

Using different kinds of cards with Artwork

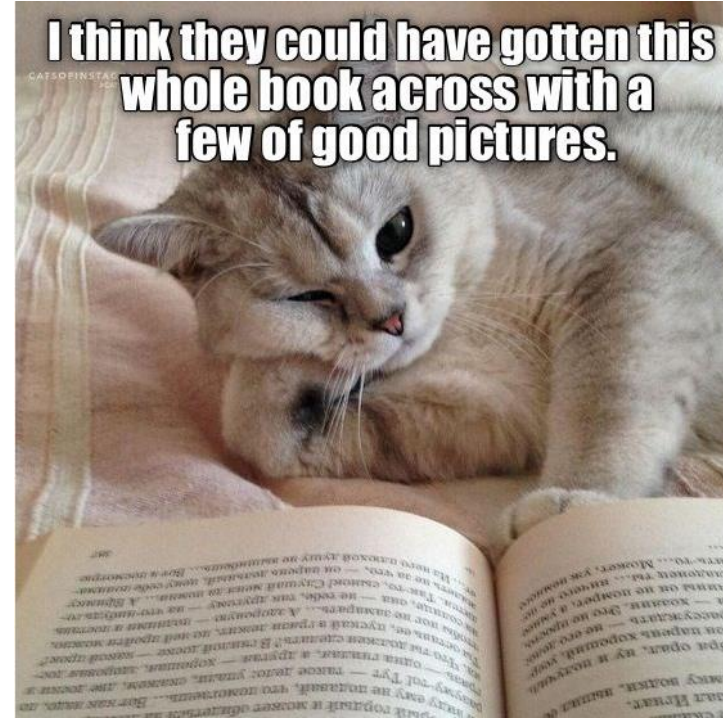




Why use cards?



1. *“A picture is worth a thousand words!”*

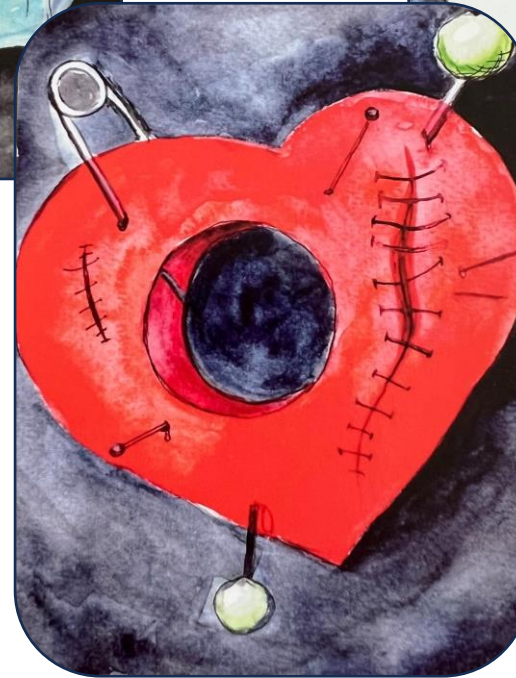
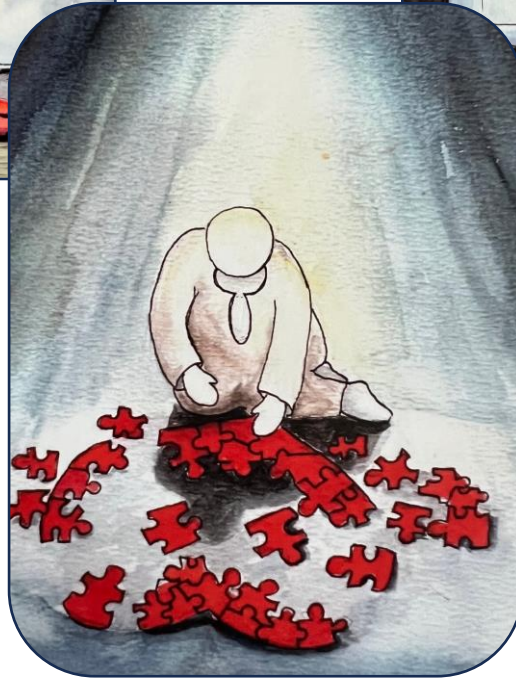


Quote attributed to Frederick R Barnard who published a 1921 article on the effectiveness of graphics in advertising!


2. It removes the feelings from 'in here' to 'out there'



3. It gives insight into 'edge of awareness' feelings



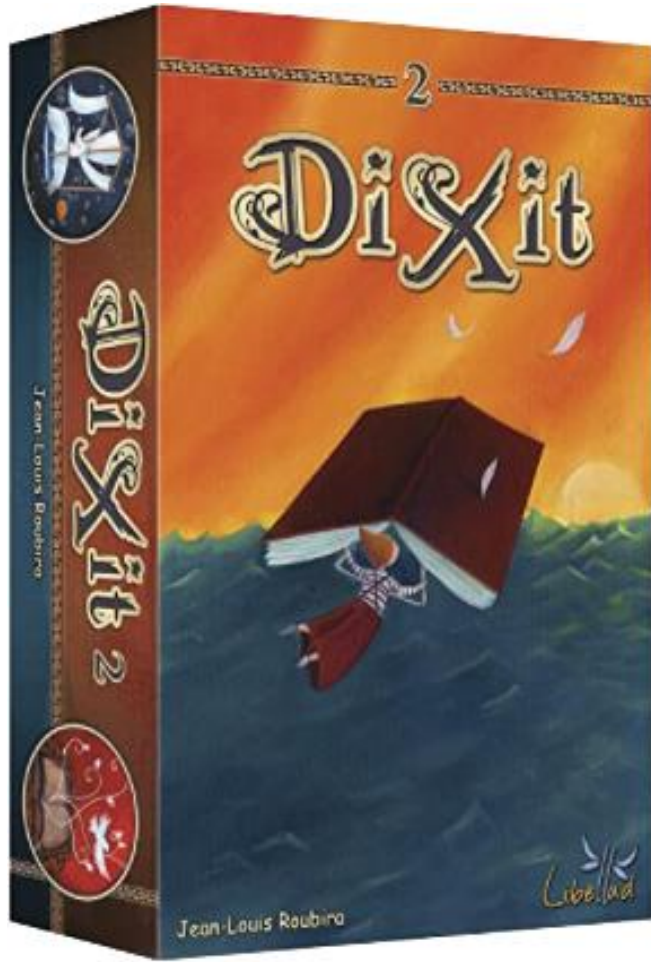
4. It's an intervention to offer when the client has nothing to bring



*"I don't know
what to talk
about..."*



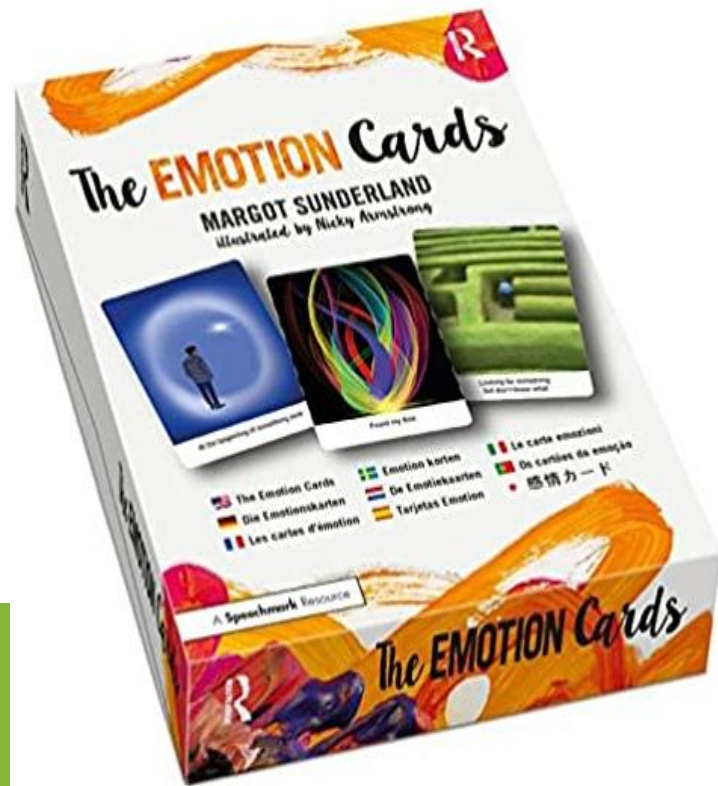
*"Can we try
something?"*



Quest



Available from Amazon and other places



Looking for something
but I don't know what



Sitting on a volcano of feeling



Feeling powerless



Flying high

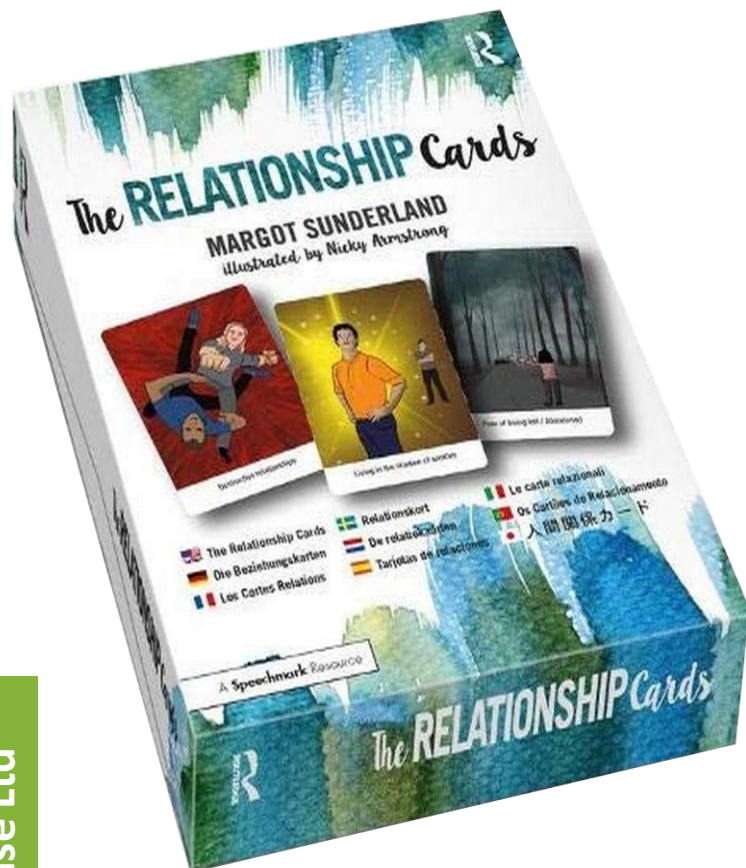


Life is a privileged adventure



Safe with all the sameness
but suffocated by it

Available from Amazon and
other places



Empowered anger / Finding my 'No'



Too many takers in life and not enough givers



The encouragers



Mistrust

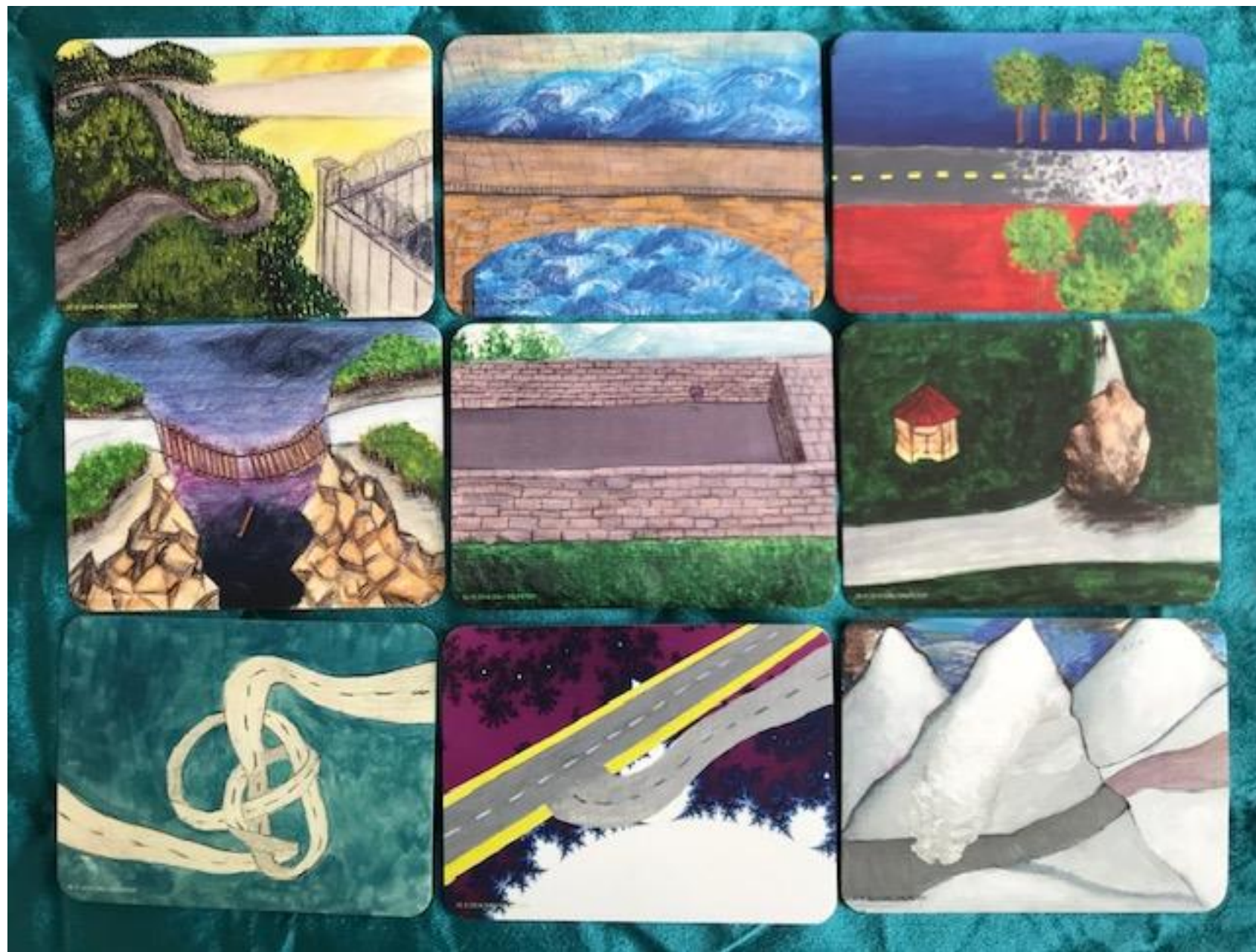
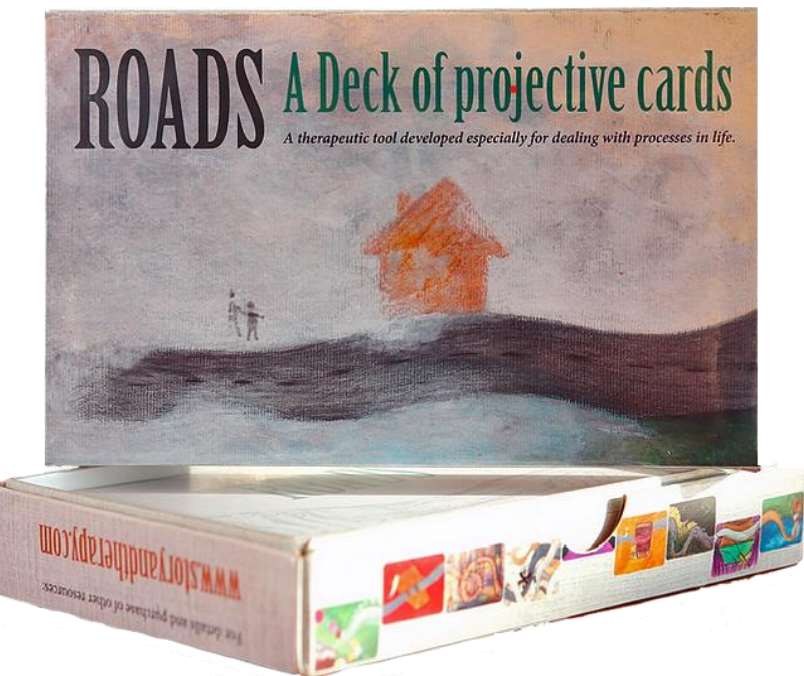


Someone who believes in me

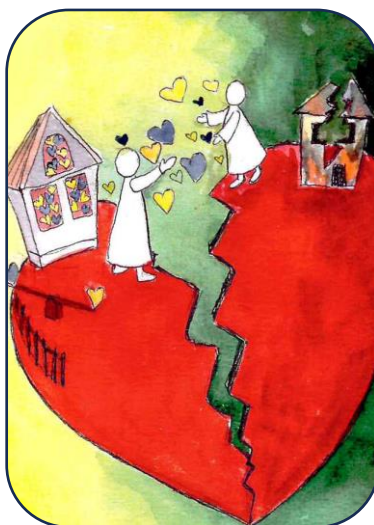
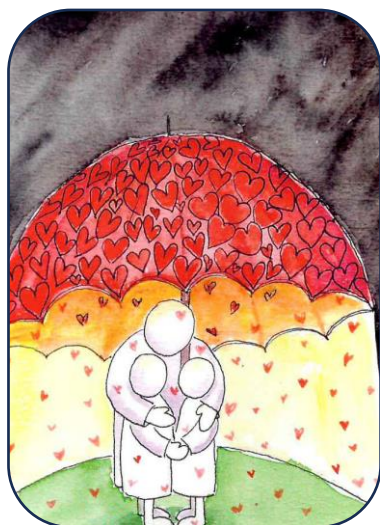
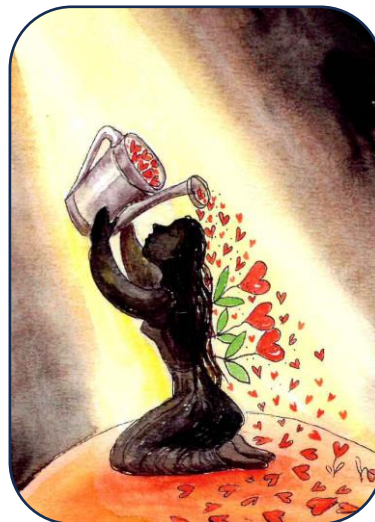
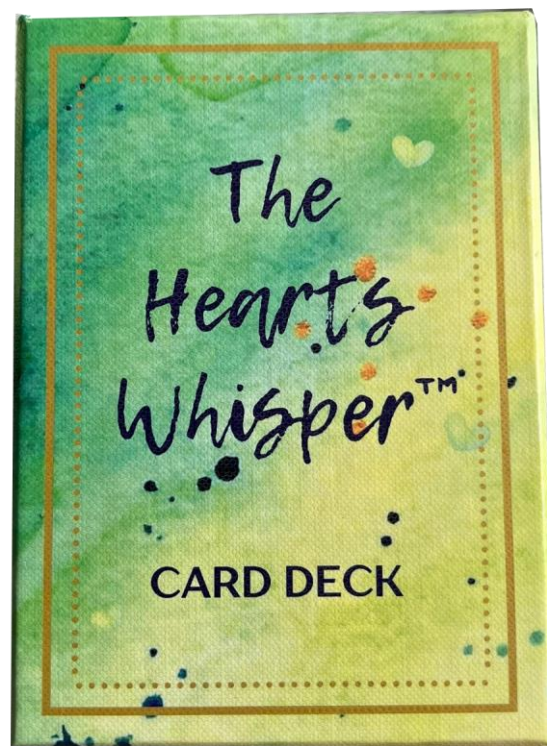


Fear of being myself in case I am too much

Available from Amazon and other places



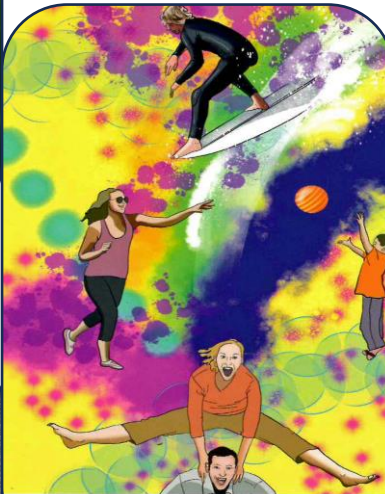
Storyandtherapy.com



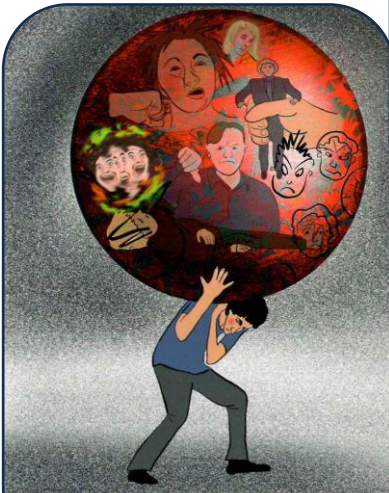
With or Without Words?



Daring to be different



Time for play



Too many demands/ responsibilities

Clothing



Smart, clean clothes

Kindness when ill



Care & comfort offered in sickness

Rescuer Roles THE CARETAKER



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

Rescuer Roles GOOD BOY/GOOD GIRL



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

THE PEOPLE-PLEASER



I hide my anger so you'll think I'm nice

KEEP THE MICROPHONE



I love to hold court and make it all about me

Performer Roles SUPERSTAR/ SUPER-SPORTS-STAR



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

Performer Roles THE ENTERTAINER



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

OUTRAGE!



I'm powerless, scared and need someone to blame

A VERY BUSY PERSON



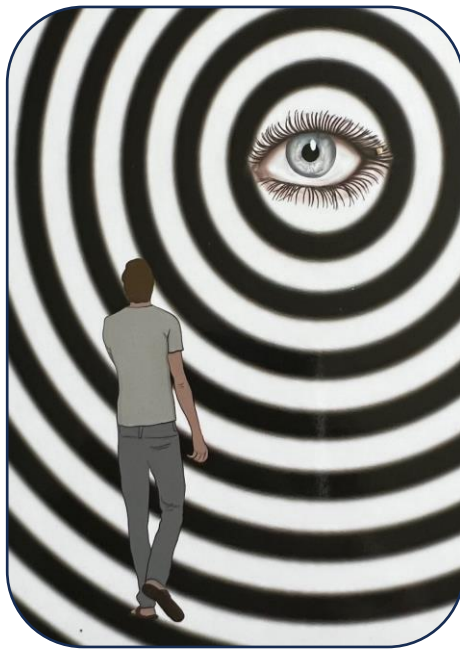
I don't have time to talk to you – I'm too important

1



At the
beginning of
something
new

2



Daring to face
the unknown

3



Feeling broken

4



Overwhelmed

5



Wanting to smash/destroy


6



To trust or not to trust

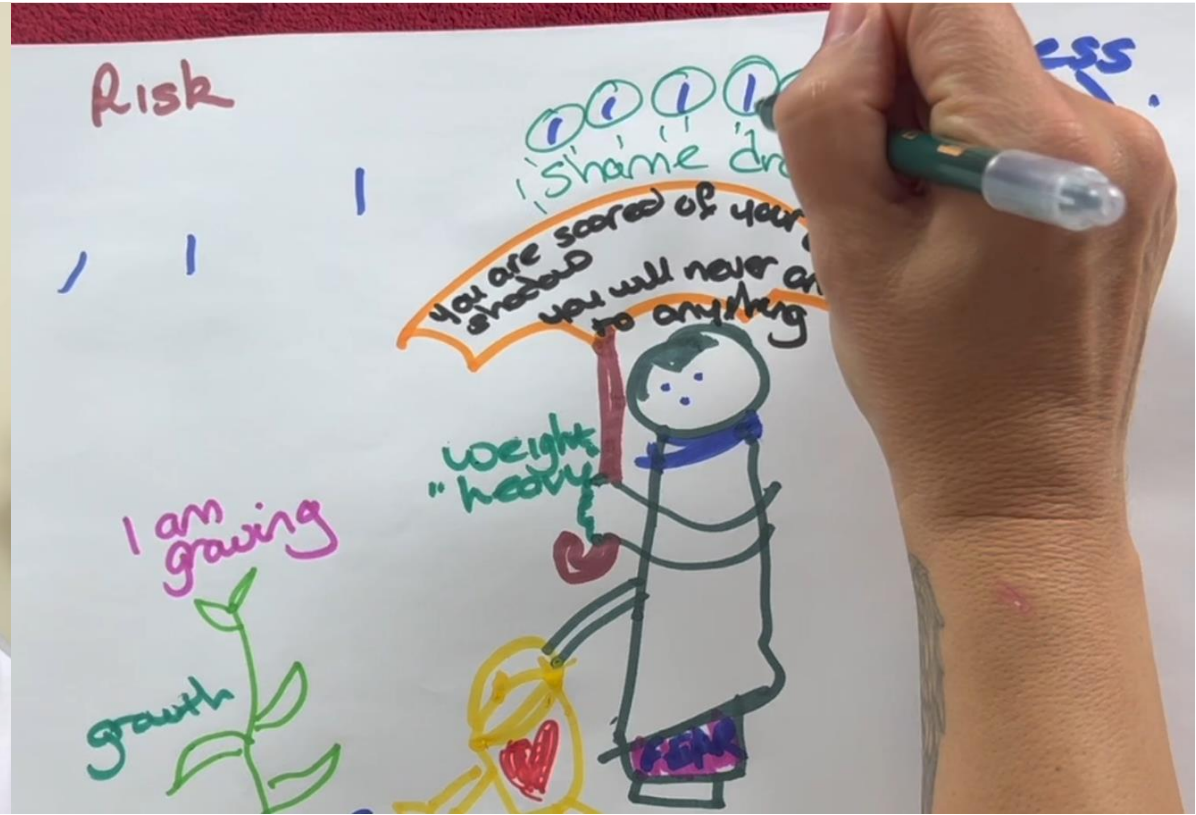
Artwork: General Principles

- Invite the client to recreate the picture simply, using colour
- Ask them what the 'feeling title' would be – this takes you into the world of the client
- Explore their feelings, and add words to the picture
- See what messages might be coming from different parts of the picture, using speech bubbles, like in a cartoon
- See if the client sees themselves in the picture – we don't take it for granted
- Once the client is drawing, the picture is theirs and it can be changed any way they like
- Be sure to take a photo at the end of the session

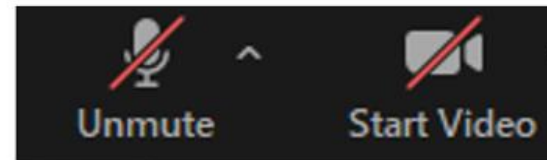
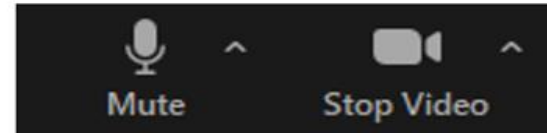


Working with Feelings

Angie : Self-belief



**Please Stop your Video
for better sound and
sync – thank you!**



Your Turn to Draw!



Buddy Group 1

*Choose a client
and a counsellor
and do one piece
of work*

15 minutes





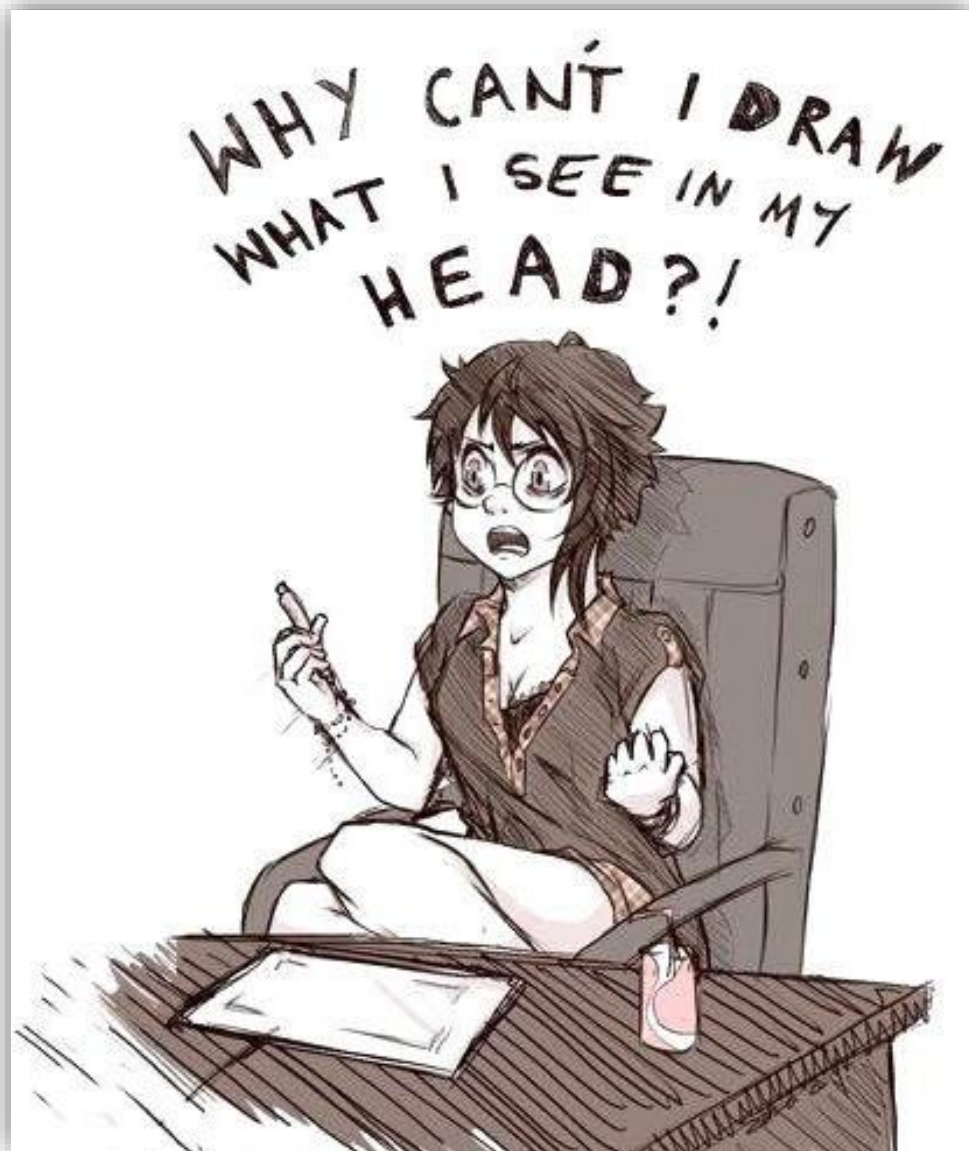
Take a 5 minute break

Being Present with the Client

- We may not understand the client's artwork
- We give them space to explore and work at their own pace
- We don't invade: we encounter
- We don't interpret
- We are curious, offering observations
- We engage tentatively, checking out our feelings and thoughts to see if they are right




"Connection" by Ksenija Pronina



- It is likely that the client will find feelings of shame or inadequacy surfacing as they draw in our presence
- Allow them to feel this, honouring that it is costing them something that may be very painful
- We are empathic and find our own touchstones



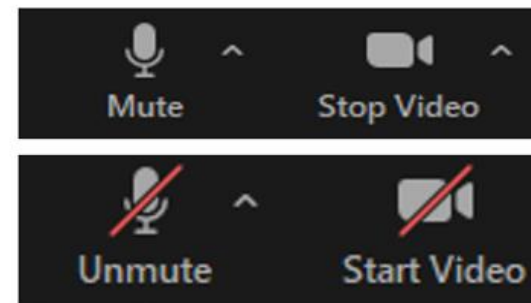
Picture: <https://www.lollydaskal.com/leadership/shame/>



Working with Feelings Sarah : Grief



**Please Stop your Video
for better sound and
sync – thank you!**



Buddy Group 2

*Choose a
different client
and a counsellor
and do one piece
of work*

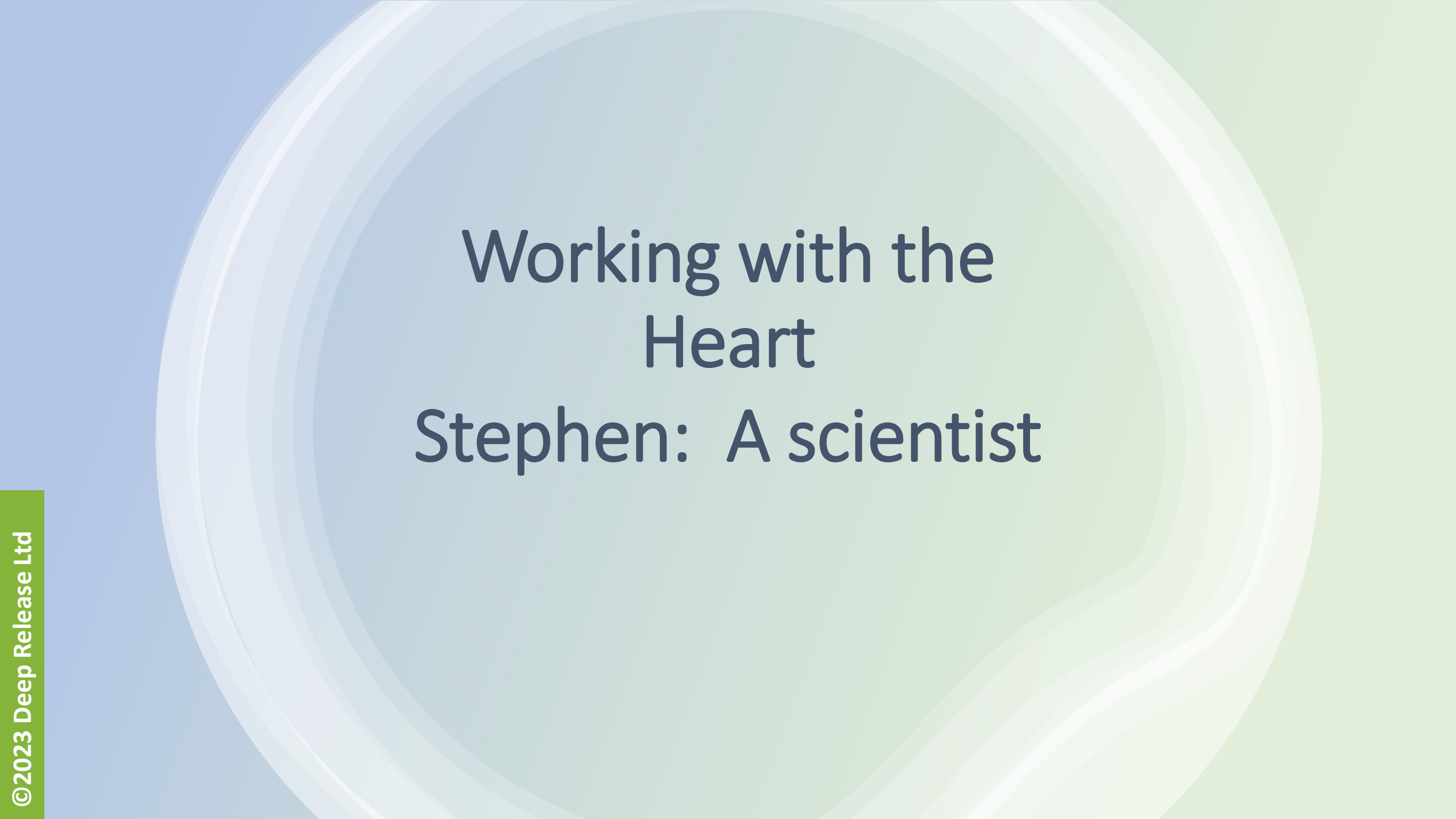
15 minutes





Take a 10 minute break

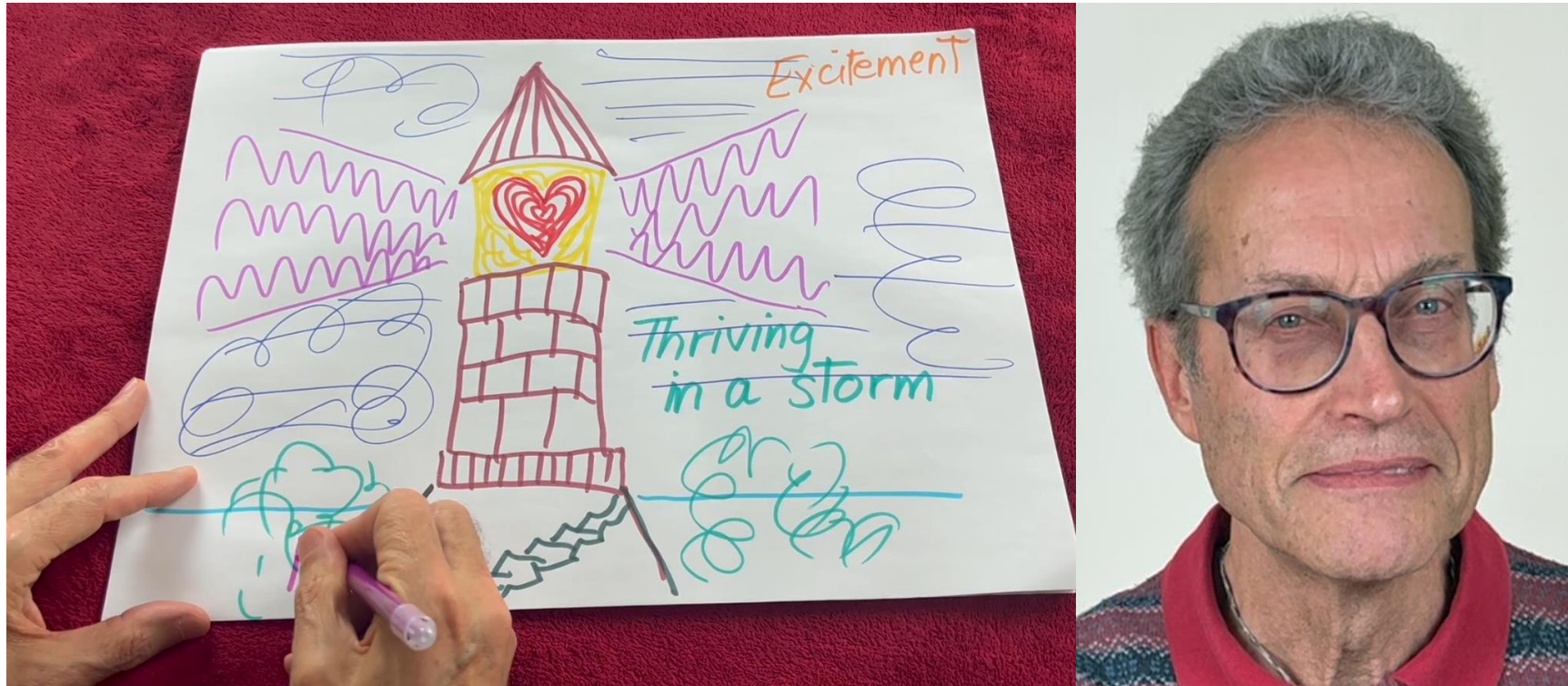




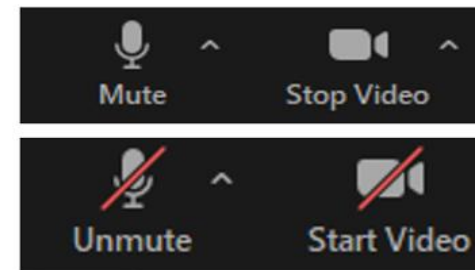
Working with the Heart

Stephen: A scientist

Working with the Heart



**Please Stop your Video
for better sound and
sync – thank you!**



Buddy Group 3

*Choose a
different client
and a counsellor
and do one piece
of work*

15 minutes



Endings

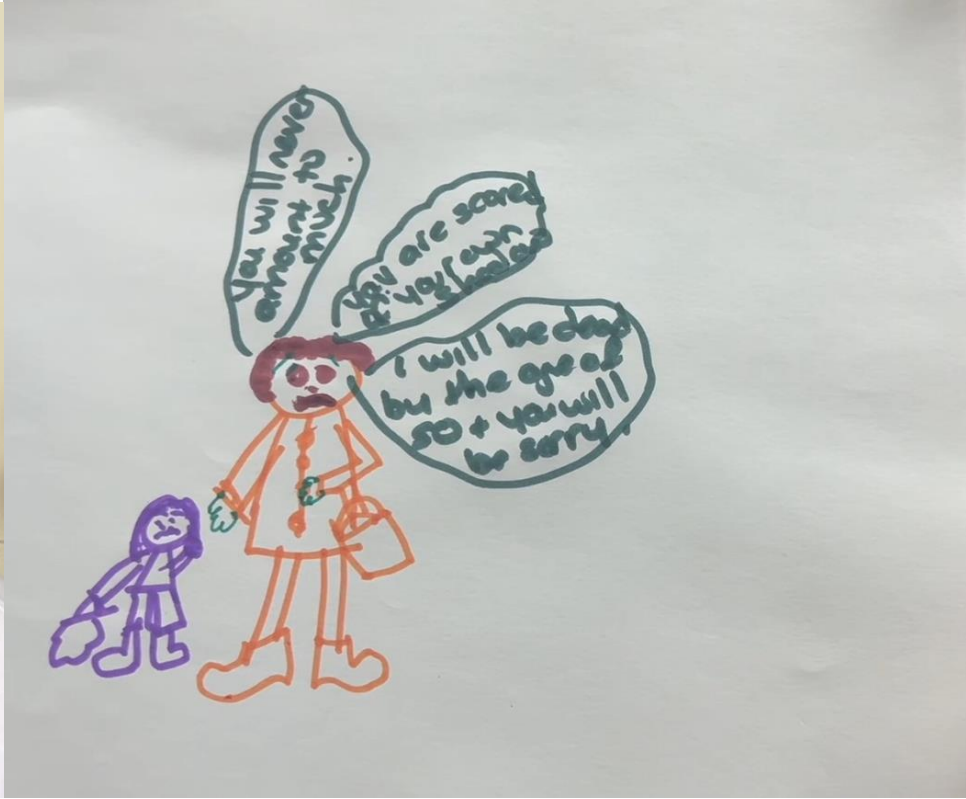
- The artwork belongs to the client; if they don't want to keep it, ask them what should be done with it
- Take photos, with permission, to keep in the client's file
- If you are able to keep the client's work safe for them, be sure to agree what should be done when therapy ends
- Implications of clinical wills



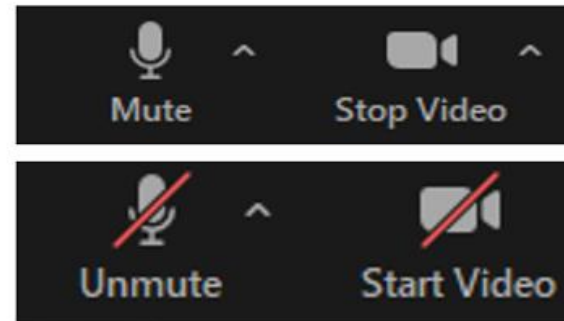
“Saying Goodbye” by Tricia Mutobe



Working with the Roles Cards Angie: Finding Freedom



**Please Stop your Video
for better sound and
sync – thank you!**





Take a 5 minute break



Buddy Groups

*Say Goodbye –
exchange details
if required*

5 minutes





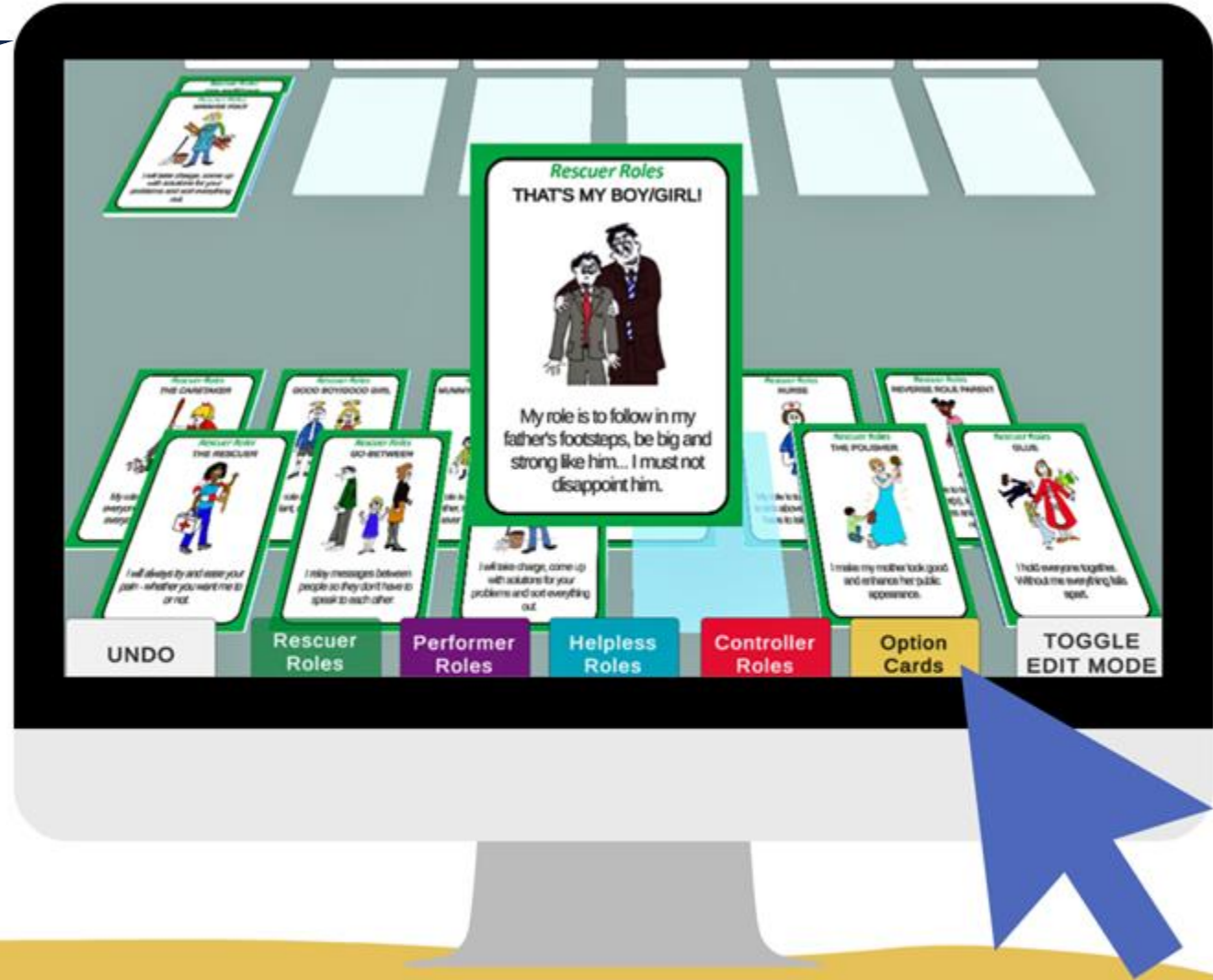
Resources

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

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

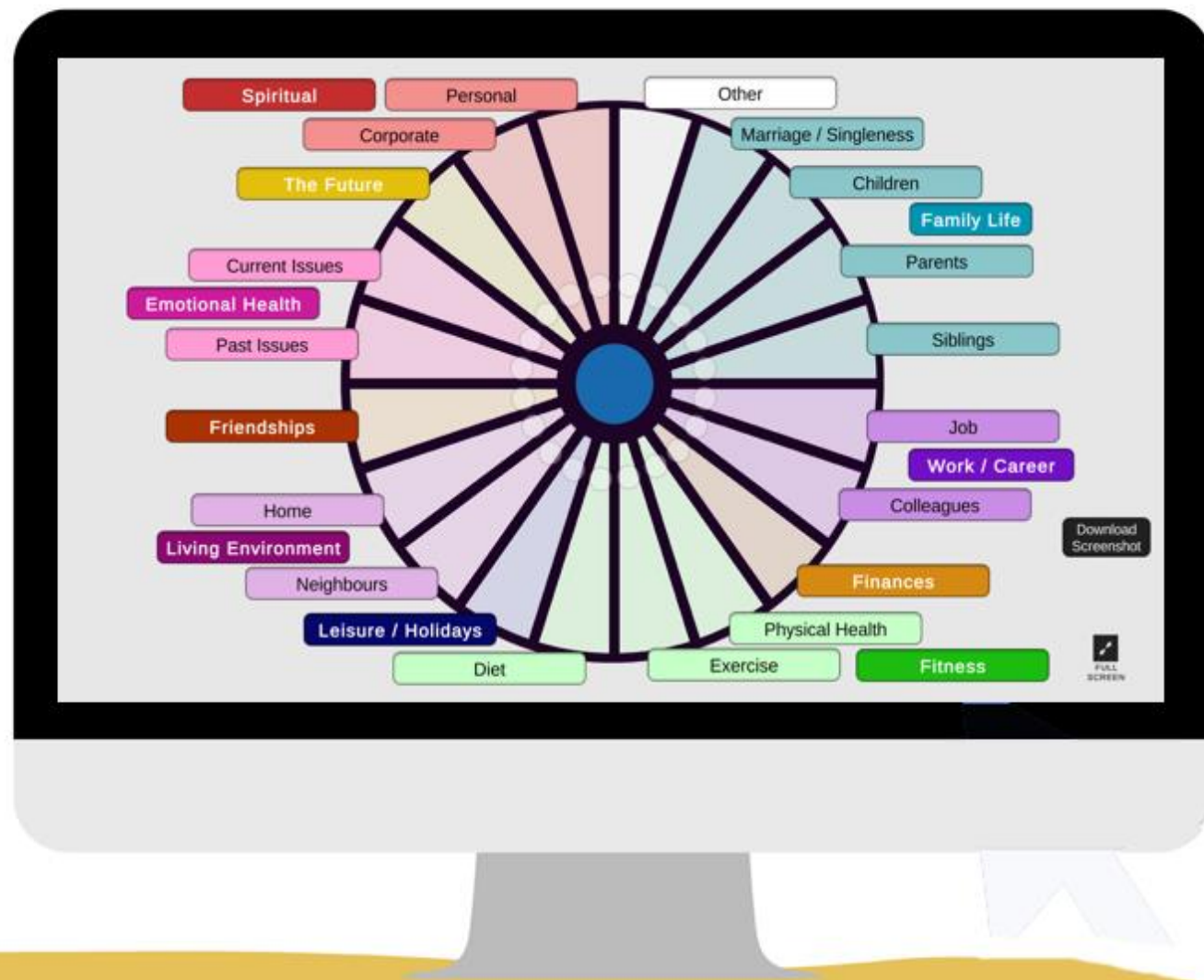
Now
Available!

Use the Roles
Played in Families
& other cards
online!



pact-resources-online.co.uk

The Wheel of Life
Web App will soon
be available for you
to use!



pact-resources-online.co.uk

Cards



e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



Therapeutic Sandscapes™
Online Pack

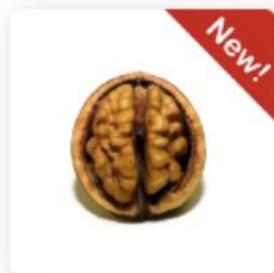
pact-resources.co.uk

3 for 2 on all videos

Missed a course?

Visit our online
training library

- Instant, lifetime access
- CPD cert included



Neuroscience in a Nutshell
£30.00



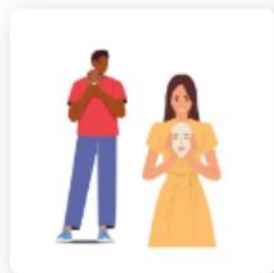
Using Erikson's Life Stages
in Counselling
£30.00



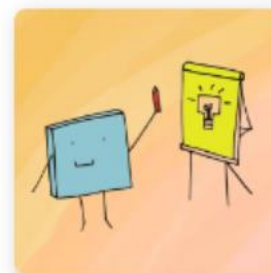
6 Ways of Working with
the Inner Child - Training
Video
£30.00



Building Boundaries
Breaking Barriers -
Training Video
£30.00



Imposter Syndrome -
Training Video
£30.00



Psycho-integration for
Counsellors - Training
Video
£30.00



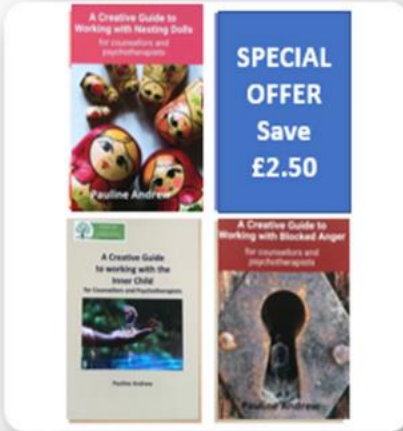
Trust and Betrayal -
Training Video
£30.00



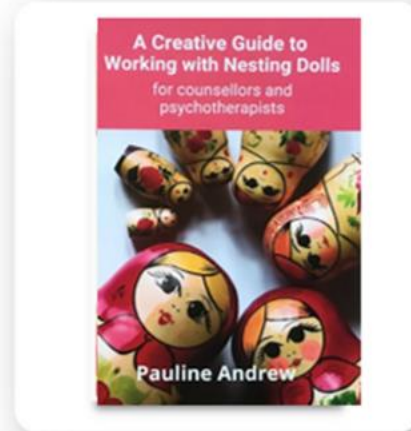
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

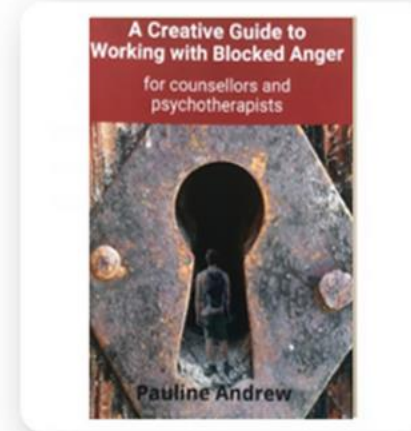
Books



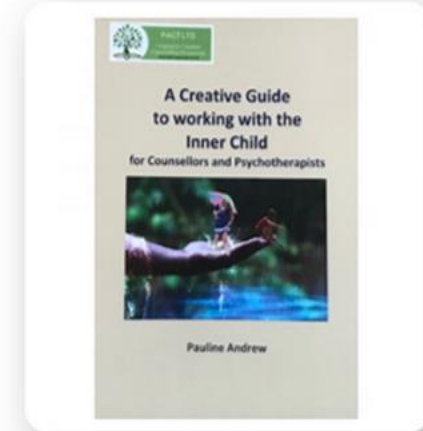
Special offer – save
£2.50 when you buy
all 3 books
£32.00



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

What's up next?



**Neuroscience and the
Mystery of the Mind with
Dr Chris –
Wed Nov 15**



**The Subtle Power of Toxic Relationships –
Wed Nov 29**



**Working Creatively with Blocked Anger –
Sat Dec 2**



**26
APR**

Working Creatively with the Inner Child in Counselling Weekend

Fri Apr 26 – Sun Apr 28, 2024

Location:
Moor Hall Hotel & Conference Centre

April 26, 2024
6:30 pm - April 28, 2024 3:30 pm

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!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

We need your
feedback!



facebook



info@deeprelease.org.uk



Thank you!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

We need your
feedback!



facebook



info@deeprelease.org.uk



Thank you!



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk