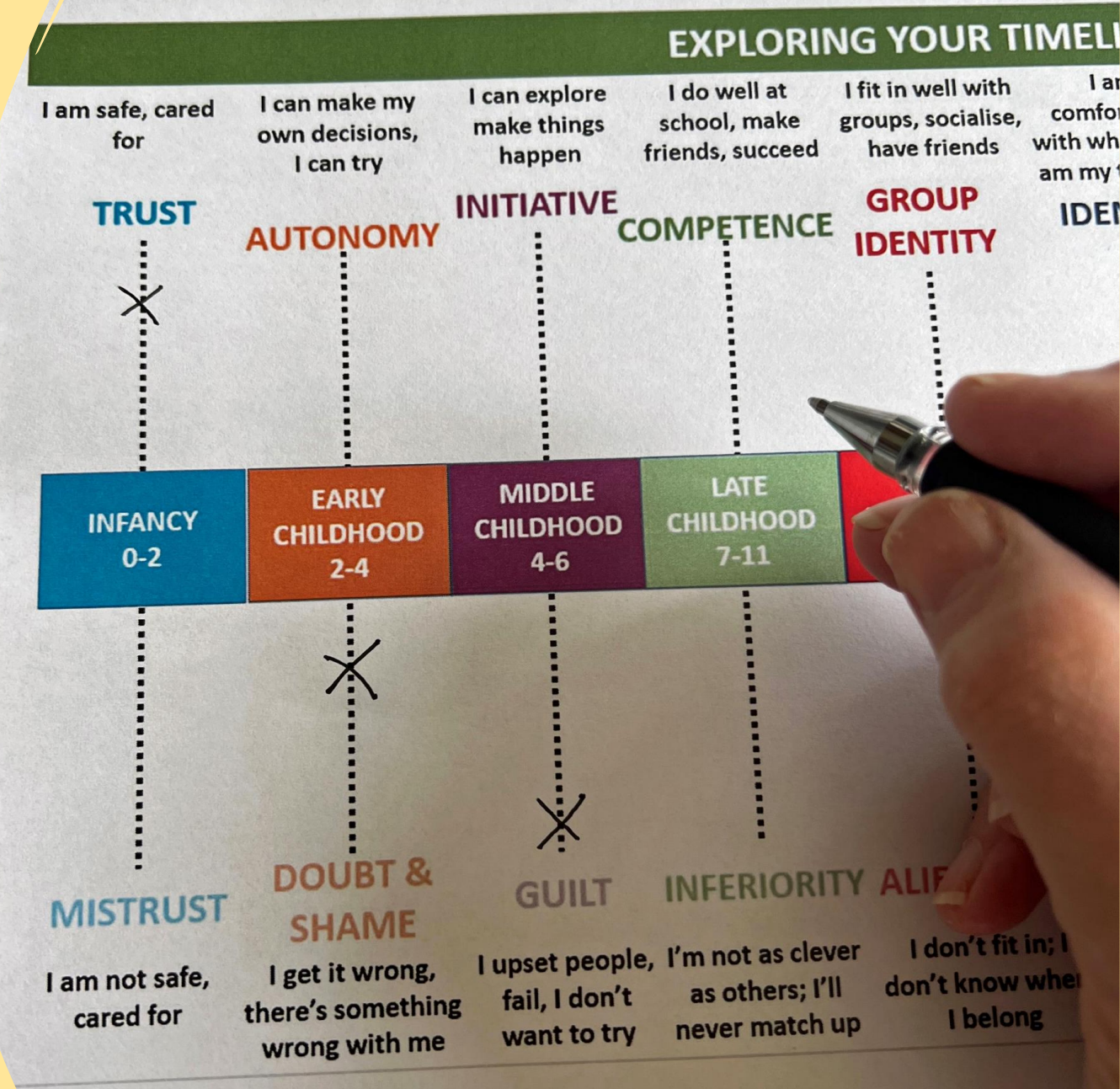
Hopelessness, no more chances, waste, fear of the future, helplessness, isolation

What does Integrity mean??

- The ability to see myself as a whole person, including and accepting my life experiences and personal characteristics, but knowing we've never "arrived". We never stop growing.
- I am my true self and live out what I believe, as much as I can, appreciating there can be constraints.
- Integrity is doing the right thing, even when no one is watching.
- I live by clear principles, but not legalistic rules.
- Integrity means having a set of ethical principles that guide my actions and sticking to those principles even when difficult or unpopular.
- Integrity means being honest with myself and empathically congruent with others.

Time for you to
begin mapping your
own timeline!

10 minutes
personal time



Share in Buddy Groups

*Share as much as
feel safe how it
was to begin
working on your
timeline*

15 minutes



BREAK TIME



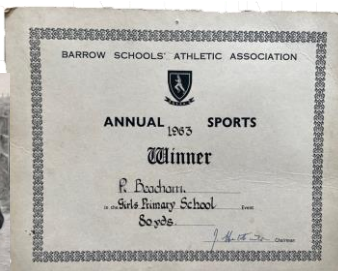
5 MINUTES

Questions and Comments



7

Using Photos



INFANCY
0-2

EARLY
CHILDHOOD
2-4

MIDDLE
CHILDHOOD
4-6

LATE
CHILDHOOD
7-11

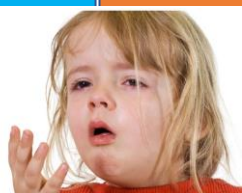
EARLY
ADOLESCENCE
12-18

ADOLESCENCE
19-24

ADULTHOOD
25-40

MIDDLE AGE
45-65

SENIOR AGE
65-



8

Vertical Timelines

2021 70 yrs

2011 60 yrs

2001 50 yrs

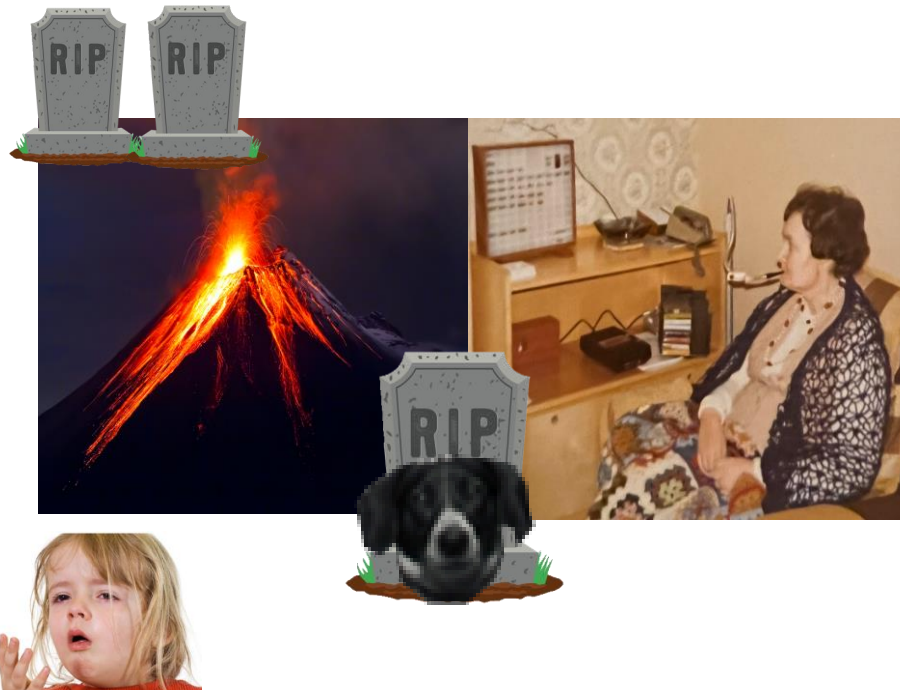
1991 40 yrs

1981 30 yrs

1971 20 yrs

1961 10 yrs

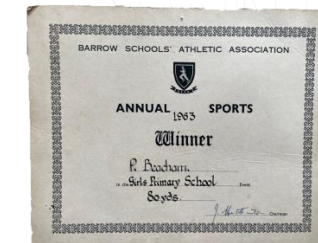
1951



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training counselling



9

Listening for Coloured Threads and Leitmotifs

Coloured Threads Becoming aware of beliefs, ideas or events that occur consistently and repeatedly in a client's narrative, like threads running through their whole life, positively or negatively
eg anxiety; faith; loss; rejection



Leitmotifs Listening for the recurring themes
eg threat, fear, danger...
or they've gone into rescuer mode...
or they've gone a bit manic...



***It can help to attach a piece of music to increase awareness
– an exercise to do with the client, or take to supervision?***

Inner Vows

10

Reversing Inner Vows and challenging Lies

Lies

A resolution or decision, sealed
in the mind and heart then
usually forgotten, which can
control our responses to life

*"I will never trust anyone ever
again..."*

"I won't cry..."

"I will keep myself small..."

*"It's down to me to stop
people feeling sad..."*

Time to break
open the seal?



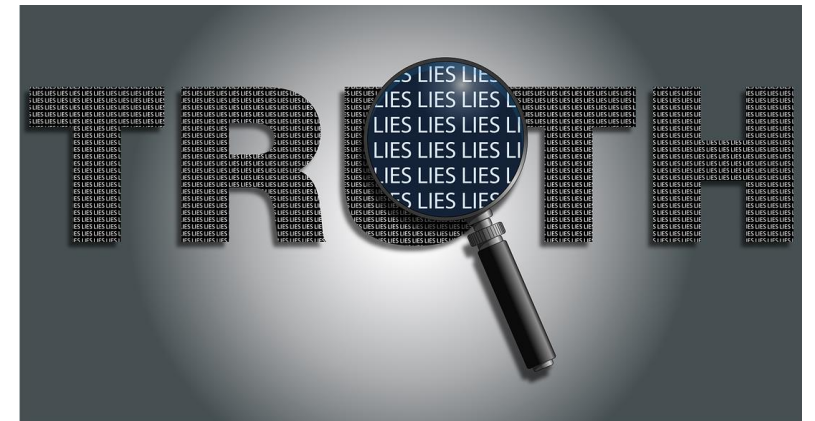
Messages we received and believed,
which were not true, which have
held us back and made us sad

"I should never have been born..."

"I always make bad decisions..."

"I don't deserve to be loved..."

"I'm not creative..."



11

The Vertical Timeline using Nesting Dolls



12

The Vertical Timeline using Jenga Bricks

My basic
building
blocks -
*have/
don't have*



The things
I've lost,
that got
taken away
or spoiled



Rebuilding from the Bottom Up

INTEGRITY

Being your true self, acknowledging and honouring what you have achieved

PRODUCTIVITY

Caring for and contributing to the next generation

INTIMACY

Being vulnerable without fear

IDENTITY

Continuing to develop your true self

COMPETENCE

Acknowledging and discovering your gifting and abilities

INITIATIVE

Exploring the world and making things happen

AUTONOMY

Making and standing by your own decisions

TRUST

I and thou, here and now



Share in Buddy Groups

Discuss the value of creating a vertical timeline, and any of the creative exercises that interest you.

Would you share the rebuilding tower with a client?

15 minutes



Questions and Comments



Share in Buddy Groups

Say goodbye and exchange details if required.

5 minutes





Resources

PACT LTD

**Original & Creative
Counselling Resources**

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

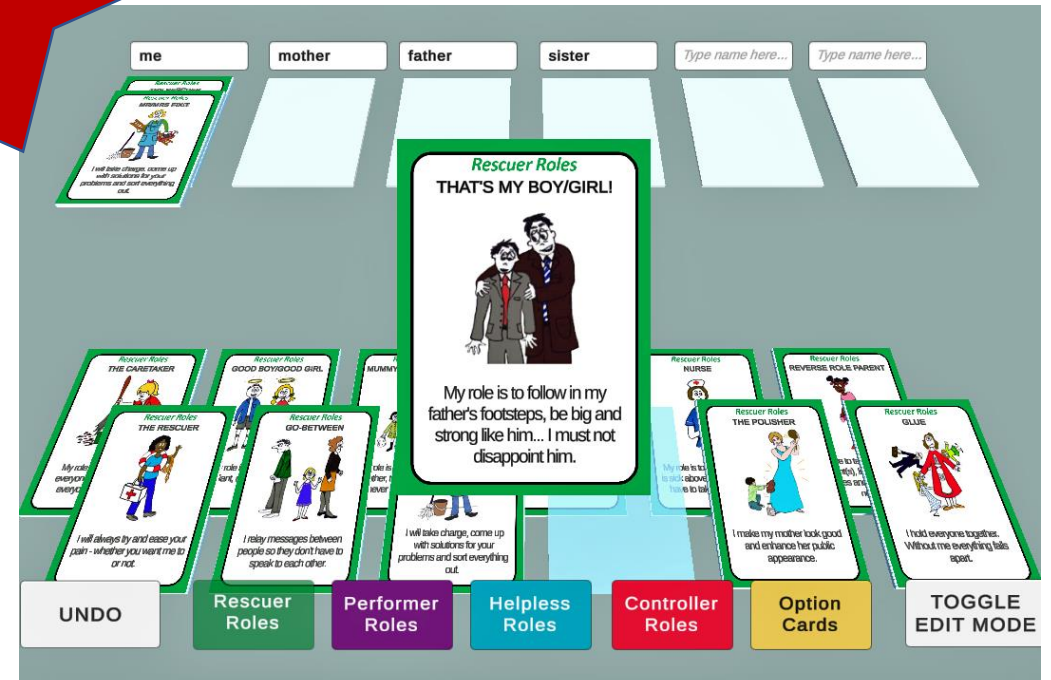
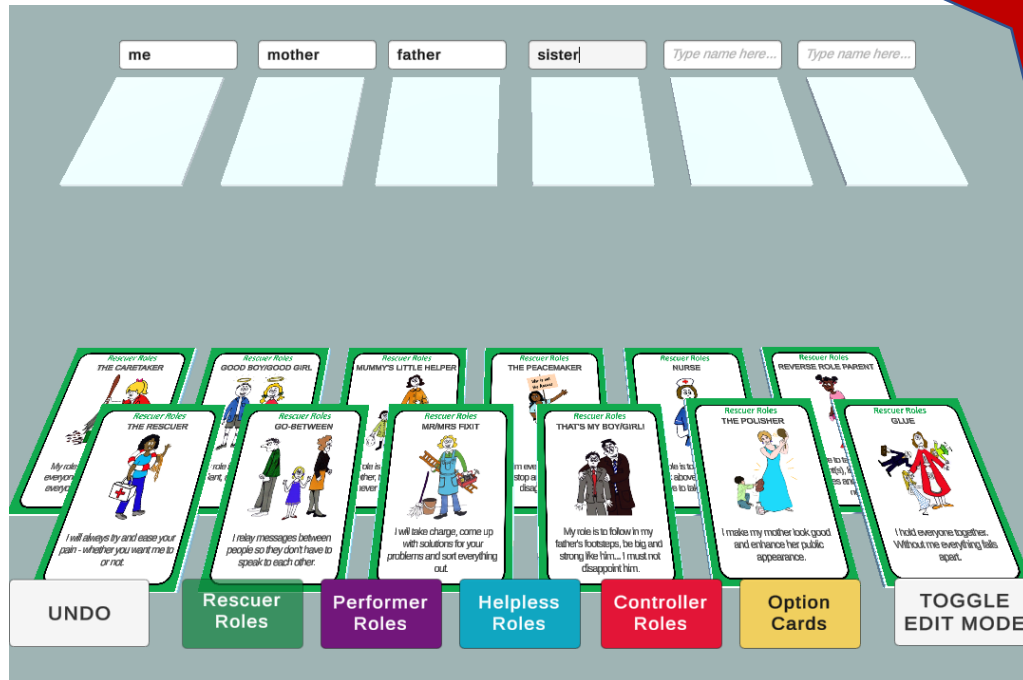


Therapeutic Sandscapes™
Online Pack

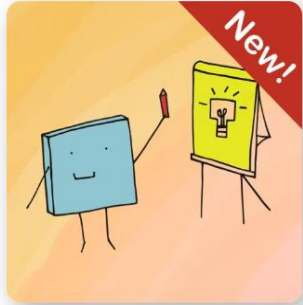
Roles Played in Families WebApp

Other sets of cards to follow soon!

Nearly
Ready!!



CHECK OUR OUR TRAINING VIDEO SELECTION AT PACT-RESOURCES.CO.UK!



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



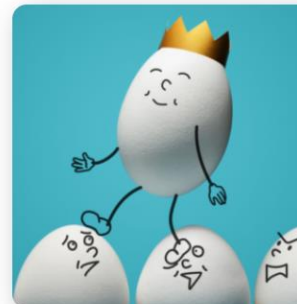
Extreme Reactions – Working with Clients who Self Injure – Training Video



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



Working with Loss and Grief – Training Video



Narcissism and Echoism – Training Video



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Attachment Behaviour in the Counselling Room – Training Video

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Working Creatively with Nesting Dolls in Counselling – Training Video



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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



6 Ways of Working with
the Inner Child – Training
Video



Building Boundaries
Breaking Barriers –
Training Video



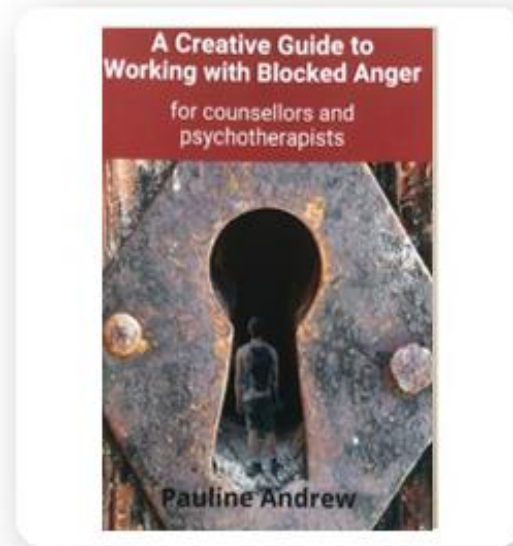
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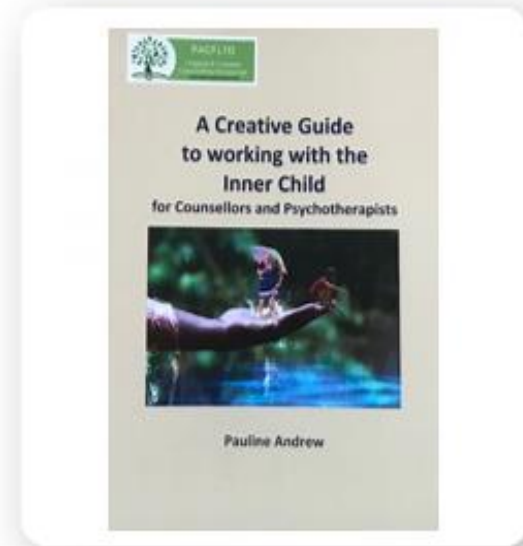
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24
JUN



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



deeprelease.org.uk

Online
training
this
summer!

<div>10 JUN</div> <div></div> <div>Online Event</div> <div>Neuroscience in a Nutshell for Counsellors with Dr Chris – Sat June 10</div> <div>Price Starts from: £10.00</div> <div> June 10, 2023 9:30 am - 1:00 pm</div>	<div>29 JUN</div> <div></div> <div>Online Event</div> <div>Introduction to In Womb & Birth Trauma for Counsellors – Thurs June 29</div> <div>Price Starts from: £10.00</div> <div> June 29, 2023 9:30 am - 1:00 pm</div>
<div>04 JUL</div> <div></div> <div>Online Event</div> <div>Working Creatively with Aspects of Self – Tues July 4</div> <div>Price Starts from: £10.00</div> <div> July 4, 2023 9:30 am - 1:00 pm</div>	<div>15 JUL</div> <div></div> <div>Online Event</div> <div>Childhood Sexual Abuse and its Effects into Adulthood – Sat Jul 15</div> <div>Price Starts from: £10.00</div> <div> July 15, 2023 9:30 am - 1:00 pm</div>

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Thank you

