



Managing my Life **Maximising my Practice**

with Dr Chris

Session 1: Stress & The Wheel of Life





emotional strain or *tension*

adverse or demanding circumstances

he's obviously under a lot of stress

the stresses and strains of family

Stress

people had a high level of stress or excessive

placed on them from work

sure which is a major factor and is a major

so really it can affect the mental

employees, for example, anxiety or depression

and also have a significant impact on their physical

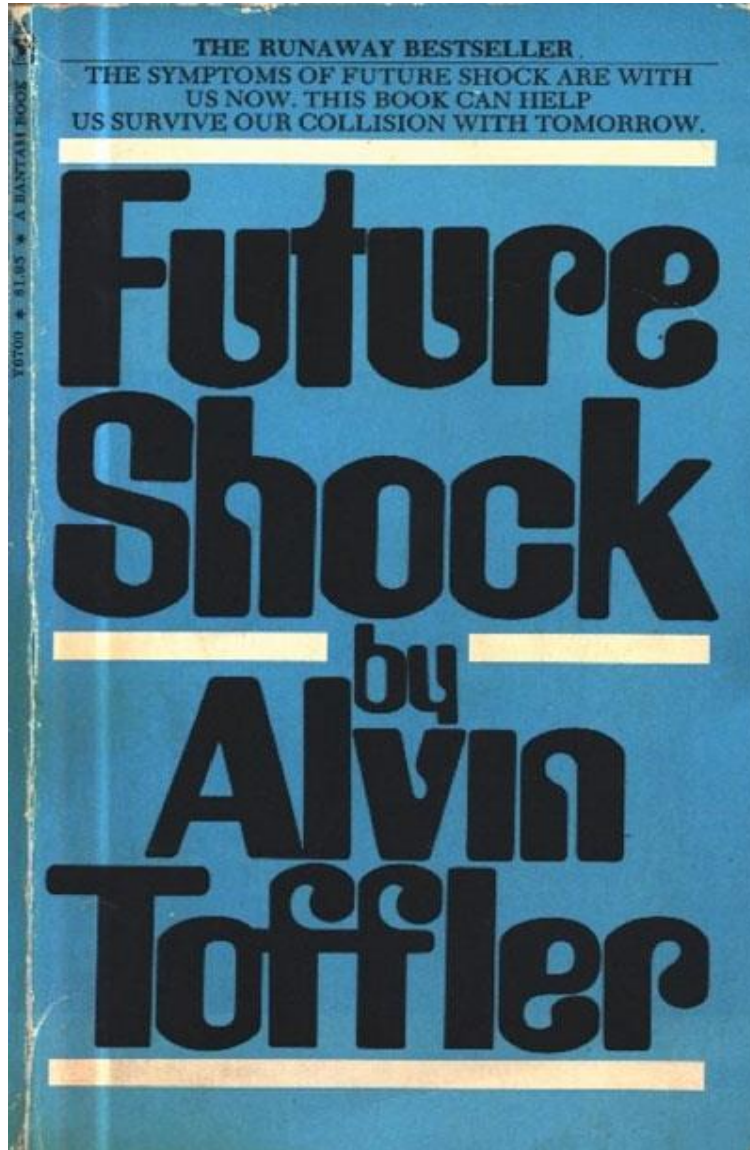
STRESS

stress

type

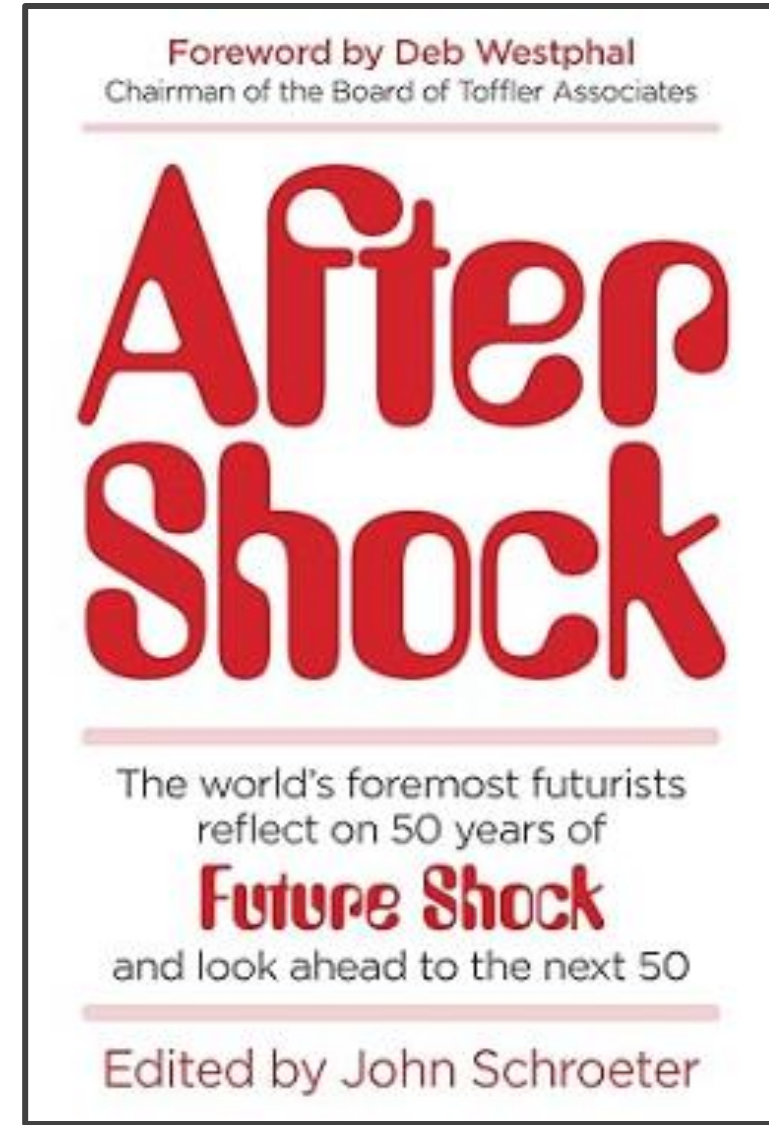
chronic

STRESS – FUTURE SHOCK



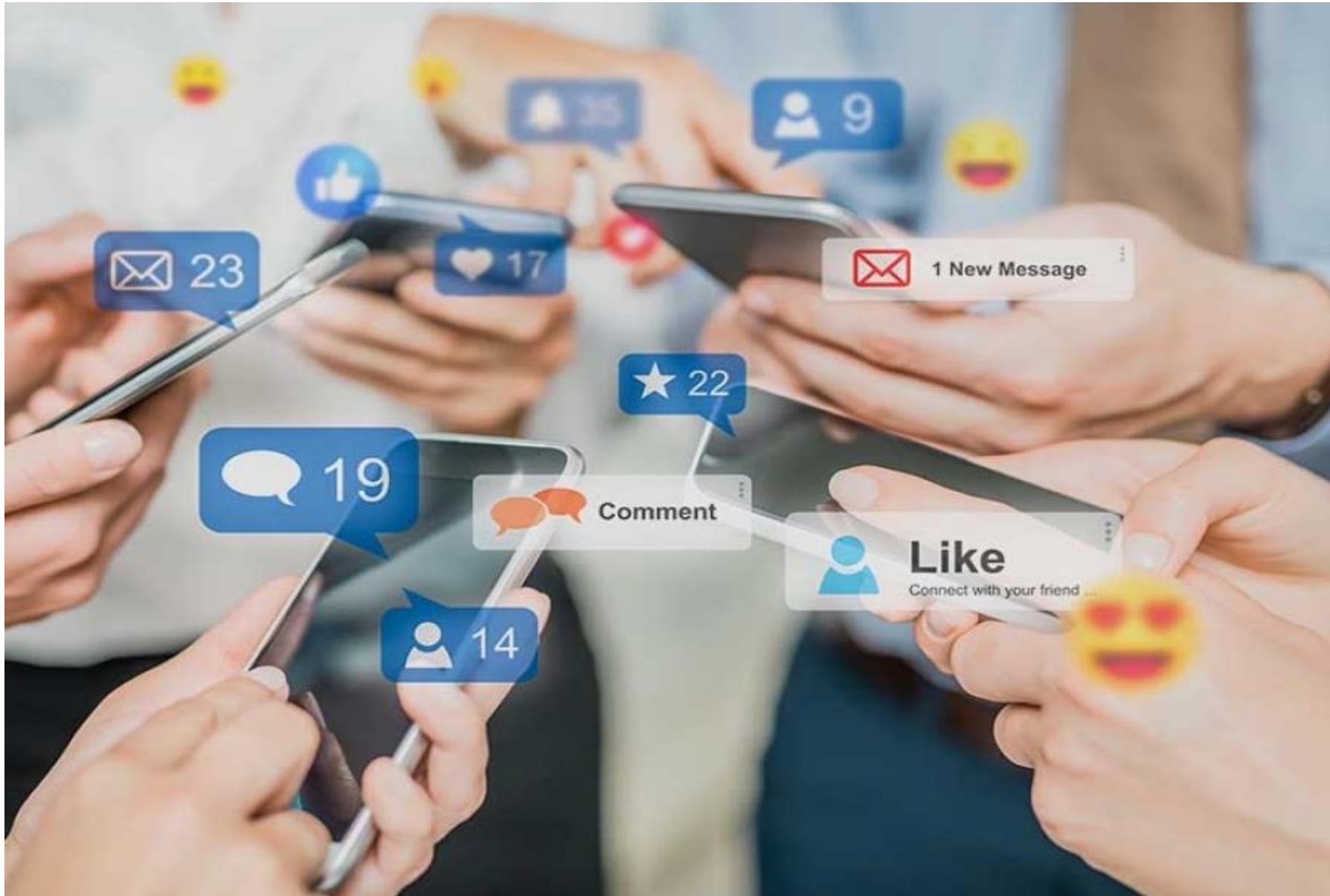
1970

STRESS – AFTER SHOCK



2020

SOCIAL MEDIA OVERLOAD



<https://www.stepsoftware.com/blog/5-social-media-tips-to-prevent-pandemic-info-overload>



“Stress occurs when the *perceived* pressure or task exceeds your *perceived* ability to cope.”

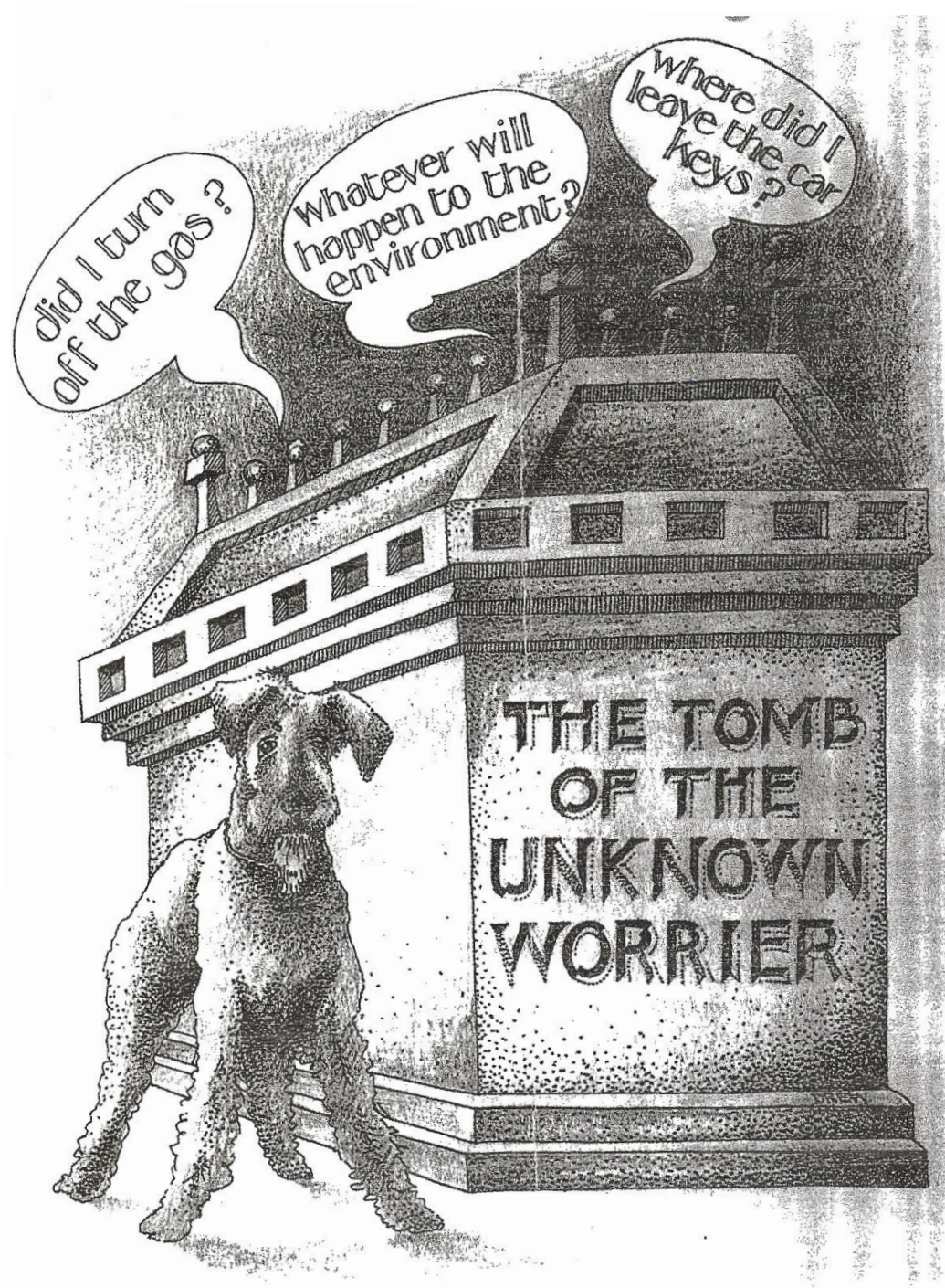
Prof Stephen Palmer, *Creating a Balance*

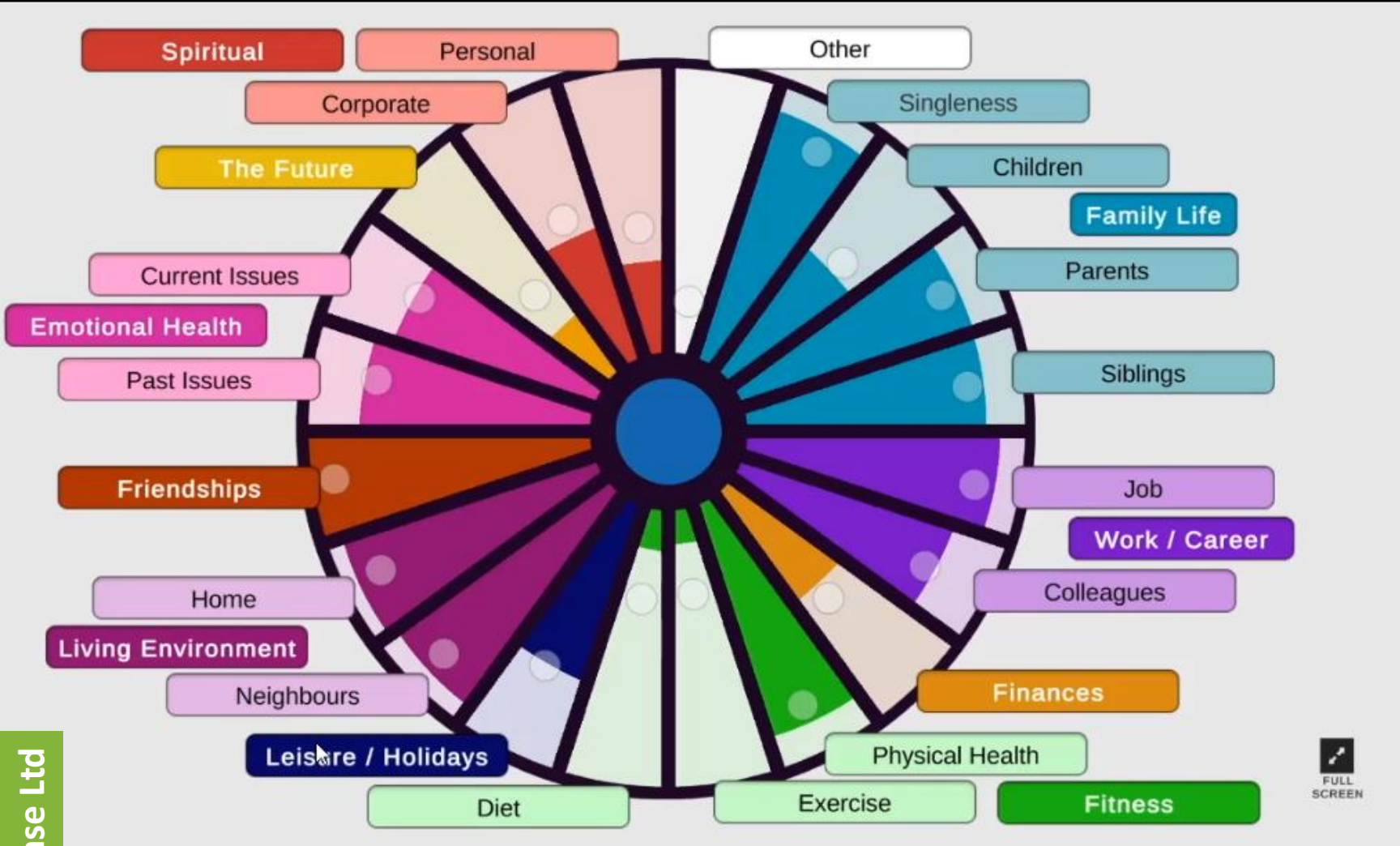


STRESS

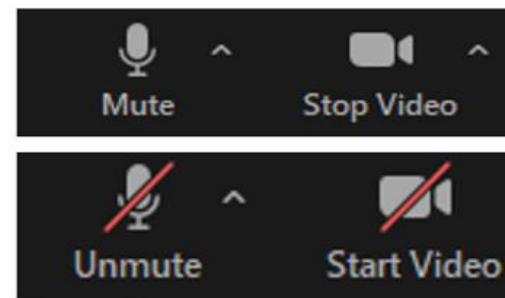
**People are affected not so much by
situations themselves, but by the
views that they take of them
(Epictetus)**



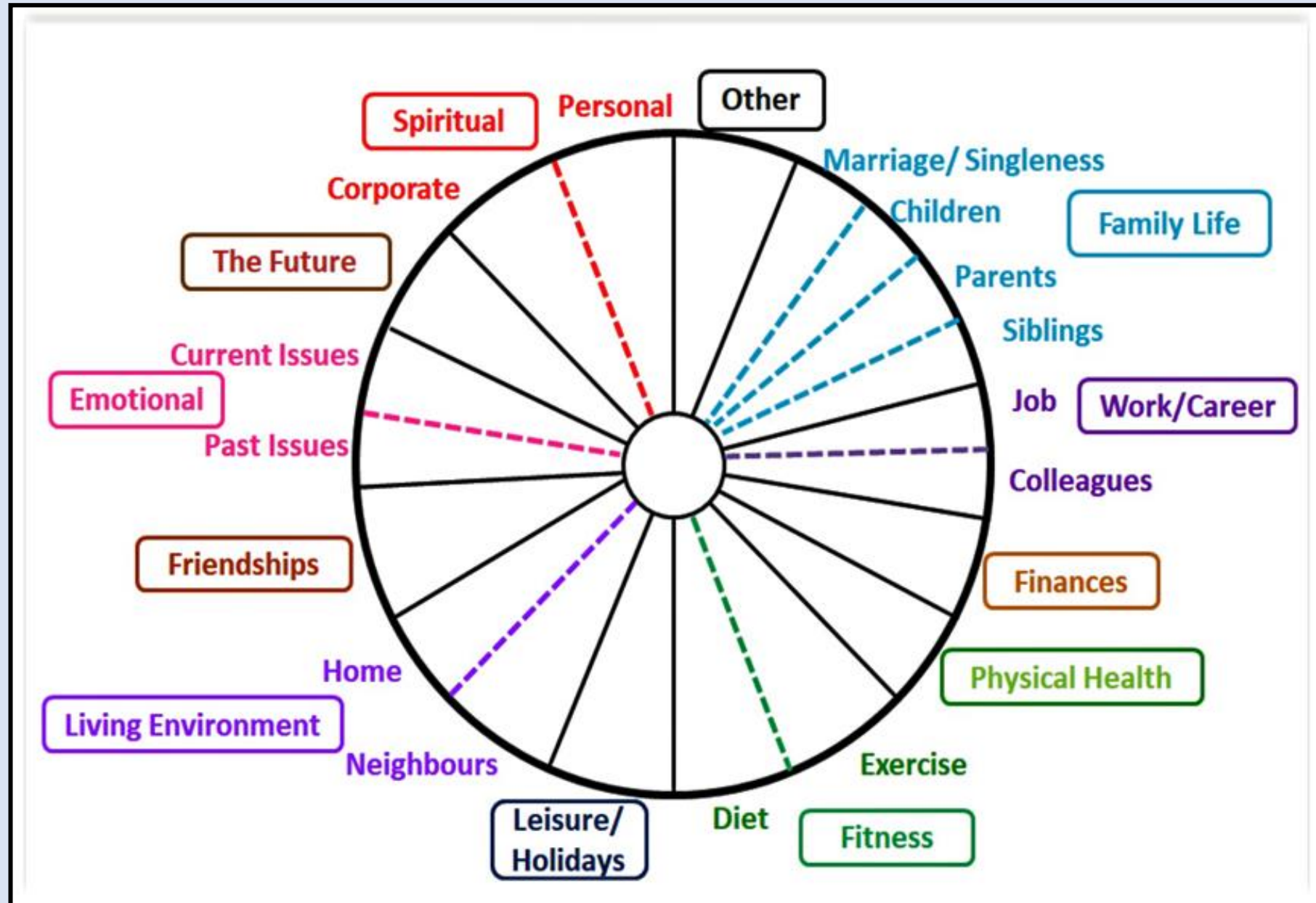




**Please Stop your Video
for better sound and
sync – thank you!**



Practical Exercise: Create Your own Wheel of Life



Share in Buddy Groups

Share your feelings around Stress, and what came up for you on the Wheel of Life?

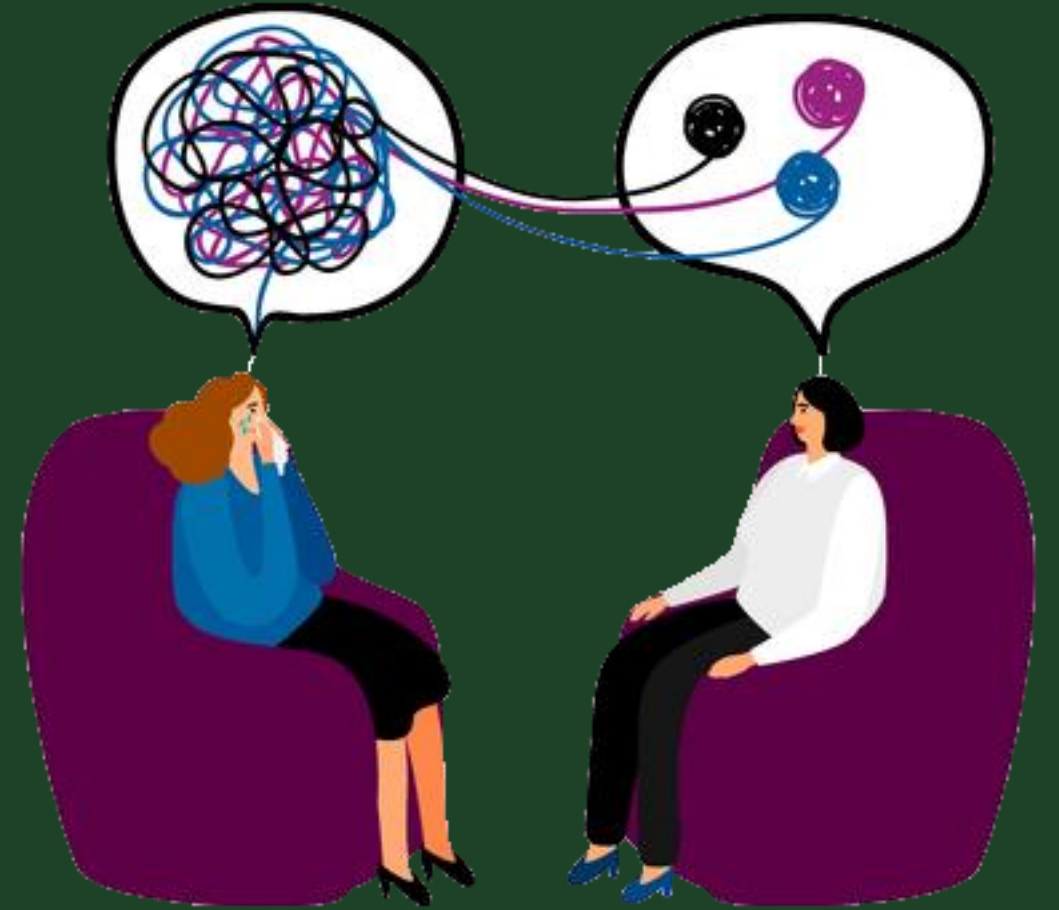
15 minutes





Take a 5 minute break

Session 2: Maximising my Practice





Me and My Practice

- My training, my accrediting body, supervision, my model, myself
- My clients, getting/keeping, stresses... self-care, support, referrals
- My best and worst experiences in practice
- Managing myself and my future growth and development



The Questionnaire

My training, my accrediting body, supervision, my model, myself	
Am I happy with how I've been trained as a therapist?	
Have I had personal therapy oneself and have my experiences of being counselled been helpful?	
Am I happy with my accrediting body?	
What is my core model of counselling?	
Do I have a purist, integrative, eclectic or pick-and-mix approach?	
What other models have I added, if any?	
How much does my model reflect who I am and my personality type?	
Do I feel I have genuine expertise as a counsellor, or do I sometimes suffer from Imposter Syndrome?	
Do I feel well supervised?	
In my experience, how has the supervision I have received varied, from Supervisor to Supervisor?	
Do I feel confident that I receive enough genuine CPD that helps me grow as a counsellor?	
Do I refresh my core model, to reinvigorate my practice – do I still believe it is right for me?	

© 2023 Dr Chris Andrew, Managing Myself, Maximising my Practice



Share in Buddy Groups

Share your responses to the Questionnaire

15 minutes

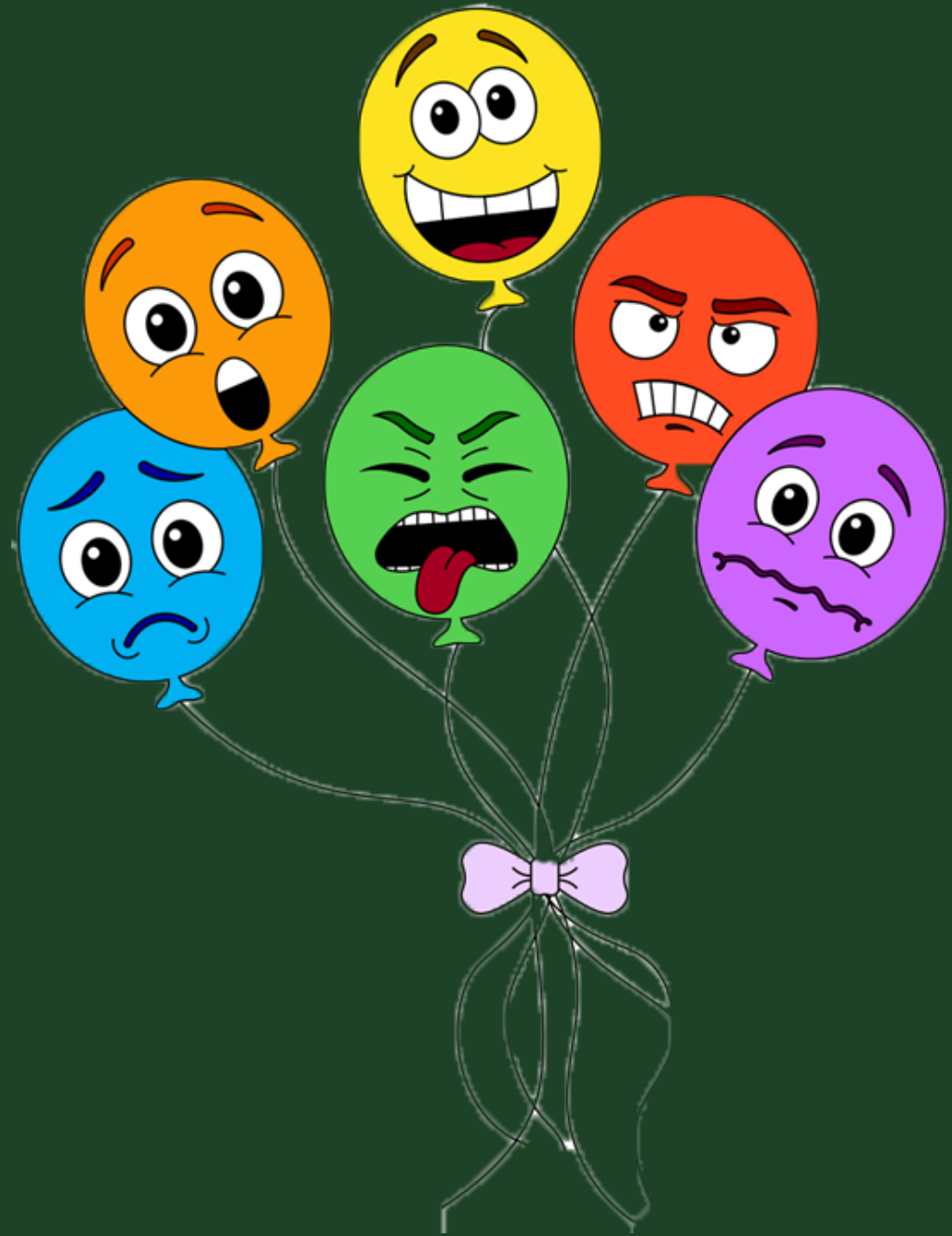




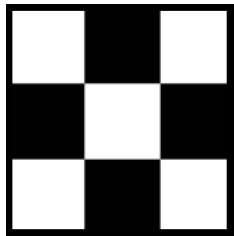
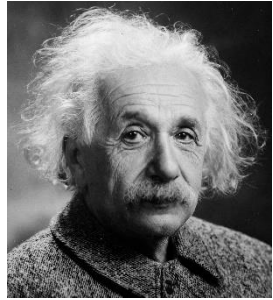
Take a 5 minute break



Session 3: Managing my Emotions



Two Halves of the Brain



> “NO!”

The Left Hemisphere

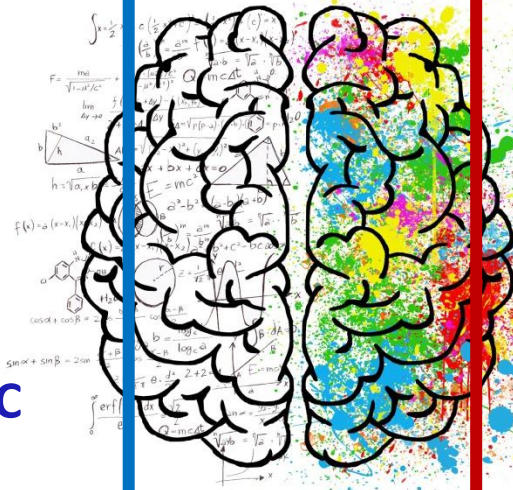
LOGICAL

LEGAL

LINEAR

LINGUISTIC

LITERAL



The Right Hemisphere

RELATIONAL

ARTISTIC

RHYTHM

RHYME

RESPONSIVE

REACH FOR THE
STARS

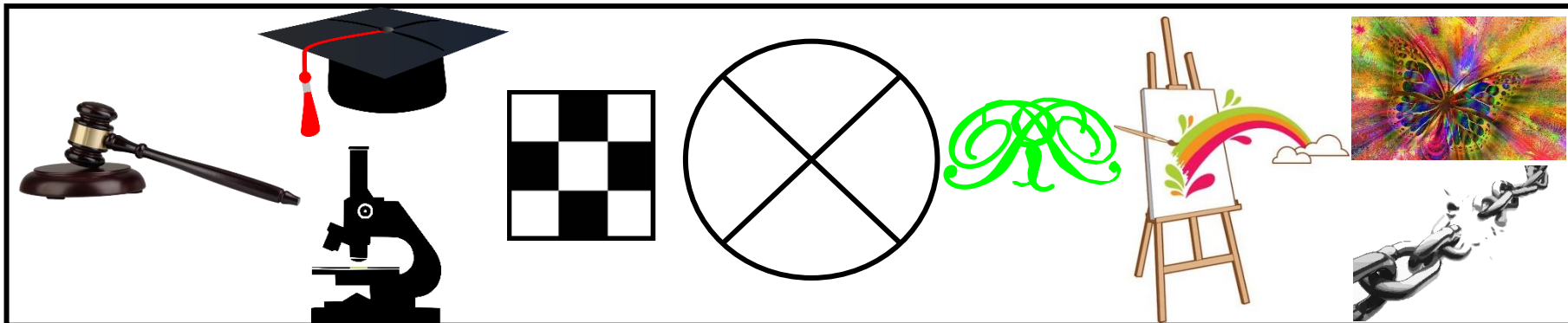
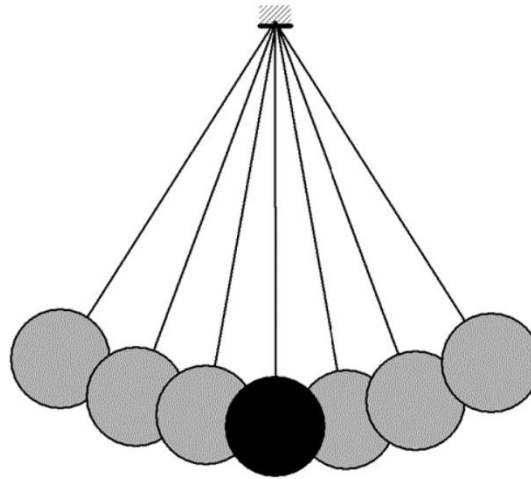
RISK-TAKING



“Why
Not?” <

The Left-Right Axis

Legalism	Law	Liberty	Licence
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The Top-Down Brain

Cortex



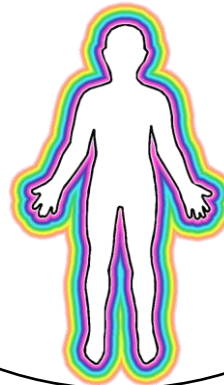
Thinking

Limbic System



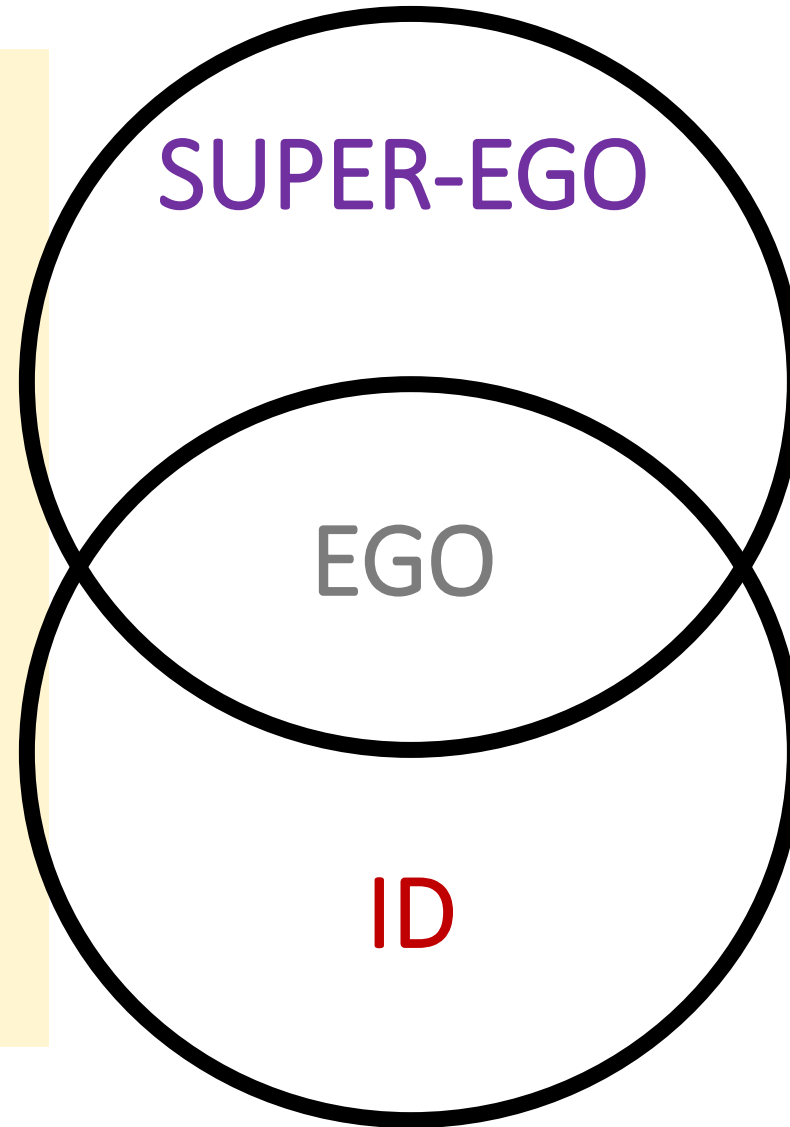
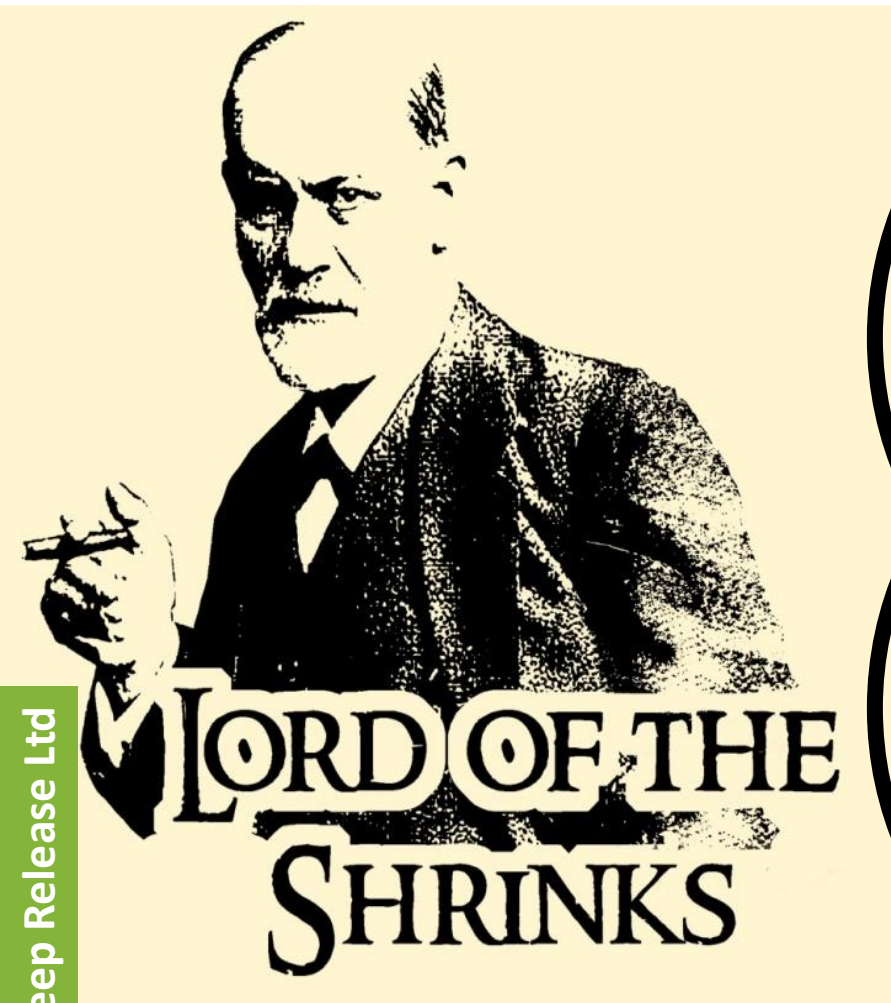
Feeling

Hindbrain



Being/Doing

Freud's Theories



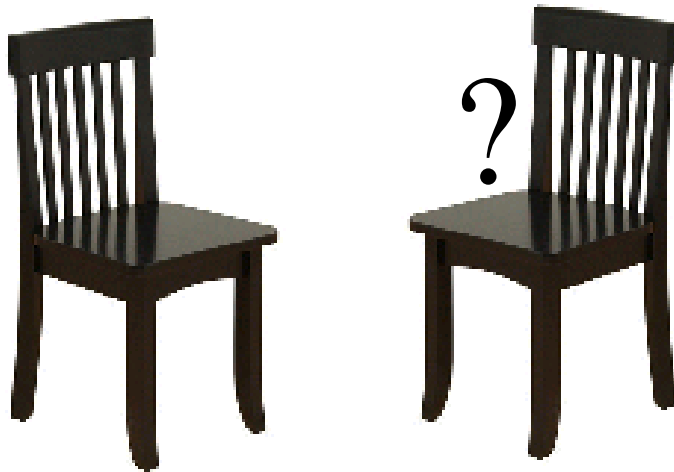
A stylized graphic of a bright orange and yellow sunburst or explosion. The center is a glowing white circle with the word "AMYGDALA" in black capital letters. From this center, numerous thin, curved lines radiate outwards, resembling a starburst or a large firework. The lines are primarily orange and yellow, with some transitioning to a lighter, almost white color as they extend further. The background is a solid black, which makes the bright colors of the burst stand out prominently.

AMYGDALA

Feeling *stretched*?

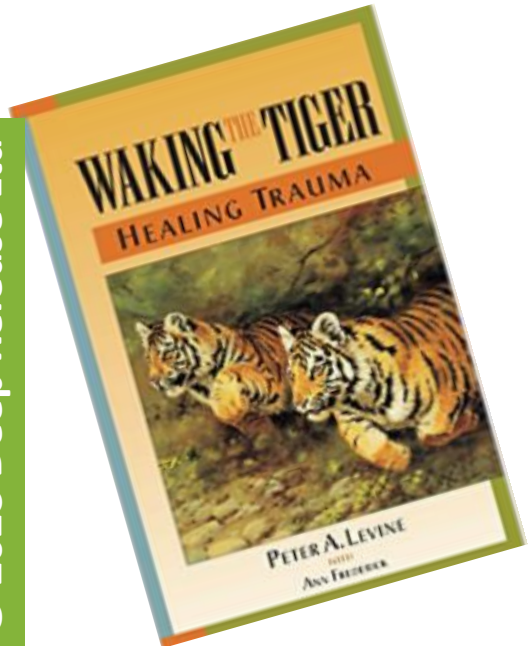


Emotional Release

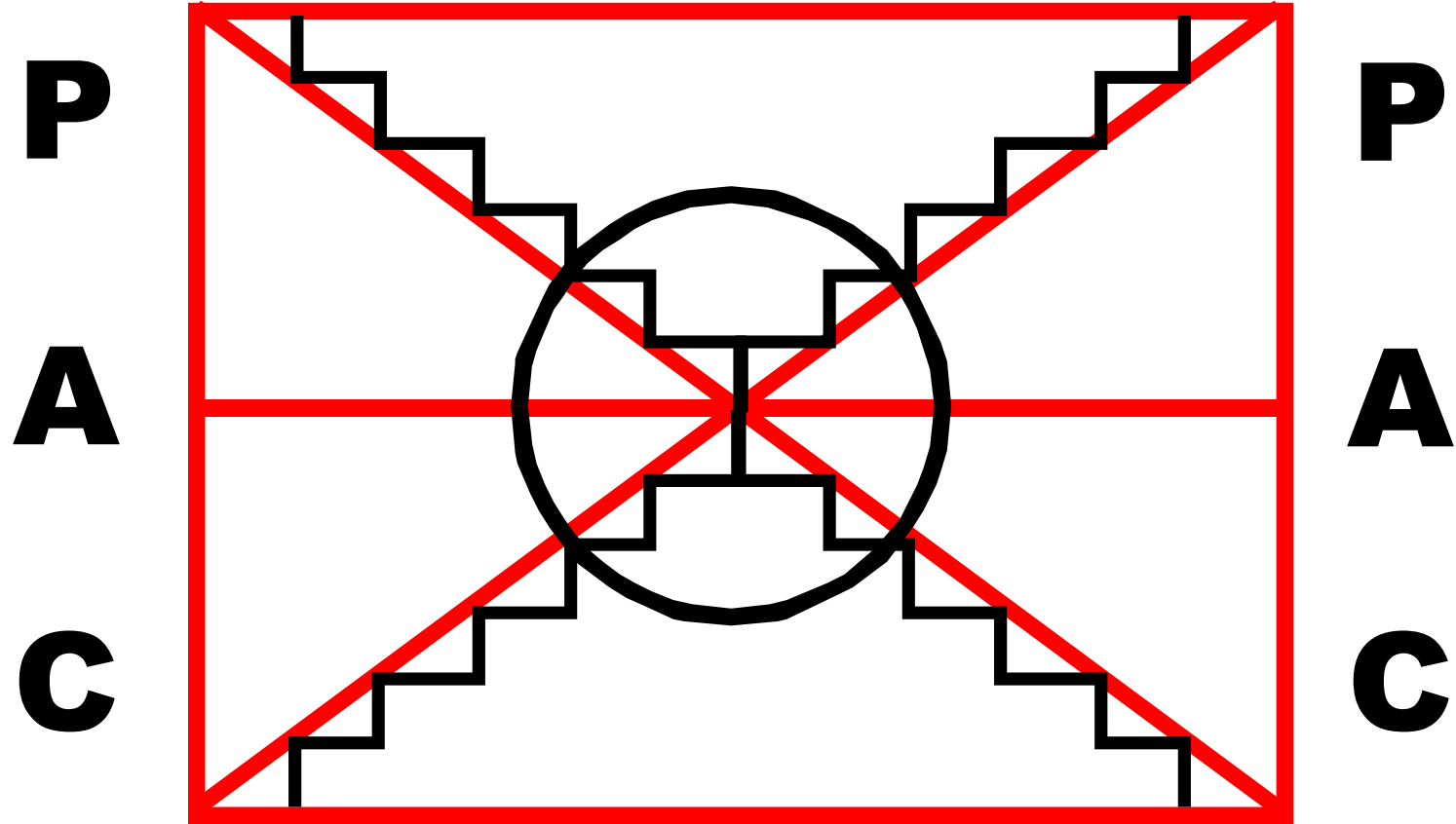




Shake
down!

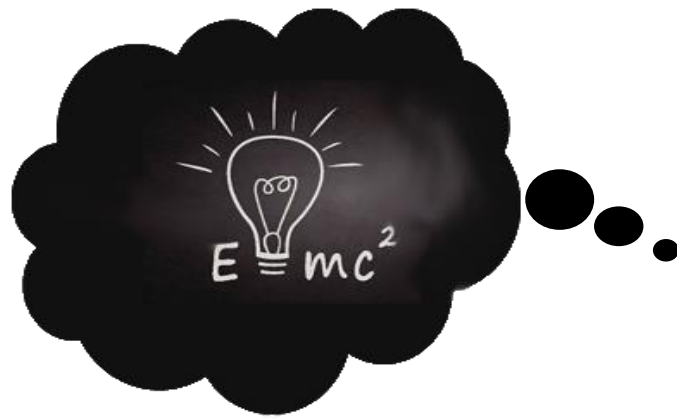


The Climbing Frame

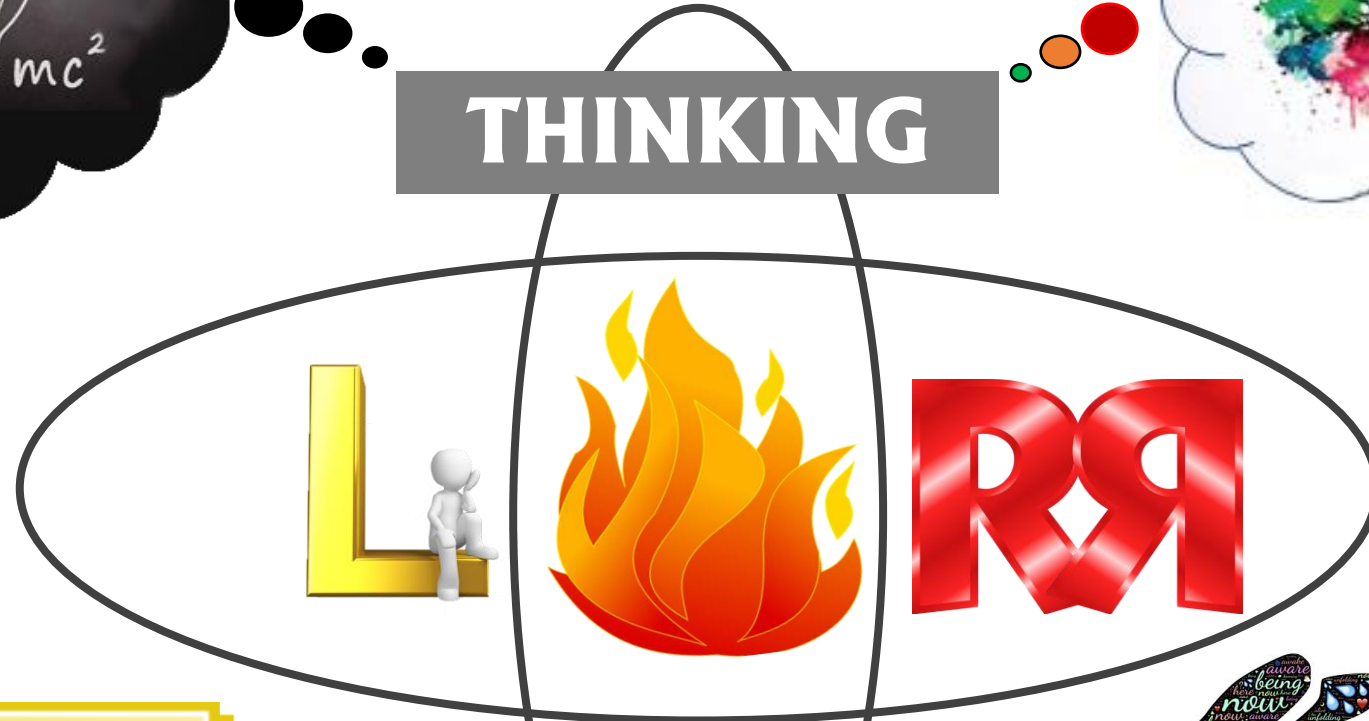


Relationship – Issue - Relationship

RIR



THINKING



DOING

Schedule

Monday - Friday
8:30 - 18:00

Saturday
8:30 - 13:30

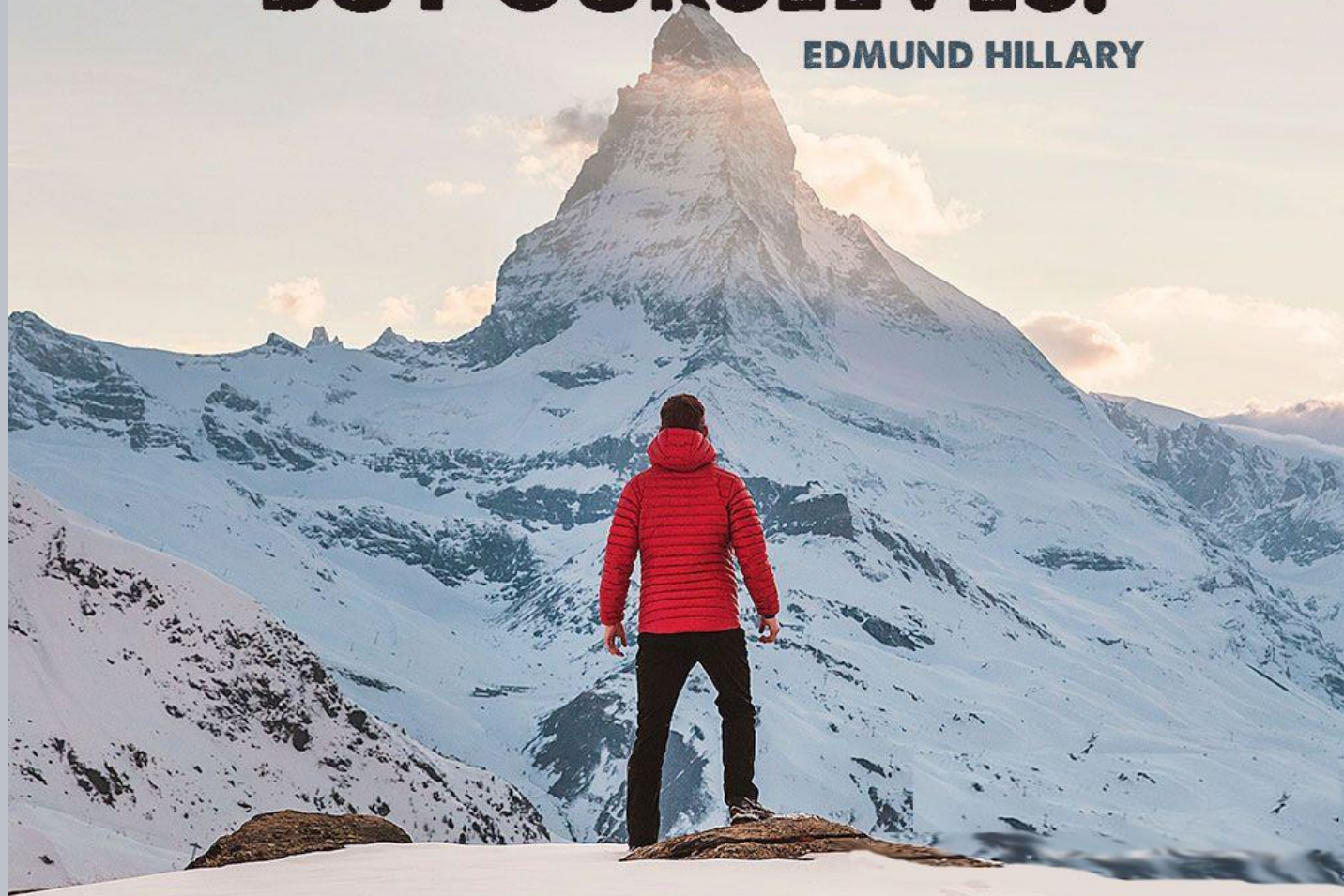


Session 4a: Managing Time Managing Change



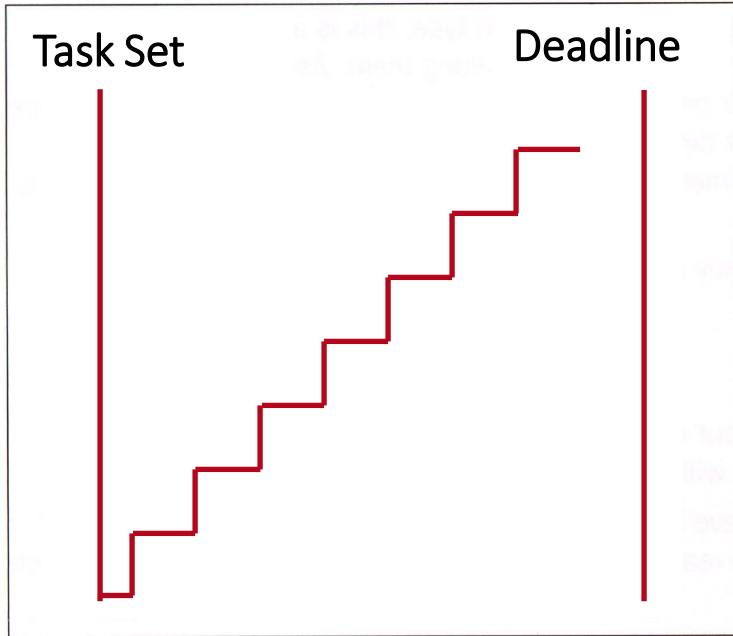
**IT IS NOT
THE MOUNTAIN
WE CONQUER
BUT OURSELVES.**

EDMUND HILLARY

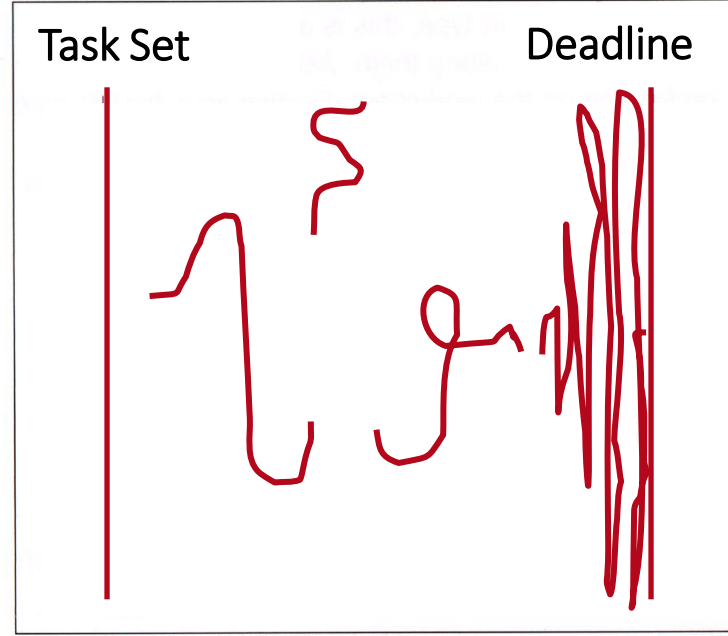


Meeting Deadlines

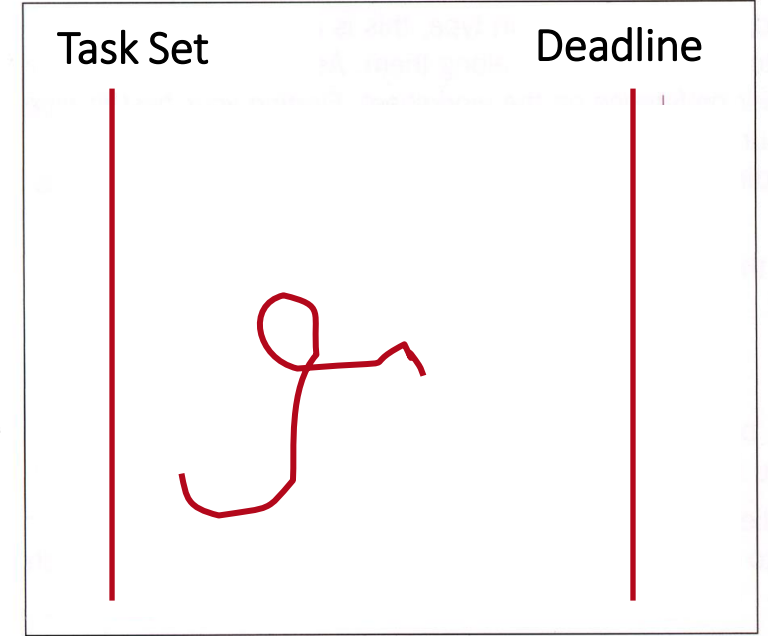
MBTI – Judging vs Perceiving




J's



P's





WHO WANTS CHANGE?



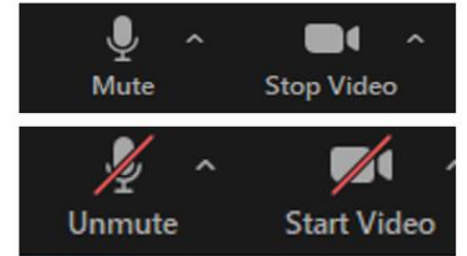
WHO WANTS TO CHANGE?

Let's talk about

Self-Management



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



<https://www.youtube.com/watch?v=XjdvqFZkdMM>



Take a 5 minute break

Session 4b: Managing Time Managing Change





Journaling

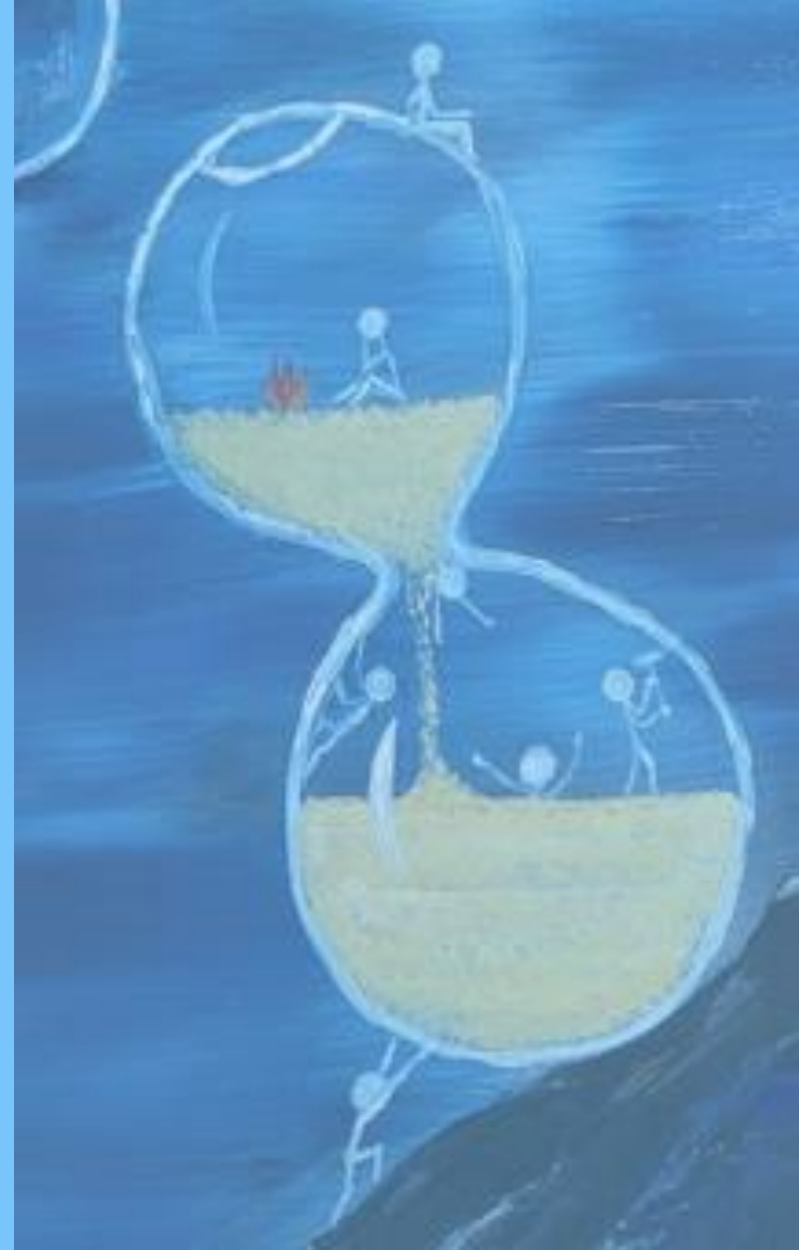




**Where are you
in the picture?**

**How are you
feeling?**

**What are you
saying?**

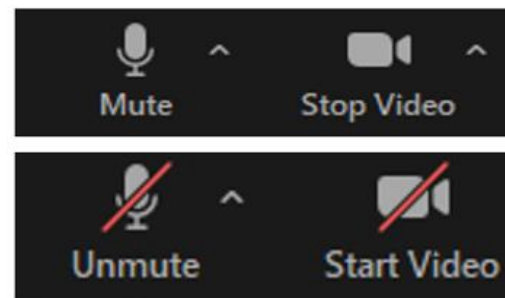


Original Painting by © Masha Bennett, used with permission

www.sandsoundcentre.co.uk



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



OLD HABITS DIE HARD!



INCENTIVES



WHAT KIND OF ENCOURAGEMENT DO YOU NEED?

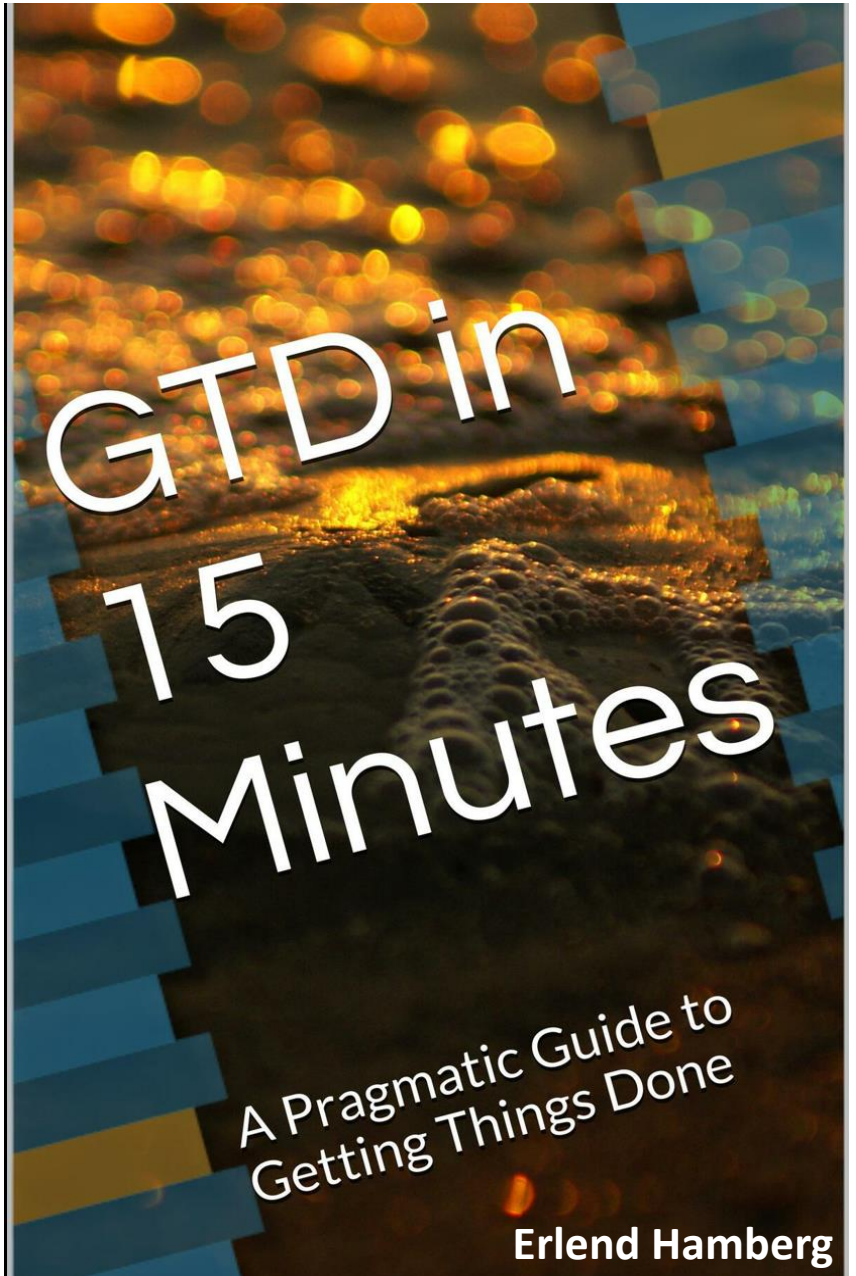


**I SHOULD
PROBABLY
KICK SOME ASS
TODAY.**

Getting Things Done the art of stress-free productivity

from the New York Times bestselling author

David Allen



Share in Buddy Groups

Discuss how you manage your time, and your responses to the interview with Masha.

15 minutes





Session 5: Maximising the Future



Mo Tu We Th Fr Sa Su
1 2 3 4 5 6 7
8 9 10 11 12 13 14
TIME TO PLAN!

15 16 17 18 19 20 21
22 23 24 25 26 27 28



IMPORTANT

**DEADLINES
CRISES
PRESSING ISSUES**

**A FUTURE AND
A HOPE
PROPER PLANNING
LEAVING A LEGACY**

NOT IMPORTANT

**TIME WASTERS
DISTRACTIONS
PRESSURE FROM
OTHERS**

**RED HERRINGS
POOR PLANNING
WILD IDEAS**

IMMEDIATE

LONG TERM

Decision Mat Work



Take Action



B ang

A

N asty

J ob

O ff



Small
Steps...



Find Escape Velocity



Break out of the loop!

Course Correction

**The only real mistake
is not to learn from
your mistakes**

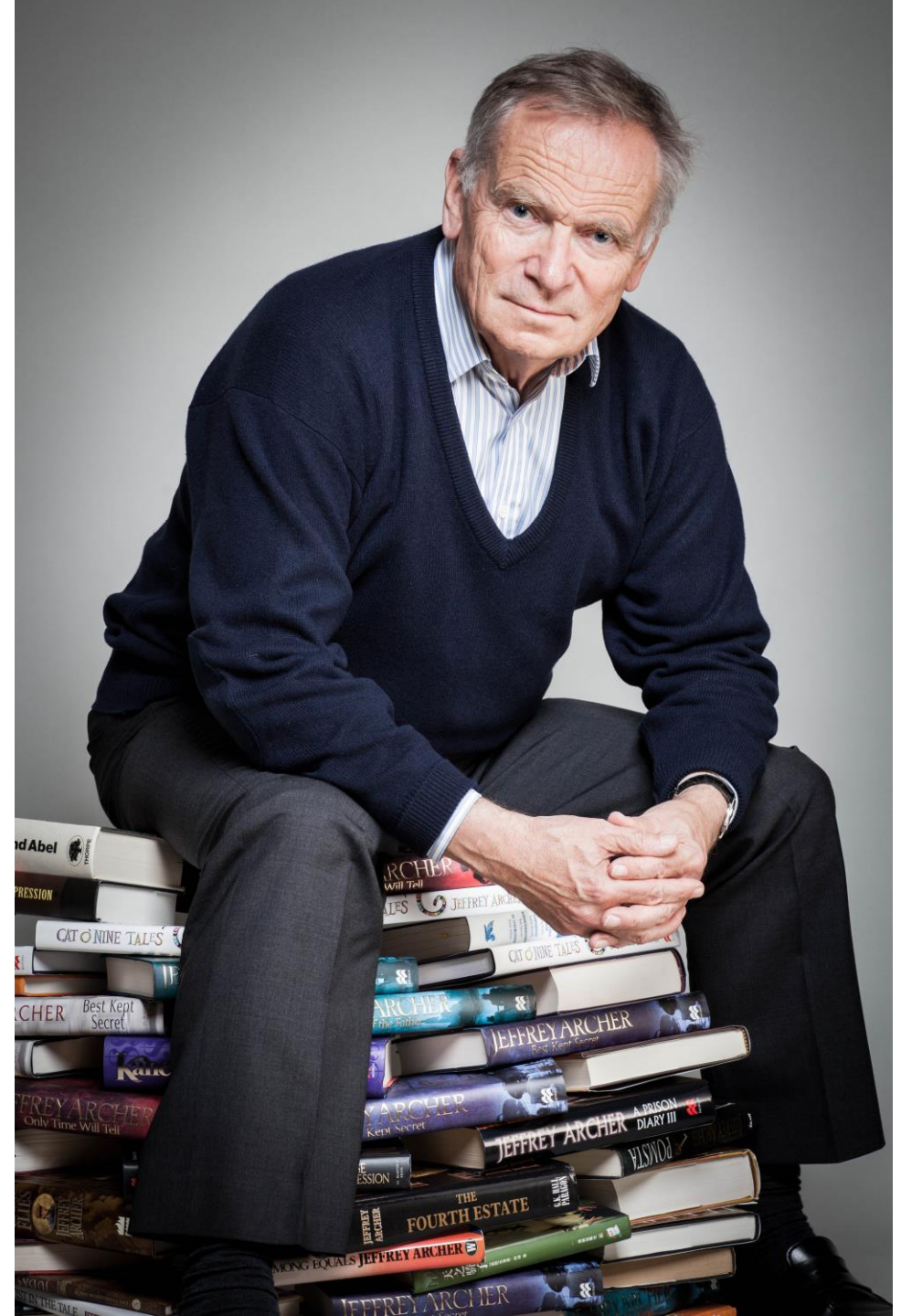


**PERSIST
UNTIL
SOMETHING
HAPPENS**



Geoffrey Archer

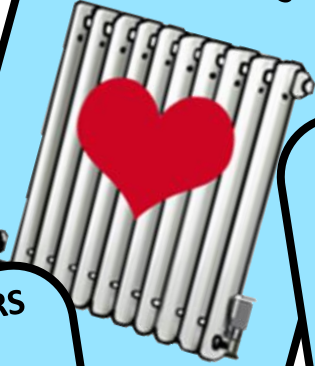
17 Revisions!



Find Encouragers



RADIATORS



SPIRITUAL
ENCOURAGERS



Faith shared and
understood

CHEERLEADERS



I believe in you and
genuinely celebrate
your successes

THERAPIST



I help you find the keys
to your recovery and
healing

WISDOM



I bring you perspective
and discernment

COACH



I motivate and inspire
you to see the changes
you want

ANCHORS



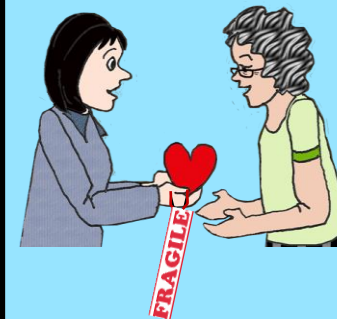
you steady when
the storms come

LAUGHTER



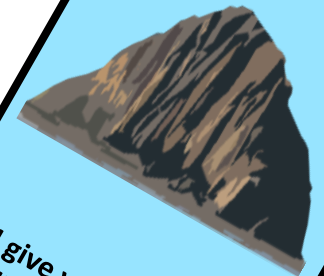
...e your sense of
...r and we have
...ughts together

CONFIDANTES



I keep confidences,
don't judge and don't
try to fix you...

ROCKS



I give you stability,
solidness and safety

GOOD LISTENERS



...u up when
...ext to me

LOYAL



I have your back

A serene sunset scene over a beach. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the wet sand. Several birds are silhouetted against the bright sky, flying in a loose formation. The ocean waves are visible in the distance, and the overall atmosphere is peaceful and contemplative.

Live for Today
Plan for Tomorrow



Buddy Groups

*Say Goodbye –
exchange details
if required*

5 minutes





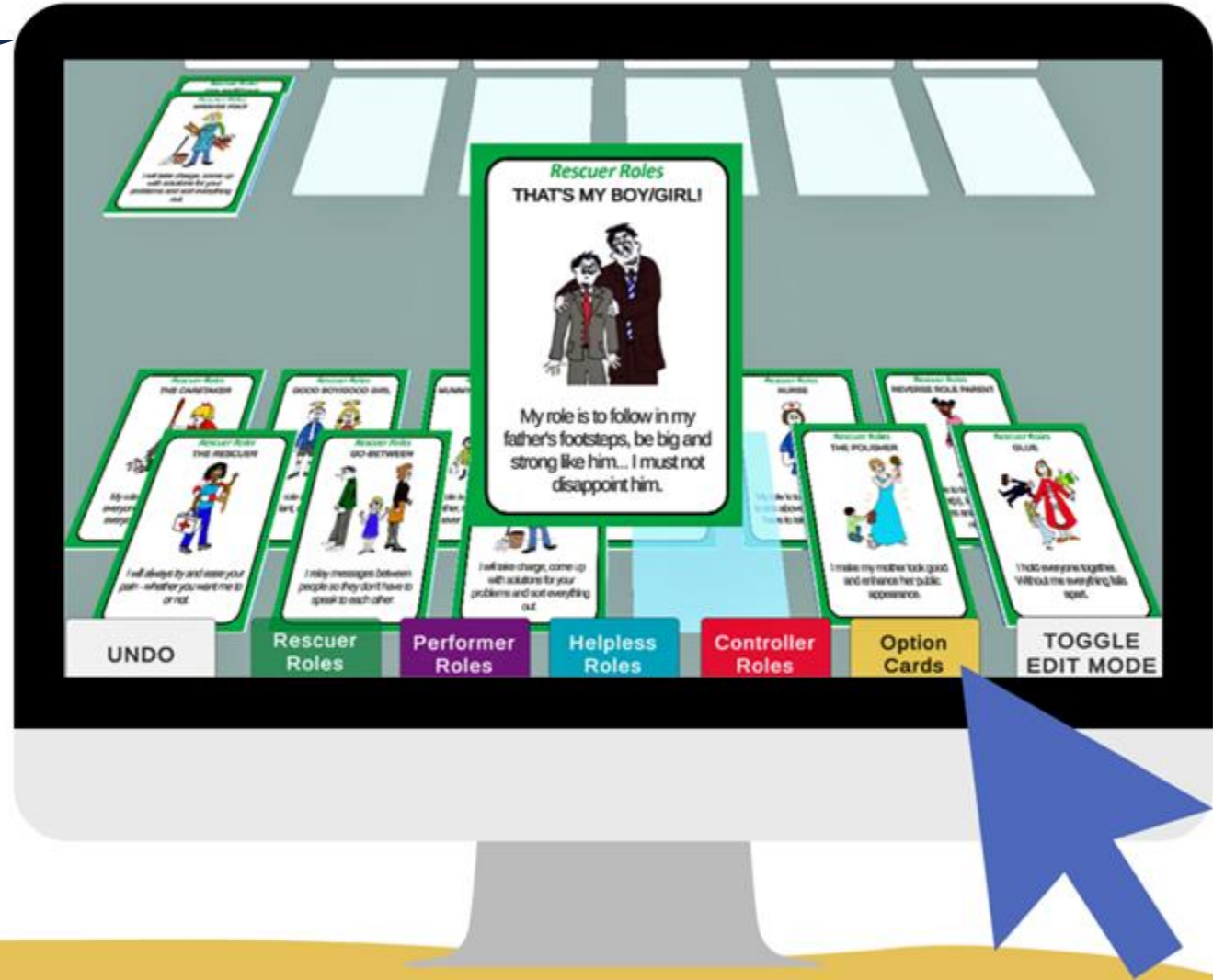
Resources

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

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

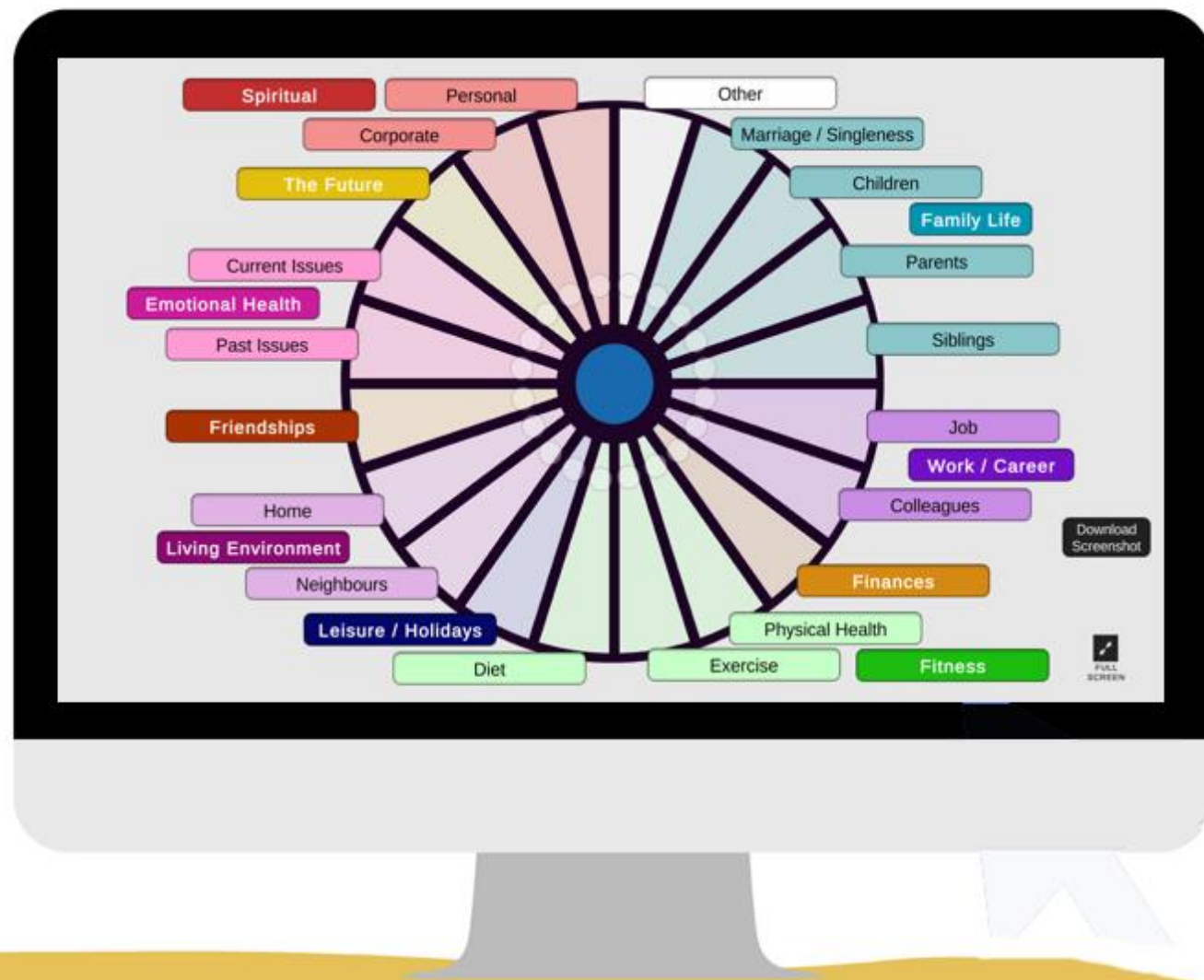
Now
Available!

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

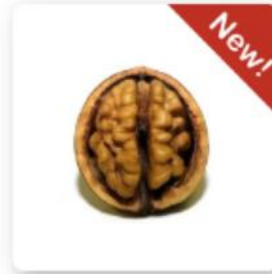
pact-resources.co.uk

3 for 2 on all videos

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Neuroscience in a Nutshell
£30.00



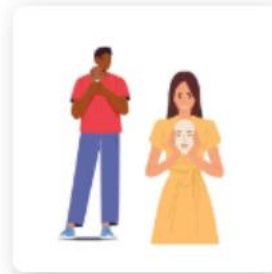
Using Erikson's Life Stages
in Counselling
£30.00



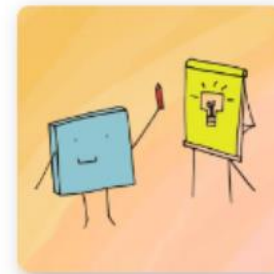
6 Ways of Working with
the Inner Child - Training
Video
£30.00



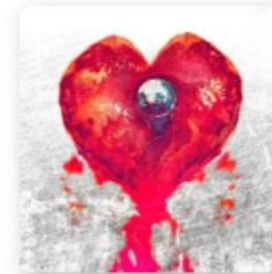
Building Boundaries
Breaking Barriers -
Training Video
£30.00



Imposter Syndrome -
Training Video
£30.00



Psycho-integration for
Counsellors - Training
Video
£30.00



Trust and Betrayal -
Training Video
£30.00



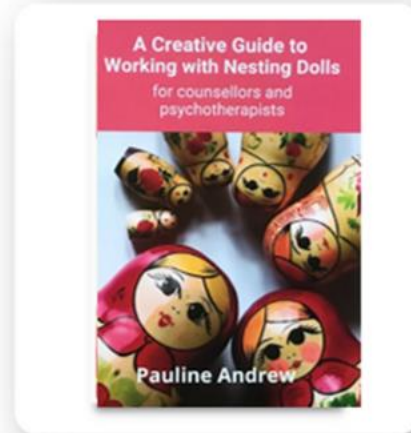
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

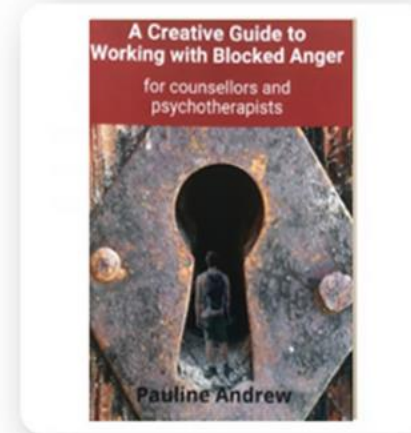
Books



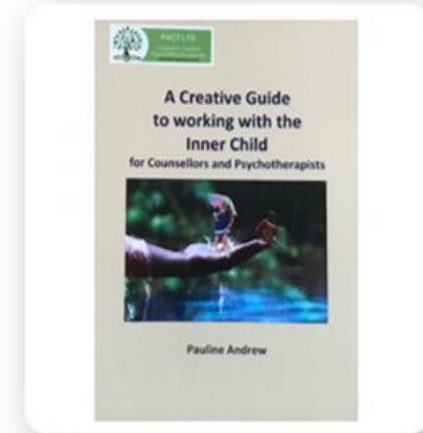
Special offer – save
£2.50 when you buy
all 3 books
£32.00



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

What's up next?

31
OCT



Online Event

Using different kinds of cards with
Artwork –
Tues Oct 31

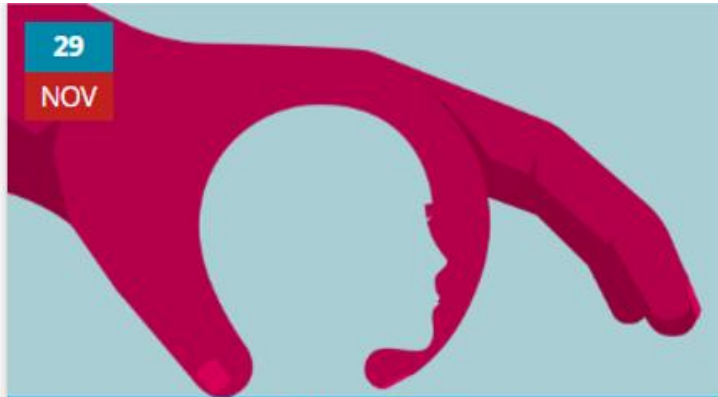
15
NOV



Online Event

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

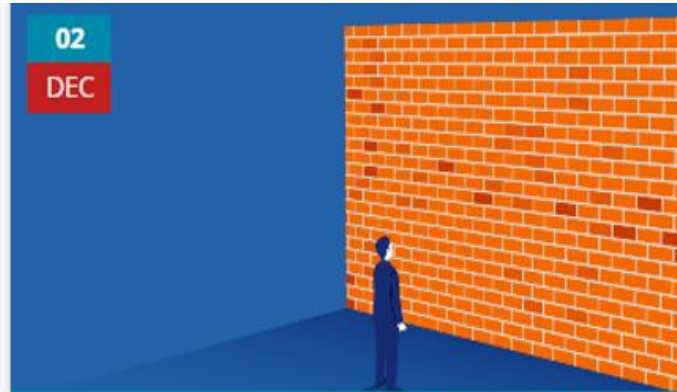
29
NOV



Online Event

The Subtle Power of Toxic Relationships –
Wed Nov 29

02
DEC



Online Event

Working Creatively with Blocked Anger –
Sat Dec 2

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**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!



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