

Working Creatively with Aspects of Self in Counselling

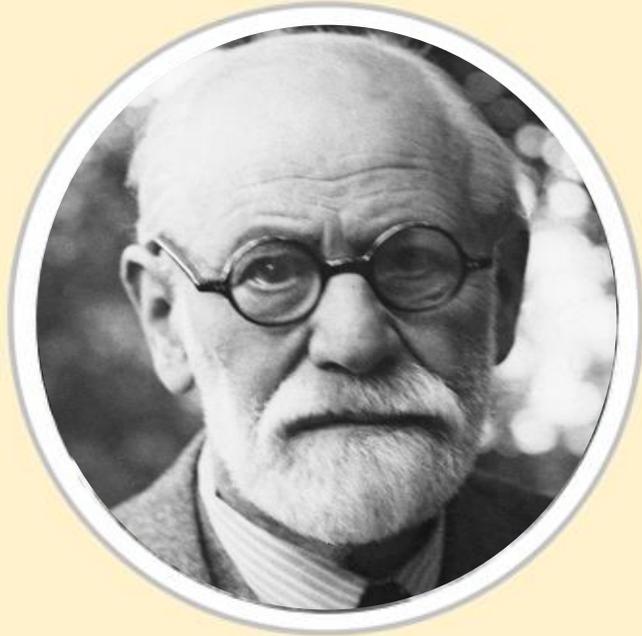
with Pauline Andrew



Deep Release Online
Professional Training for Counsellors

A BIT OF

THEORY



SIGMUND FREUD
1856-1939

FREUD'S ICEBERG MODEL

UNCONSCIOUS & CONSCIOUS



CONSCIOUS MIND

Moral
Conscience

EGO

SUPEREGO

Realistic part that
mediates between
the desires of the id
and the super-ego

ID

Primitive, instinctual,
contains sexual and
aggressive drives and
hidden memories

UNCONSCIOUS MIND

TRANSACTIONAL ANALYSIS



ERIC BERNE
1910-1970

**Critical
Parent**

Parent

**Nurturing
Parent**

Adult

**Adapted
Child**

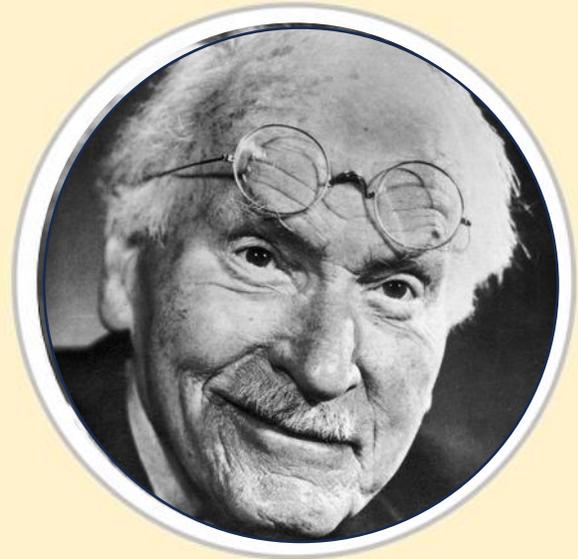
Child

**Free
Child**

JUNGIAN THEORY

A mask I wear to impress you and to conceal my true nature

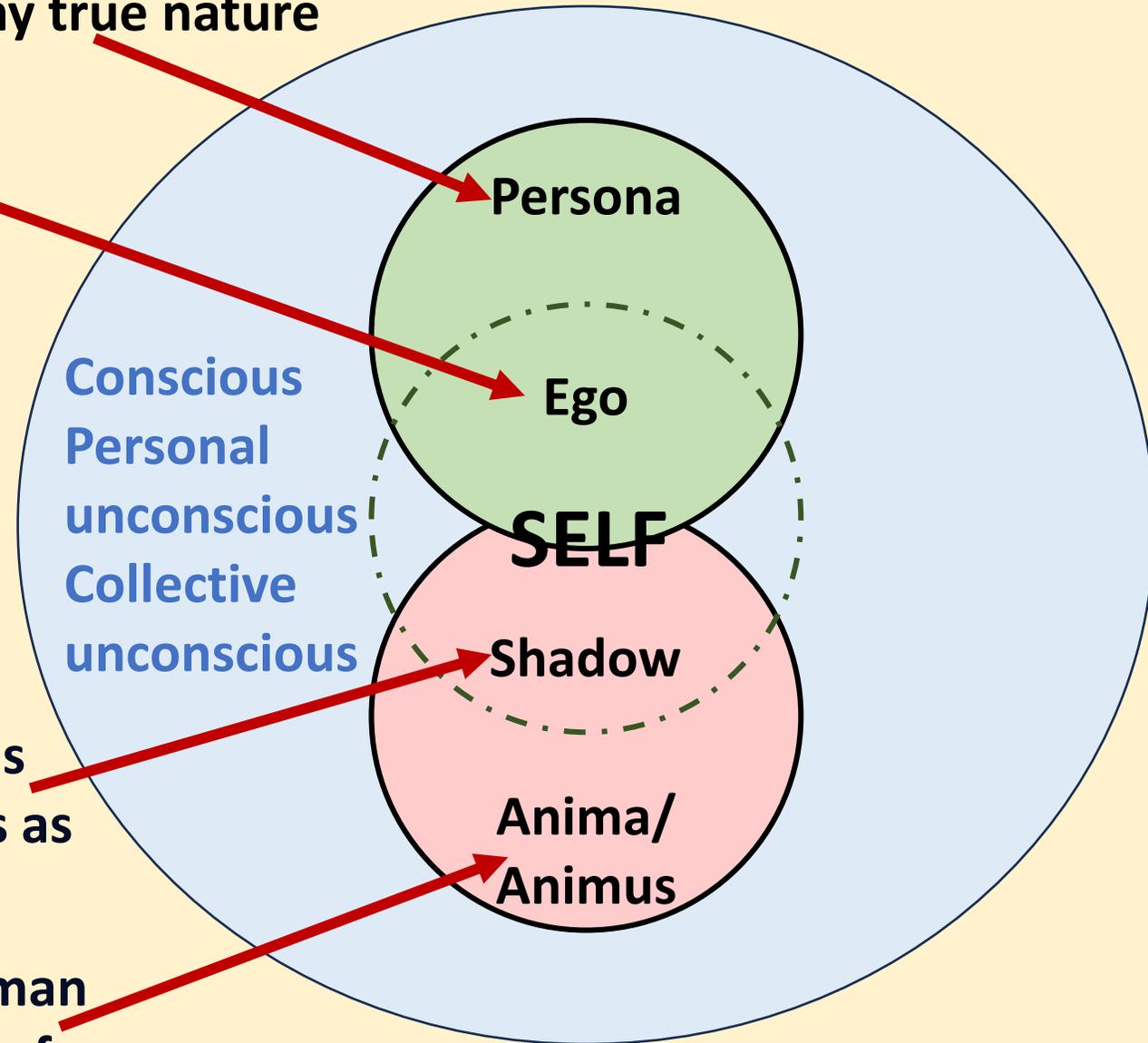
My conscious awareness of existing
and sense of personal identity



CARL JUNG
1875-1961

Everything my conscious
personality experiences as
negative

The feminine side of a man
and the masculine side of a
woman



What is the Collective Unconscious?

- the accumulated experiences of all humanity, a “common mind”, which all humans share
- values and symbols representing common aspects of the human experience, regardless of culture or race, shaping our perceptions, thoughts, feelings and behaviours
- universal archetypes, embedded in myths and fairy tales

Archetypes: *the sage, the innocent, the hero, the caregiver, the lover, the rebel...*

Branding for the collective unconscious

How to create a deeper connection with consumers through universally shared archetypes, values, and symbols





FRITZ PERLS
1893-1970

- The **Id**, or **Impulse Function**, is expressed in a situation as sensations and impulses
- The **Ego Function** involves thinking, considering, and acting
- The **Personality Function** is who we are together - which 'me' I am when I am together with you (I-Thou, I-It)



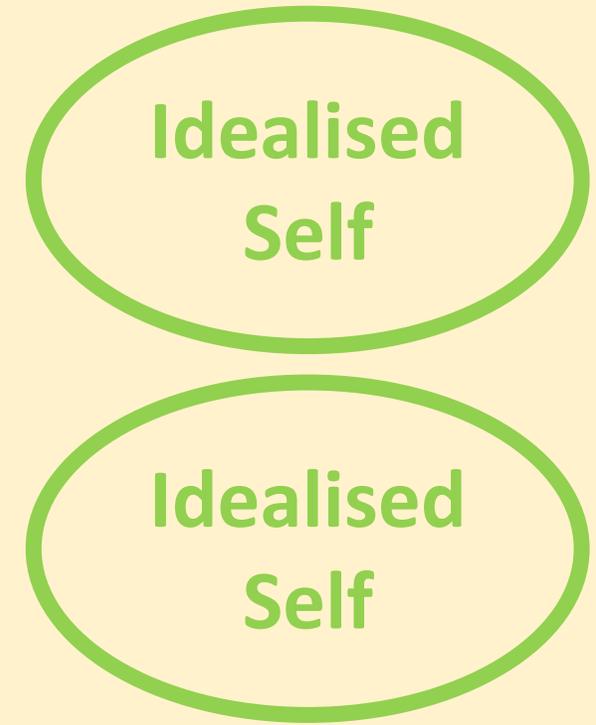
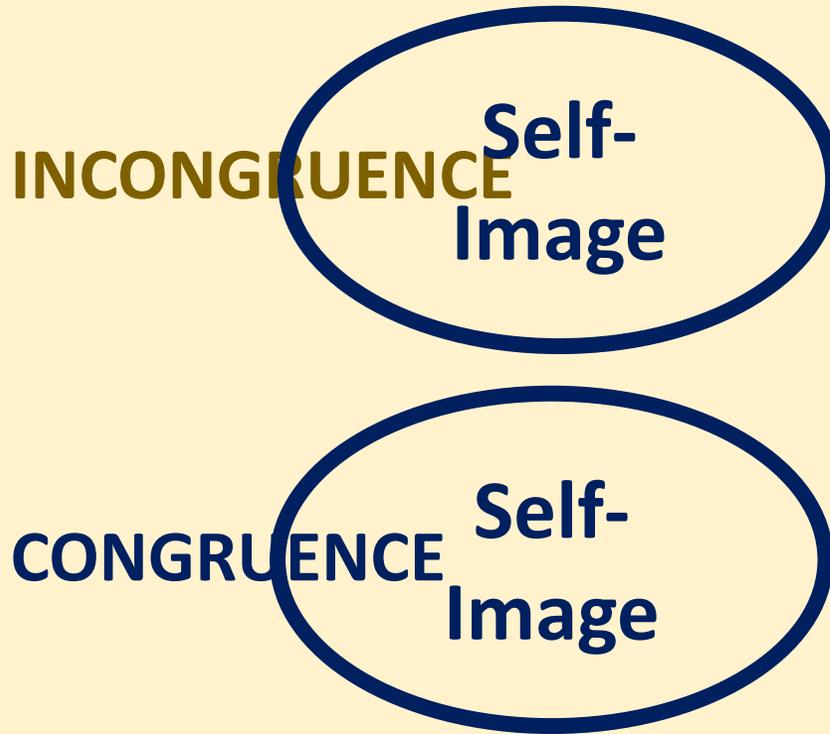
“The system of contact at any moment”

How I see myself...

How I would like to be...



CARL ROGERS
1902-1987



THE ACTUALISING TENDENCY

Introjected values... conditions of worth... locus of evaluation

Please
always!

Hurry up!

Be
perfect!

Try
Harder!

Be
strong!

Don't
fail

Don't
show
off

Don't
make
a fuss

Don't
trust

Don't
need

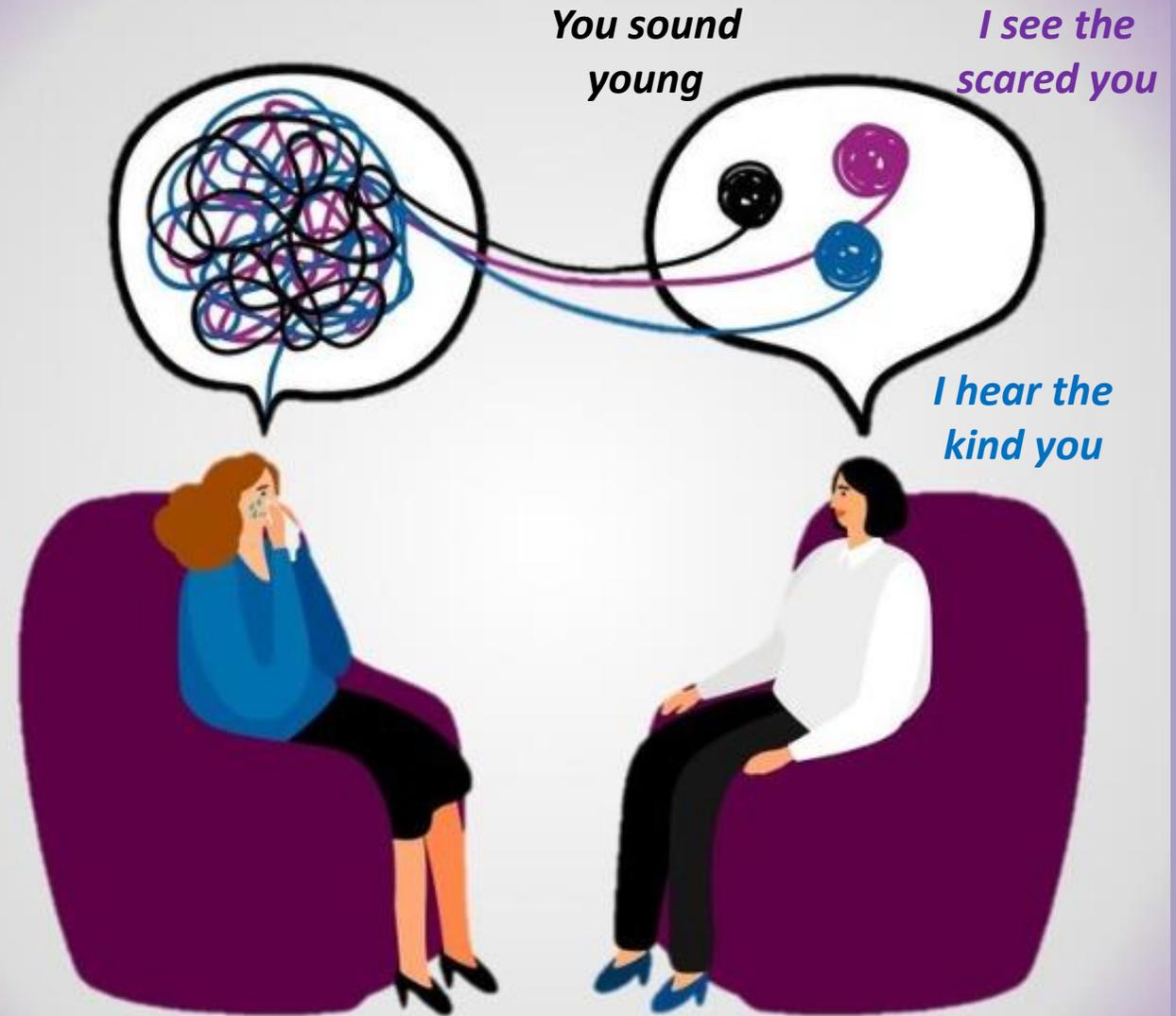
Don't
be
angry

Don't
be sad

From an idea by
Adrienne Lee
(The Drowning
Man)

Why am I afraid to tell you
WHO I AM?
I am afraid to tell you
WHO I AM,
because, if I tell you
WHO I AM,
you may not like
WHO I AM,
and it's
ALL THAT I HAVE.

—John Powell



Rescuer Roles
THE CARETAKER



© PACT – Online licensed

My role is to take care of everyone and to clean up everyone else's mess.

Rescuer Roles
GOOD BOY/GOOD GIRL



© PACT – Online licensed

My role is to be nice and compliant, and keep everyone happy.

Rescuer Roles
MUMMY'S LITTLE HELPER



© PACT – Online licensed

My role is always to understand my mother, take her side and never disappoint her.

Rescuer Roles
THE PEACEMAKER



© PACT – Online licensed

I calm everyone down and stop any conflict, or disagreements.

Rescuer Roles
NURSE



© PACT – Online licensed

My role is to put anyone who is sick above my own needs; I have to take care of them.

Rescuer Roles
THAT'S MY BOY/GIRL!



© PACT – Online licensed

My role is to follow in my father's footsteps, be big and strong like him... I must not disappoint him.

Rescuer Roles
REVERSE ROLE PARENT



© PACT – Online licensed

I have to take care of my parent(s), listening to their worries and meeting their needs.

Rescuer Roles
MR/MRS FIXIT



© PACT – Online licensed

I will take charge, come up with solutions for your problems and sort everything out.

Rescuer Roles
GO-BETWEEN



© PACT – Online licensed

I relay messages between people so they don't have to speak to each other.

Rescuer Roles
THE POLISHER



© PACT – Online licensed

I make my mother look good and enhance her public appearance.

Rescuer Roles
THE RESCUER



© PACT – Online licensed

I will always try and ease your pain – whether you want me to or not.

Rescuer Roles
GLUE



© PACT – Online licensed

I hold everyone together. Without me everything falls apart.

Performer Roles
THE ESCAPE ARTIST



© PACT – Online licensed

I have the ability to get out of every difficult situation; I never take responsibility.

Performer Roles
HAPPY



© PACT – Online licensed

I have to be totally positive, looking on the bright side, and never letting you down by having any problems.

Performer Roles
STRONG



© PACT – Online licensed

I never show feelings or express emotion as they are signs of weakness.

Performer Roles
MR/S DO-IT-ALL



© PACT – Online licensed

I can do everything! Whatever you need or want, I can do it!

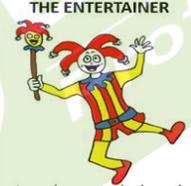
Performer Roles
MR/S KNOW-IT-ALL



© PACT – Online licensed

There's nothing you can tell me, I know everything! Listen and learn.

Performer Roles
THE ENTERTAINER



© PACT – Online licensed

I make people laugh, stop them being angry or upset... I cheer everyone up.

Performer Roles
SUPERSTAR
SUPER-SPORTS-STAR



© PACT – Online licensed

I am a high achiever, I get top grades/prizes and bring honour to the family name.

Performer Roles
THE HERO



© PACT – Online licensed

My role is to make everyone feel safe... I have to know what to do, deal with crises and make it all better.

Performer Roles
GOLDEN BOY/GIRL



© PACT – Online licensed

My role is to be the special child. I can do no wrong...

Helpless Roles
PASSIVE



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I don't make waves, won't fight back... I just like a quiet life.

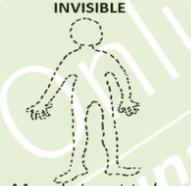
Helpless Roles
HELPLESS



© PACT – Online licensed

My role is to be needy and fragile, so everyone looks after me. I just can't do life without help.

Helpless Roles
INVISIBLE



© PACT – Online licensed

My role is not to be seen, not to speak, not to make myself noticeable.

Helpless Roles
SILENT WITNESS



© PACT – Online licensed

I don't have a voice... I stay silent and no one expects me to speak.

Helpless Roles
POOR LITTLE OLD ME (PLOM)



© PACT – Online licensed

I find life so hard... Nothing ever goes right for me.

Helpless Roles
THE OSTRICH



© PACT – Online licensed

I bury my head in the sand, ignore the situation and pretend everything is ok.

Helpless Roles
THE OUTSIDER



© PACT – Online licensed

No matter what I do, I never really belong... I don't fit in... I'm different.

Helpless Roles
THE SCAPEGOAT



© PACT – Online licensed

I take the blame when other people won't take responsibility... It always turns out to be my fault.

Helpless Roles
THE INVALID



© PACT – Online licensed

My role is to always have something physically wrong with me.

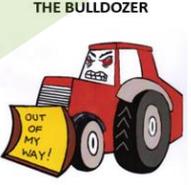
Helpless Roles
THE BABY



© PACT – Online licensed

My role is never to grow up, to stay cute and helpless - everyone looks after me.

Control Roles
THE BULLDOZER



© PACT – Online licensed

I push hard to get my own way, and override other people's ideas.

Control Roles
SULK



I will pull a long face, stay in a bad mood and generally create an atmosphere to get my own way.

© PACT – Online licenced

Control Roles
THE CONTROLLER



I keep control of everything and everyone. I make sure they do things my way – the best way.

© PACT – Online licenced

Control Roles
AFTER ALL I'VE DONE FOR YOU!



How can you treat me so badly when I've been so good to you?

© PACT – Online licenced

Control Roles
THE MARTYR



My role is to make you feel guilty because of how much I suffer.

© PACT – Online licenced

Control Roles
THE ICEBERG



My role is to keep control of you by punishing you with my silence.

© PACT – Online licenced

Control Roles
GOD'LL GET YOU



I make sure that you know that God will disapprove if you do anything to upset me.

© PACT – Online licenced

Control Roles
THE REBEL



I deliberately do the opposite of what is expected/wanted.

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Control Roles
DRAMA QUEEN



I'll respond to the situation in as melodramatic a way as possible.

© PACT – Online licenced

Control Roles
SPOILT BRAT



My role is to throw a tantrum if I can't get my own way.

© PACT – Online licenced

Control Roles
THE VOLCANO



I explode with anger if I am crossed, which keeps everyone under my control.

© PACT – Online licenced

Control Roles
FRAGILE



If you challenge or confront me, I'll fall apart.

© PACT – Online licenced

Control Roles
THE STIRRER



My role is to wind everyone up and be deliberately provocative.

© PACT – Online licenced

Control Roles
HEART ATTACK



I let you know that if you do anything that upsets me you'll make me ill/be the death of me.

© PACT – Online licenced

Control Roles
HYSTERIC



I get hysterical if I am confronted or challenged. This makes everyone back off - I'm too high maintenance

© PACT – Online licenced

Control Roles
TEARS



I break down in tears if confronted or challenged. This makes everyone back off.

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NURTURE

I need to show love, support and compassion - also to myself



Stand Your Ground!

STRUCTURE

I need to set good boundaries and find my YES and my NO



BALANCE

I need to build healthy, interdependent, mutual relationships



BALANCE

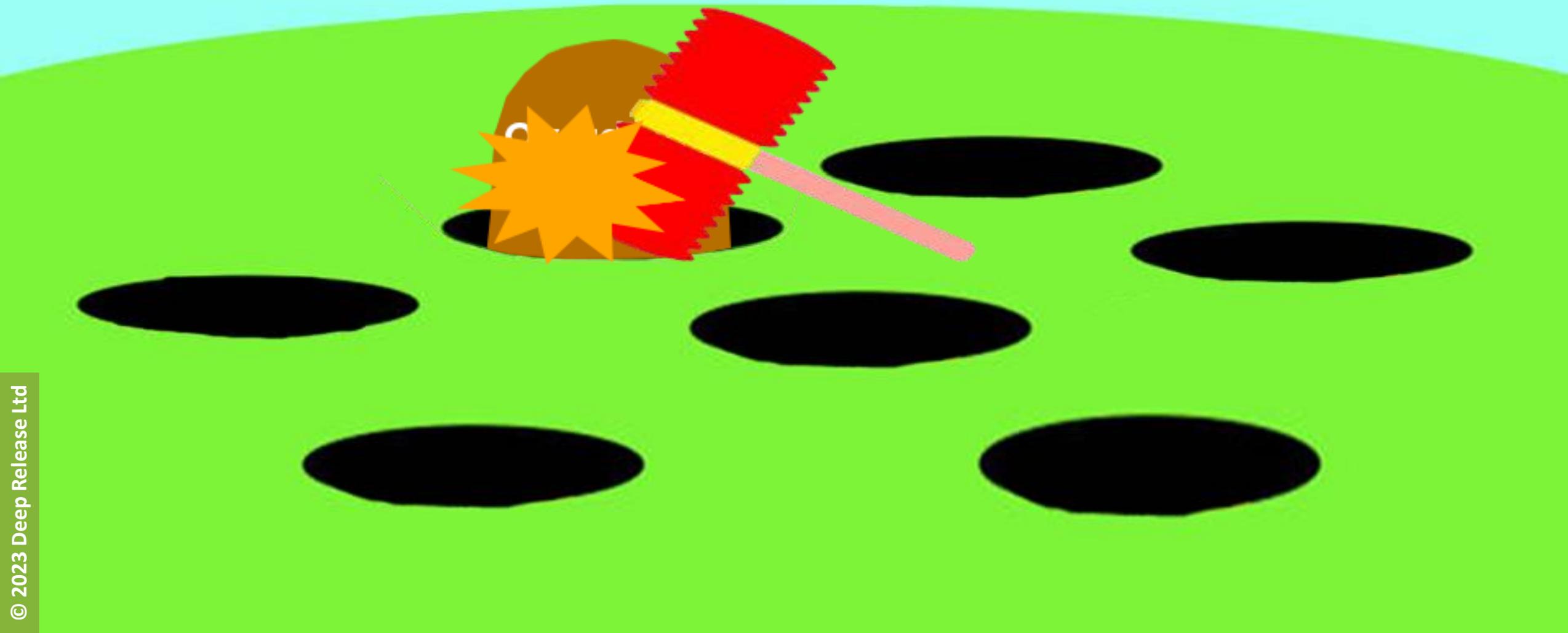
I need to let my Free Child come out to play more, and have some fun



TOXIC

I may need to end this relationship – it is not healthy for me

Whack-a-Mole!



Ideas for Buddy Group discussions

- How aware are you of different aspects of you?
- What roles did you play out as a child – are you still playing them?
- Have you worked with aspects of self with clients?
- Share as much as feels safe.

15 minutes



Take a Break



See you in **5** minutes



More Creative Ideas

Exploring Aspects of Self using Dolls and Figures



with Hazel Barton

Please stop your video to improve film quality!

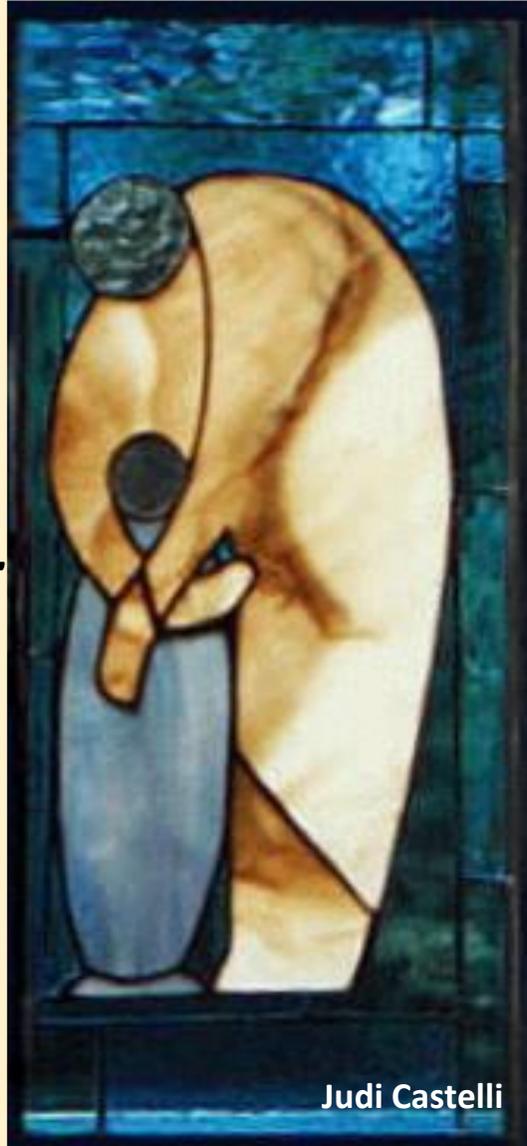
Configurations of Self



“While clients often use the simple word ‘parts’ to describe dimensions of their Self... we use the term ‘configuration’... because each ‘part’ is itself made up of a number of different elements.”

Configurations of Self

- *My child selves*
- *The scared me*
- *The brave me*
- *My self-protective part*
- *The wise me*
- *The careless me*



Judi Castelli

No particular link with trauma, but a normal process of experiencing internal conflict



In each picture there are at least two aspects of you.

- Choose one of the pictures and redraw it very simply.
- Give your picture a 'feeling' title.
- Add speech bubbles – what is each part saying?

Share your picture with us, if you feel able to. Email to jeremyacott@googlemail.com

We will your pictures in the question time.



Ideas for Buddy Group discussions

- What did you think about Hazel's work with dolls?
- Share your pictures if it feels safe to do so

15 minutes



Take a Break



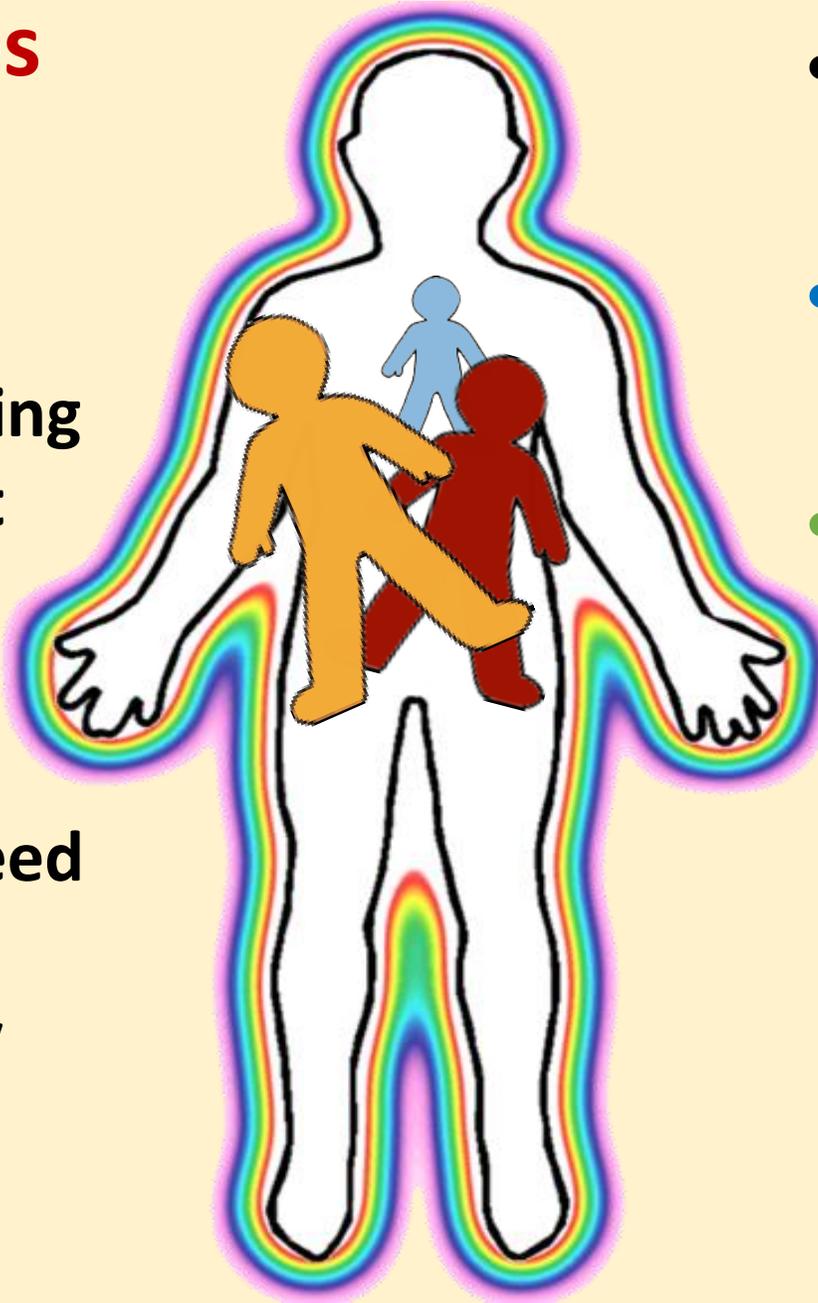
See you in 10 minutes

ANY

QUESTIONS?

Parts/Subpersonalities

- Normal aspect of being human
- All parts are good, with natural resources for living
- Trauma and Attachment injuries shift parts into survival roles which get frozen in time
- Parts carry burdens – need to be ‘unburdened’
- Transform into naturally valuable states



- **The Core Self**
- **The Exiles**
- **The Protectors**
 - **Managers**
 - **Firefighters**

MANAGER PROTECTORS *Proactive*

Vigilant: stop Exiles being triggered.
Focus on learning, functioning, being stable. Hard-working, task-focused, determined, relentless, critical, shaming.

EXILES

Wounded Parts
Have been shamed, abused, neglected in childhood.

FIREFIGHTER PROTECTORS *Reactive*

Emergency response workers when memories and emotions of Exiles break through.
Fierce. Alcohol, drugs, binge eating, self harm, promiscuity.



Protectors

We banish the exiles to keep them safe and stop them overwhelming us with emotional pain.

**Empathy
not
Analysis**

**People
not
Projects**

It's all about the relationship

TRUST



In the Counselling Room

That was
so unlike
me!

Parts still on the
'edge of awareness'

I don't know
why I'm so
angry!

I don't
know why
I said that!

Encounter, not invasion

I want to
curl up and
hide!

Touchstones

Parts for growth... Parts not for growth

Exploring Aspects of Self using Fairy Tales



with **Morag Barker**



Please stop your video to improve film quality!

Take a Break

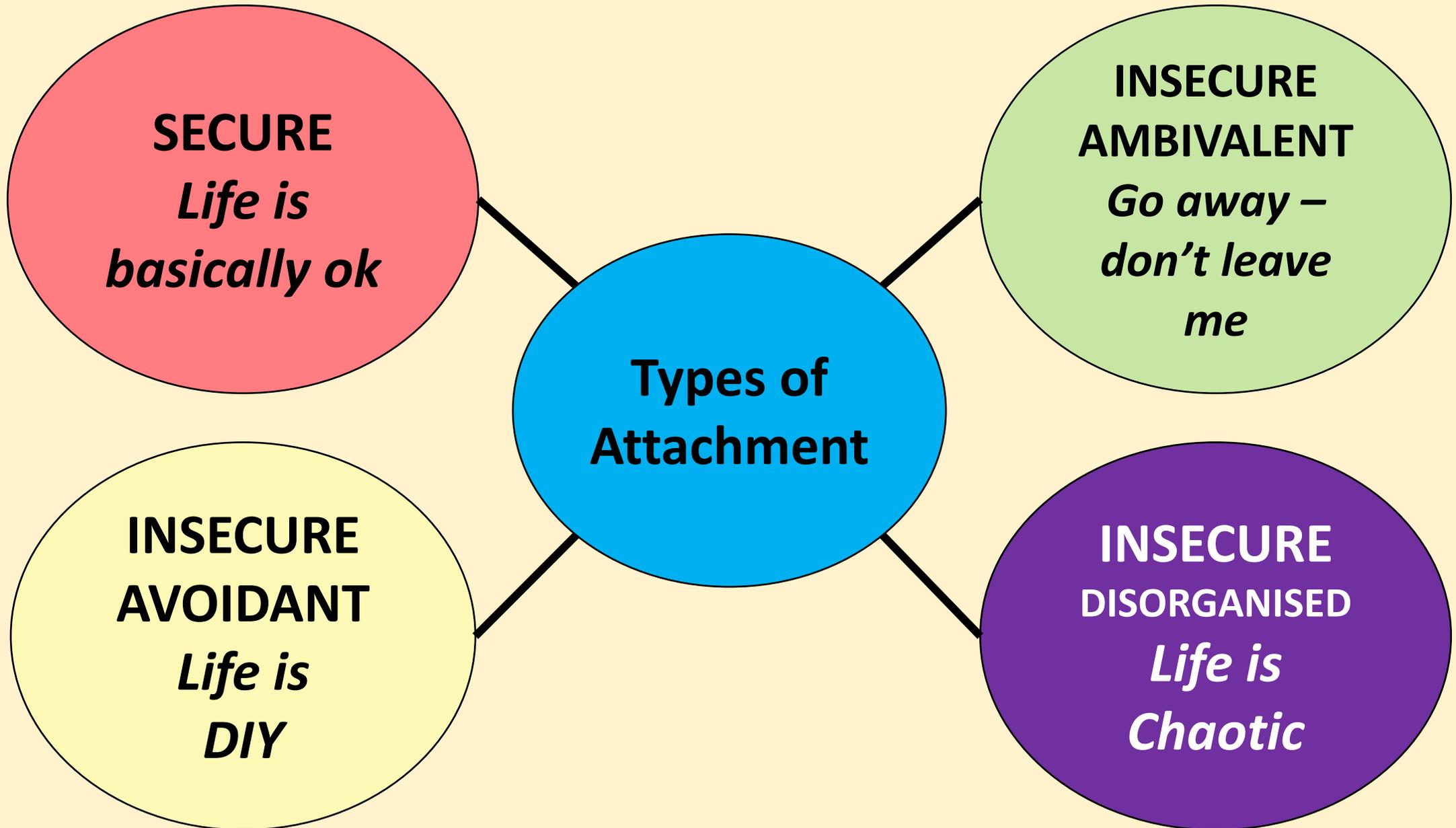


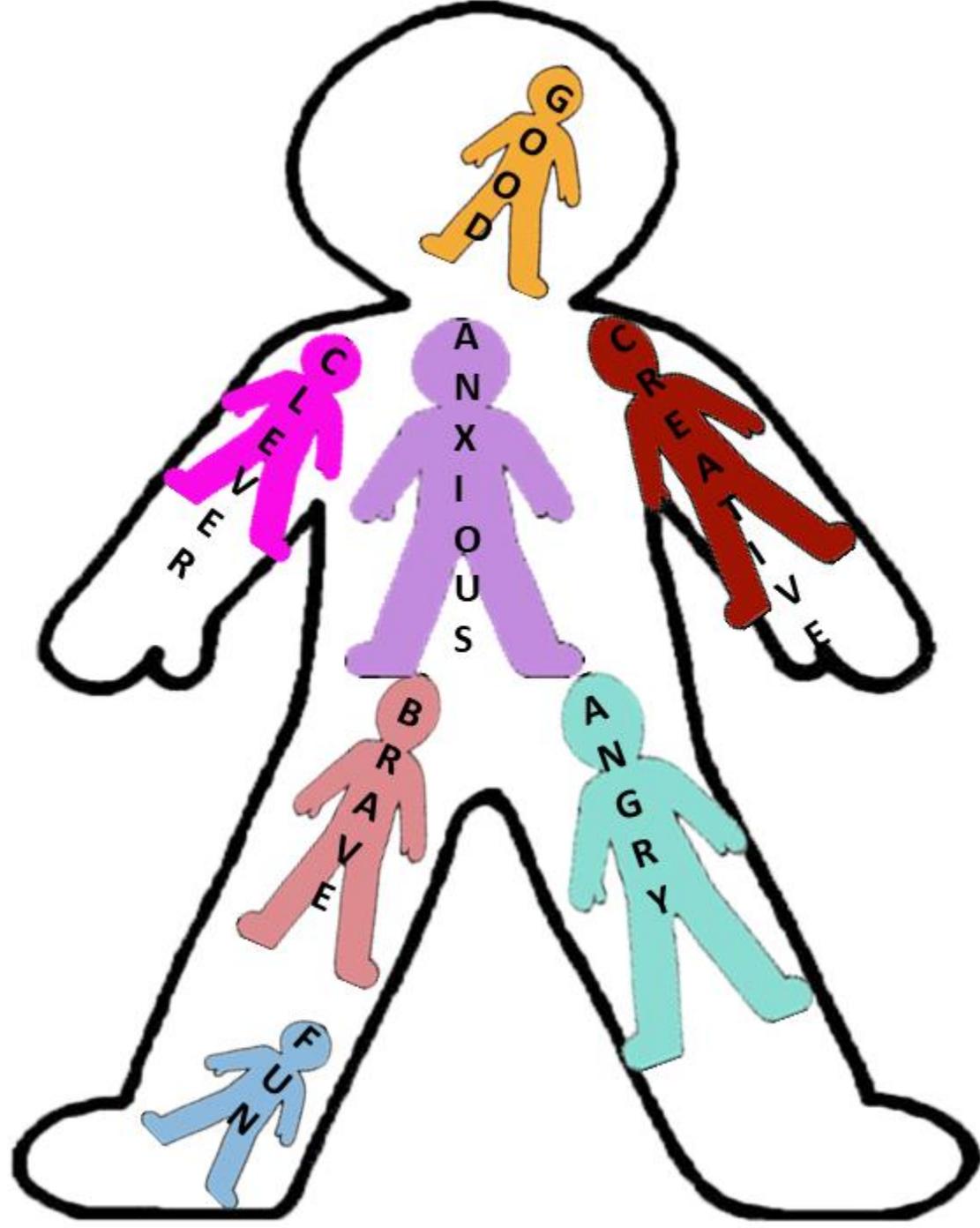
See you in 5 minutes

ANY

QUESTIONS?

Types of Attachment







We are all born with some elements of our personality, but at birth our personality is not fully formed or unified



Our experiences, both good and bad, also shape who we become



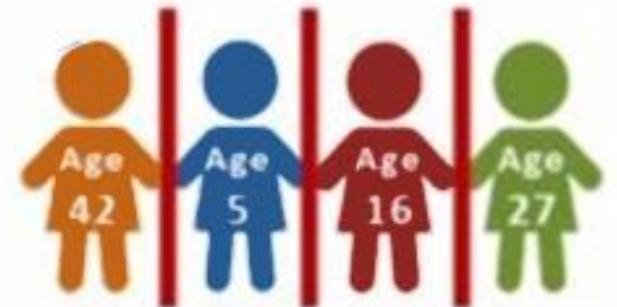
In normal development, these parts join to become one



But severe trauma can stop this process & cause walls to form between parts. This keeps traumatic memories separate from daily life.



This loss of memory is called amnesia. Parts may not even know about each other or about the walls, so it can be confusing!



This separation also means parts can have different memories, feelings, ages and names

Dissociative Identity Disorder: A way of surviving





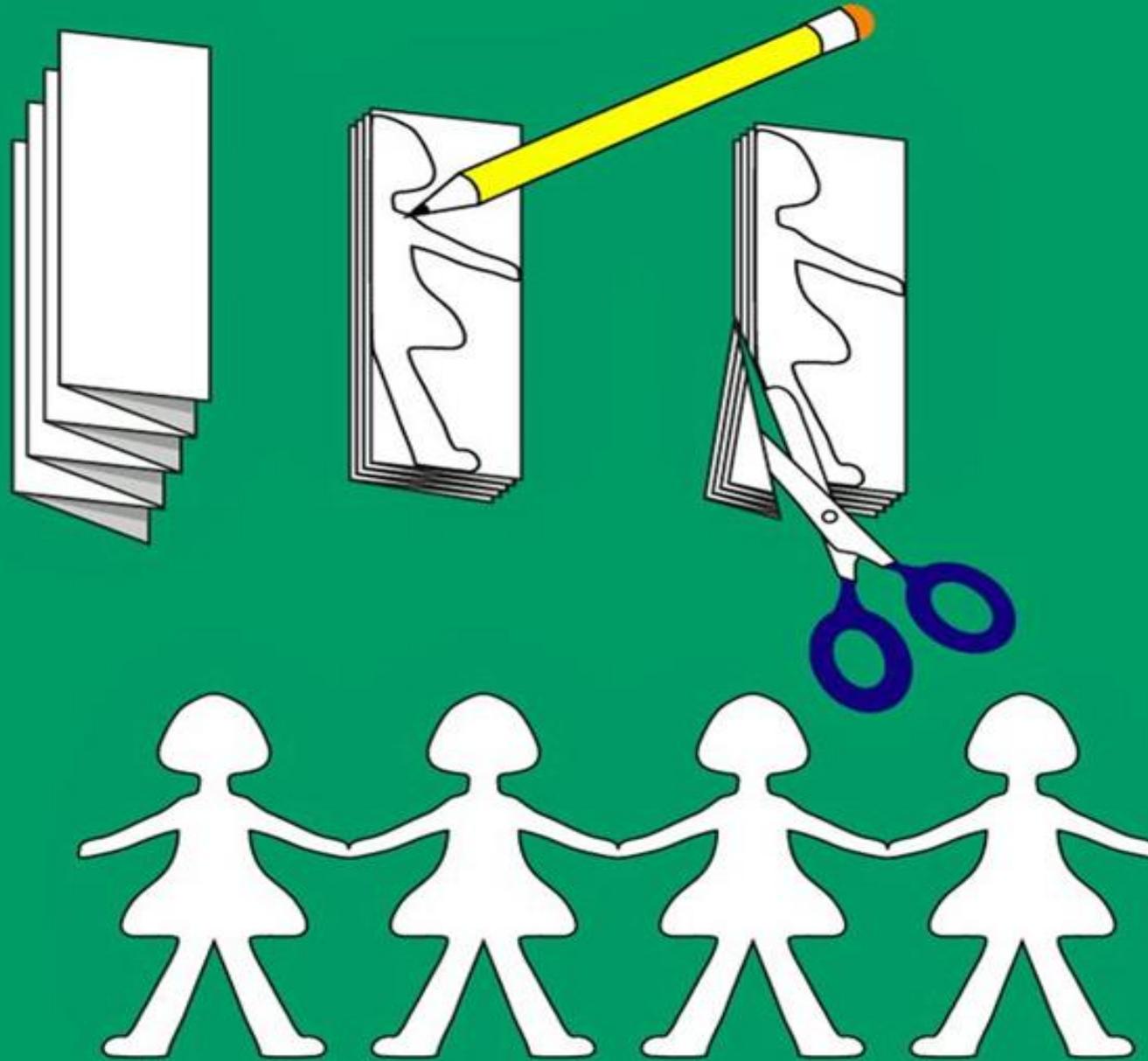
Milly's story: The Dolls



Milly's story: Mapping the System



Paper Chain Dolls



Milly's story: the Paper Chain dolls





Working creatively with DID clients



with Hazel Barton

Please stop your video to improve film quality!

Discuss in Buddy Groups

- Share your experiences of working with parts with survivors of trauma and abuse
- Have you worked with dissociated disorders?

15 minutes



ANY

QUESTIONS?

Perfectionism

- Never make a mistake again
- Never speak unwise words again
- Never hurt anyone again
- Never upset anyone again
- Stay hidden, keep quiet, don't be seen
- Never make anyone angry again

The different parts of me

I am capable of total selfishness... and also of loving deeply

I am capable of being utterly foolish... and also of having profound wisdom

I sometimes suffer from crass foot-in-mouth disease... and I also can have real sensitivity and tact

There are times when I feel compassion fatigue... and I am also capable of genuinely deep, unconditional acceptance

I am capable of restraint, dignity and decorum... and sometimes blubbing like a child when things go wrong

BOTH SINNER AND SAINT

I am capable of being humbly open to feedback... and I can also be defensive, even aggressive when challenged

I know I can be intolerant... and I also know I am capable of endless patient endurance

I sometimes despise my faults and failings... and I am also learning to love myself with grace

***You see, I don't always get it right - but
nor do I always get it wrong.
And that's ok.***

“Therapists are never ‘done’ with growth; they are simply people who should be dedicated to learning as much about themselves and others as they possibly can.

The best therapists are fully human and engage in the struggles of life.

Our own failures help us to remain open to the struggles of others; our personal victories give us the optimism and courage to inspire those struggling with their lives.

~ Louis Cozolino

www.littlewindow.com.au

Useful Links

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CAROLYN SPRING

reversing adversity

<https://www.carolynspring.com/>

Welcome to CarolynSpring.com from Carolyn Spring



NEW PODCAST



29 January 2021
FALLING DOWN, GETTING BACK UP: MY JOURNEY OVER THE LAST YEAR

[LISTEN NOW >](#)

First Person Plural Home About Us News & Media Members Contact Us Search for...



FIRST PERSON PLURAL

dissociative identity disorders association

<https://www.firstpersonplural.org.uk/>

Dissociation Ritual Abuse Support Roles Training Resources Fundraising and donations

Welcome to First Person Plural

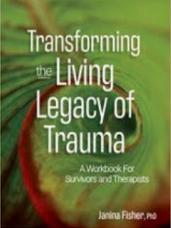
The three videos below feature three people living with DID in conversation about their experiences of the COVID-19 restrictions



Quick Links

- Lands End to John O'Groats Fundraising Challenge
- Managing Support in Lockdown
- Mutual Support Notes Issues 1

First Person Plural (FPP) specialises in working for and on behalf of all those affected by Dissociative Identity Disorder (DID) and similar complex trauma-related dissociative identity conditions. These similar conditions



Transforming the Living Legacy of Trauma

A Workbook For Survivors and Therapists
Janina Fisher, PhD

My new book, *Transforming the Living Legacy of Trauma: A Workbook for Survivors and Therapists*, is now available on Amazon!



Janina Fisher, PhD

Psychotherapist, Consultant, Trainer

This website is devoted to the understanding and treatment of the legacy of trauma: attachment failure, neglect, physical or sexual abuse in childhood, war exposure, sexual assault, medical trauma, and domestic or community violence. It is intended for use by mental health clinicians and other healing professionals, as well as by survivors of trauma.

- Home
- About Janina Fisher
- Trauma Model
- Webinars
- Trainings & Workshops
- Trauma-Informed Stabilization Treatment
- Psychoeducational Flip Chart
- Resources
- Related Links
- Join My Mailing List

<https://janinafisher.com/>

dissociation.co.uk

The Pottergate Centre

for Dissociation & Trauma

Home Accessing the Service Training Courses The Shop Training Videos Research & Evidence Contact us Links



In view of the ongoing situation with COVID-19, we will be offering online assessments and consultancy - please [contact us](#) for further details.

Welcome to The Pottergate Centre

The Centre offers a wide range of services to professionals, to clients who may have a dissociative disorder, such as a Dissociative Identity Disorder (DID) and to the public at large. Our experienced team is dedicated to provide the best possible service for this area of complex trauma.

<https://dissociation.co.uk/>

Information on forthcoming training available through [ESTDuk](#)



Resources

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Cards

e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal Figures Online Pack



Therapeutic Sandscapes™ Online Pack

Coming soon...

Use the Roles Played in Families & other cards online!



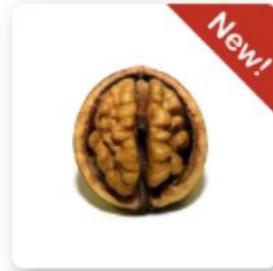
pact-resources.co.uk

3 for 2 on all videos

Missed a course?

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training library

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Neuroscience in a Nutshell
£30.00



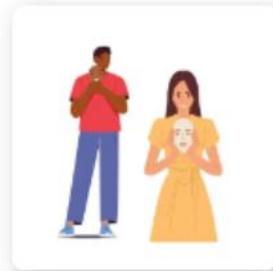
Using Erikson's Life Stages
in Counselling
£30.00



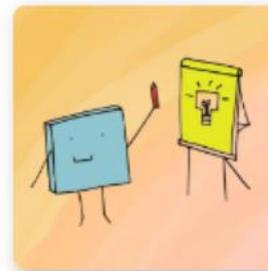
6 Ways of Working with
the Inner Child - Training
Video
£30.00



Building Boundaries
Breaking Barriers -
Training Video
£30.00



Imposter Syndrome -
Training Video
£30.00



Psycho-integration for
Counsellors - Training
Video
£30.00



Trust and Betrayal -
Training Video
£30.00



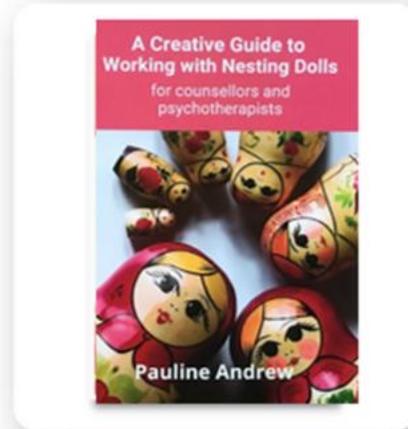
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

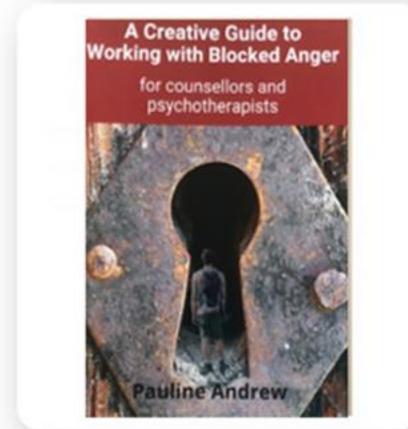
Books



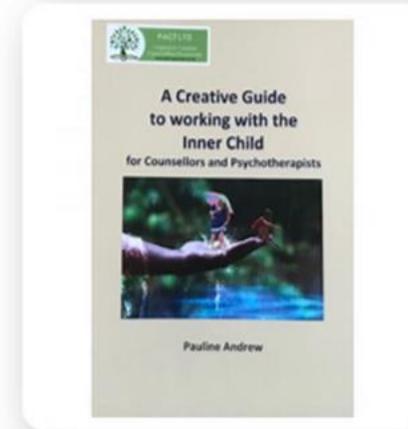
Special offer – save
£2.50 when you buy
all 3 books
£32.00



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

pact-resources.co.uk

Coming up...

from
£10



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

Lots more training to follow in our autumn programme!

Keep up to date with our newsletter! Sign up on the home page of our website:
deeprelease.org.uk



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

Connect with us

**Search on Facebook:
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

YouTube

Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

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



**We need your
feedback!**



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Thank you!



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