



Deep Release Online
Professional Training for Counsellors



Psychoeducation with Dr Chris



Why Psychoeducation?

4 STAGES OF LEARNING

STAGE 1

Unconsciously
Incompetent

STAGE 2

Consciously
Incompetent

STAGE 3

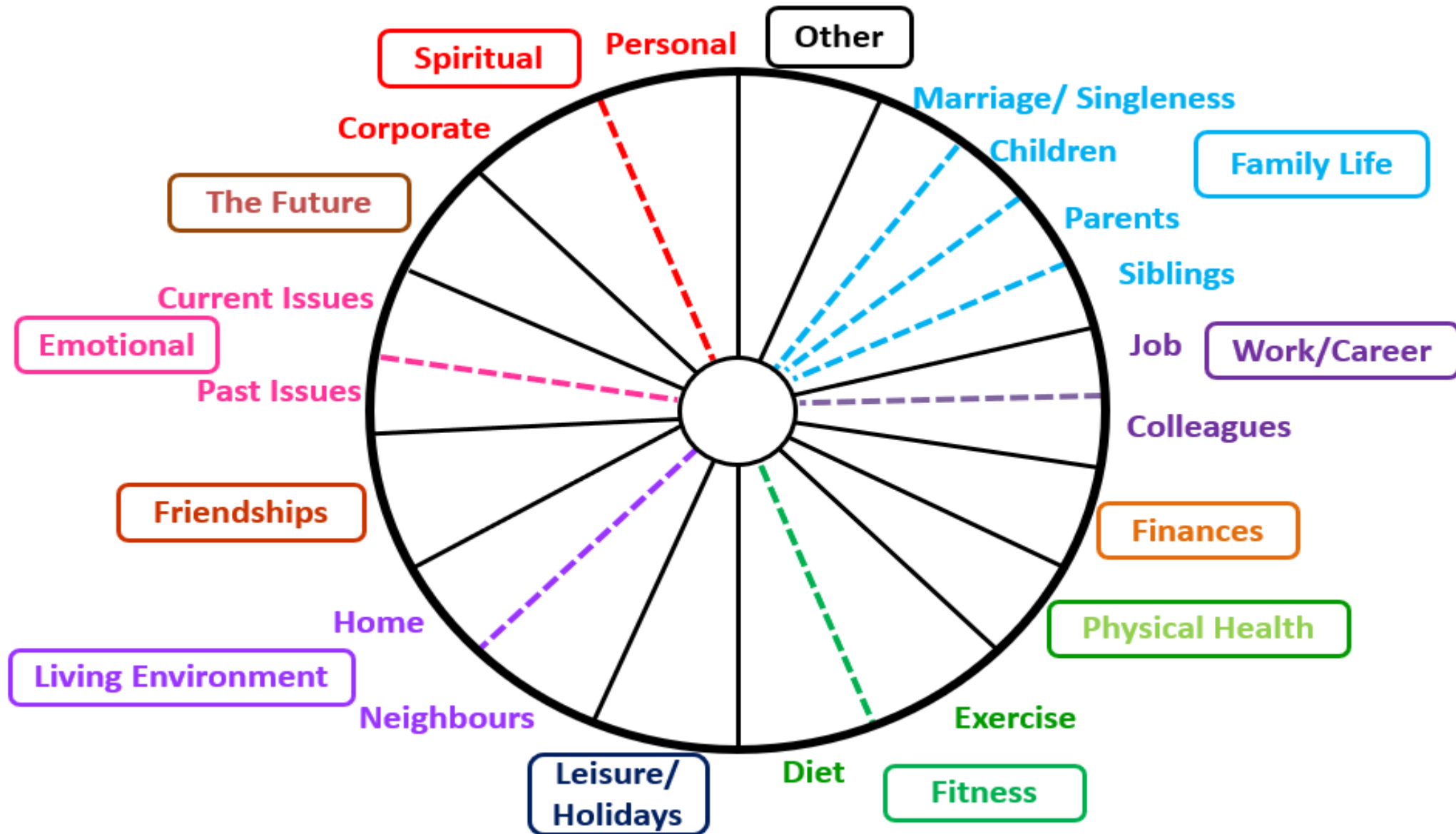
Consciously
Competent

STAGE 4

Unconsciously
Competent



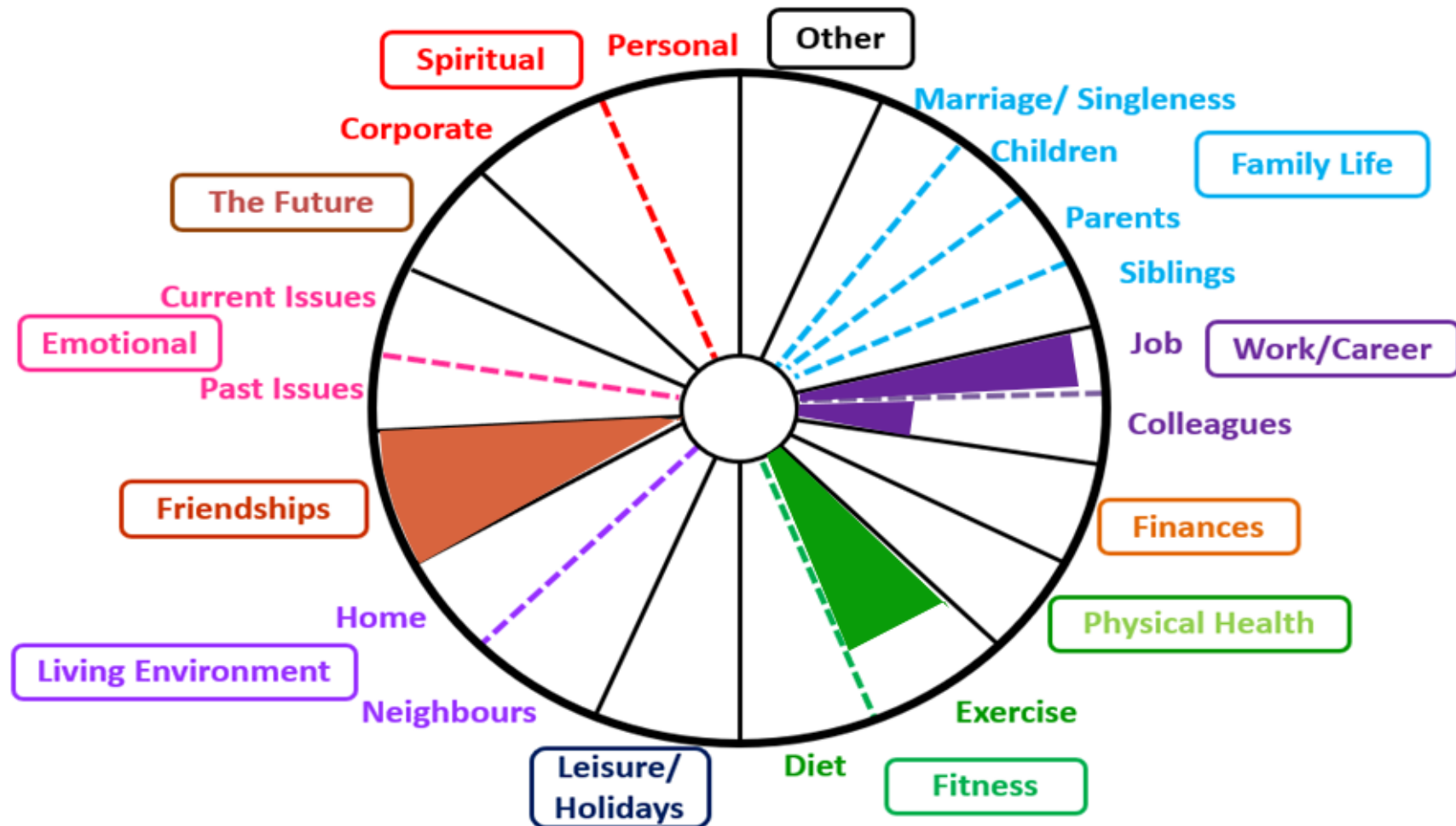
The Wheel of Life for use Face to Face with Clients



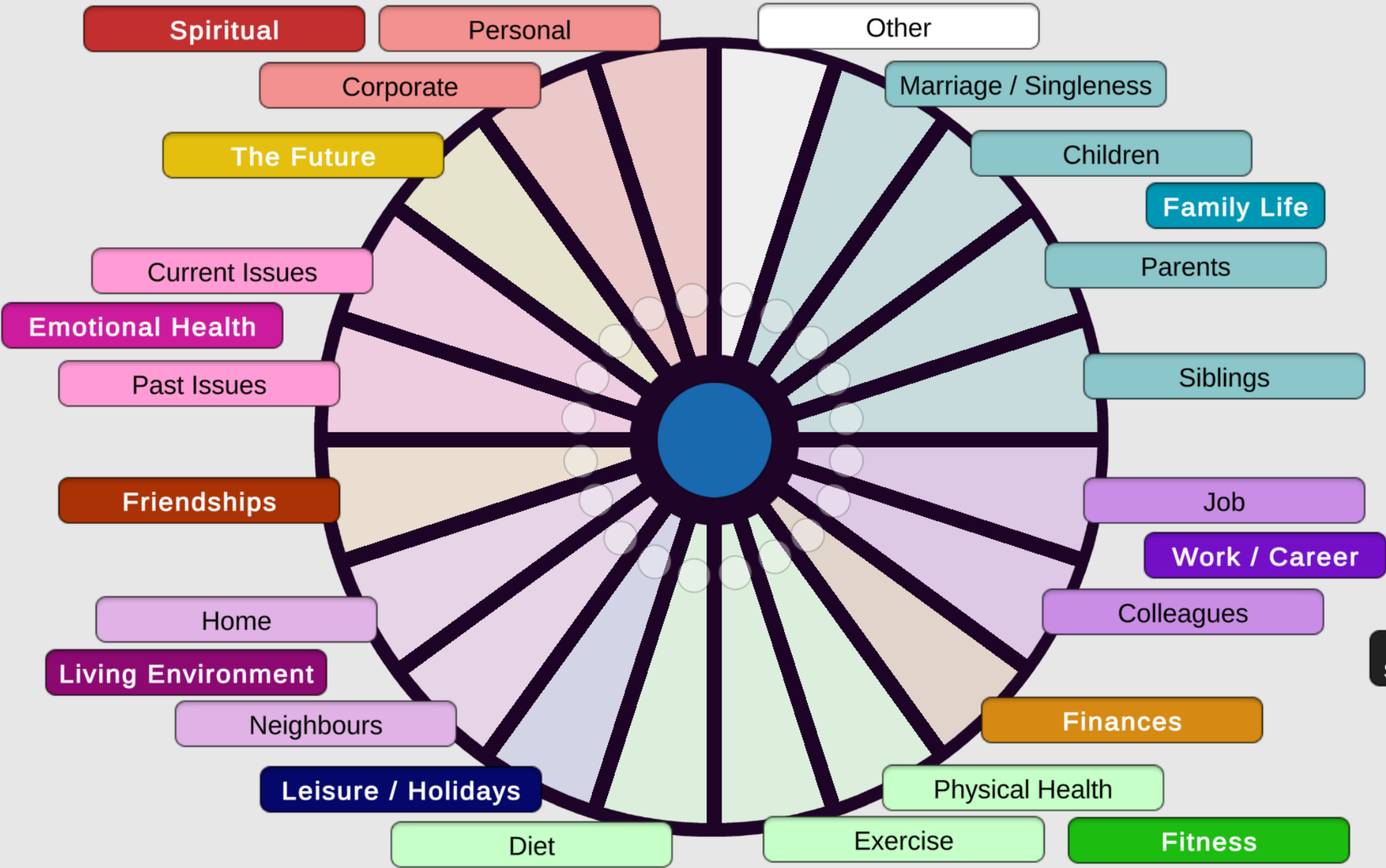
How to use the Wheel of Life

Colour the segments from the centre out – the fuller the segment is, the happier you are in that area!

5 minutes to fill in
your own Wheel
of Life, as it is
today



The Wheel of Life for use with Zoom: pact-resources-online.co.uk



Download
Screenshot



FULL
SCREEN

The Wheel of Life

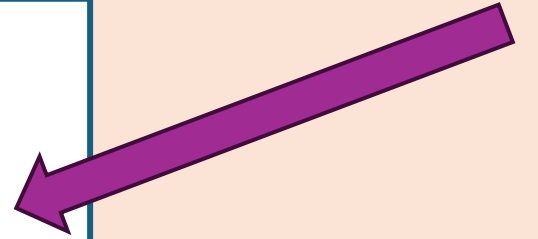
1. Please wait while the app loads.
2. Share your screen in Zoom.
3. Press Start to launch!

[Download the Quick Guide PDF here](#)

[Watch the Video Tutorial for this app here](#)

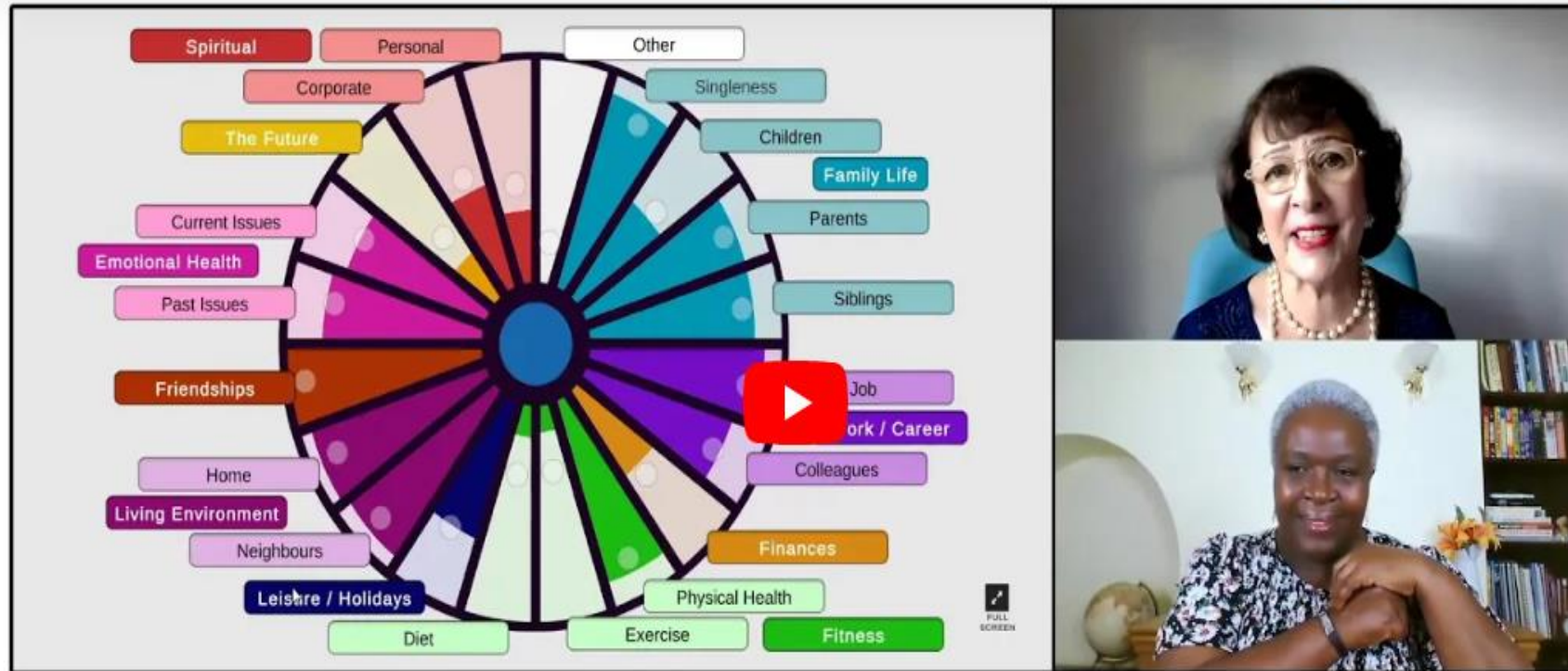


Start




Watch a demonstration of the online version of the Wheel of Life

pact-resources-online.co.uk



PACT Resources Online
Original & Creative
Counselling Resources

Watch on  YouTube

Online Therapy Tools!

Ideas to share in Buddy Groups

- Discuss together how you got on with your own Wheel of Life?
- Are there any questions or comments you would like to make?
- Send your Chat messages to Pauline Andrew

10 minutes

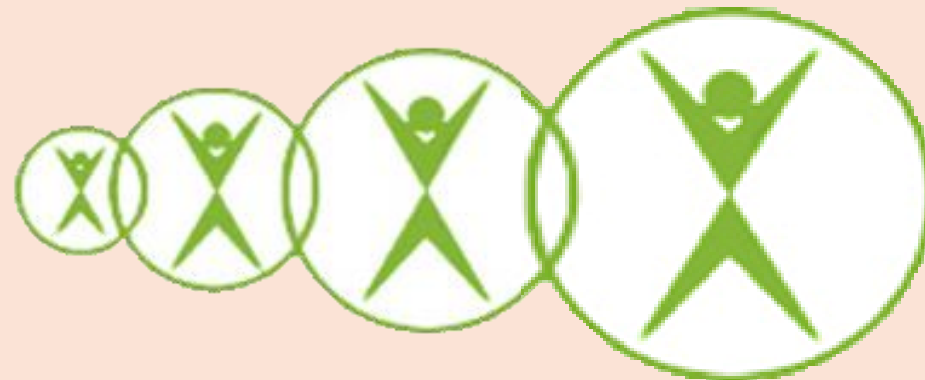




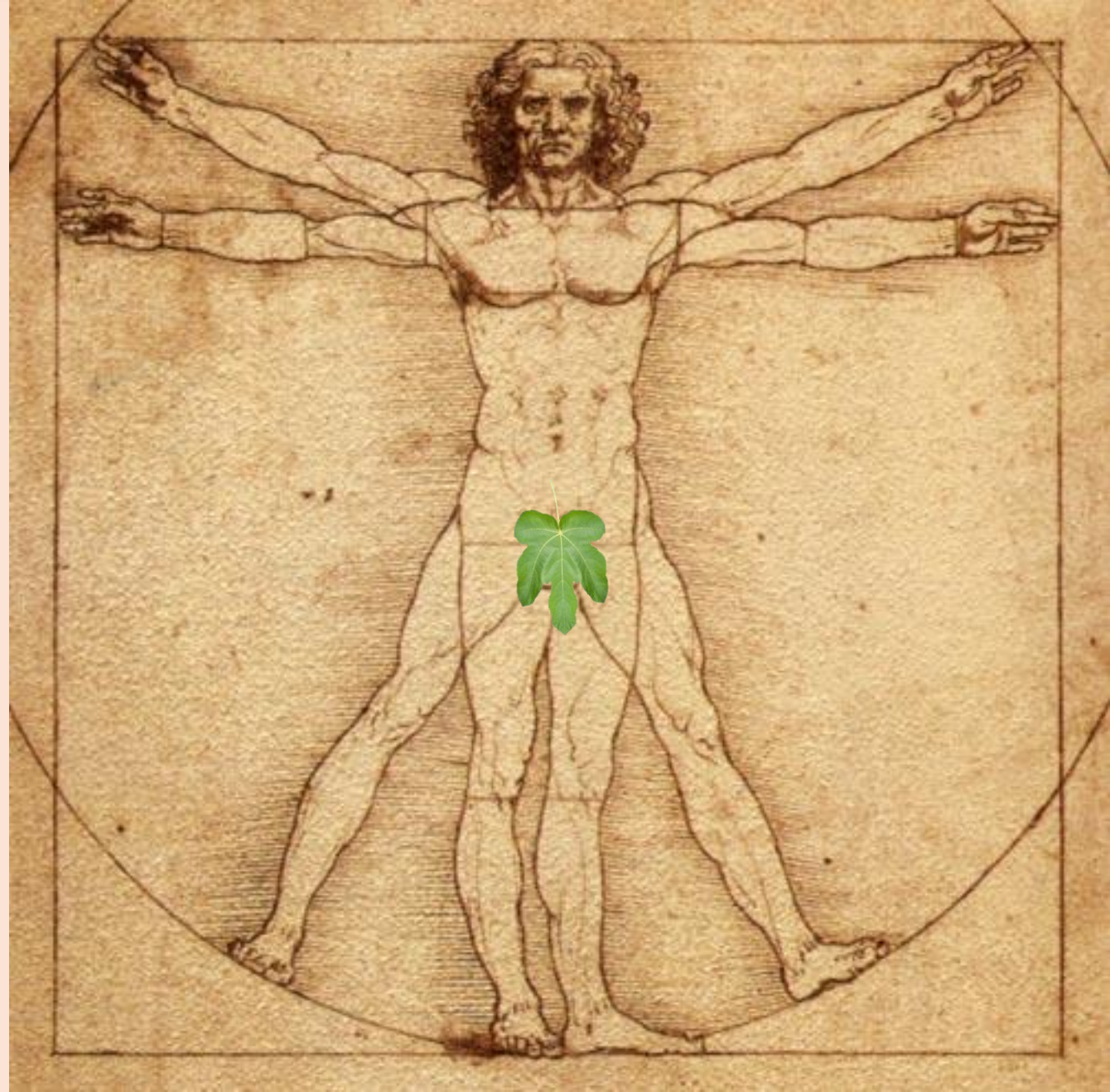
Cycles of Development



LIFE CYCLES



Vitruvian Man (Leonardo da Vinci)



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
ADOLESCENCE

25-45 years
ADULT-
HOOD

45-65 years
MIDDLE
AGE

65+ years
SENIOR
AGE



Trust

Autonomy

Initiative

Competence

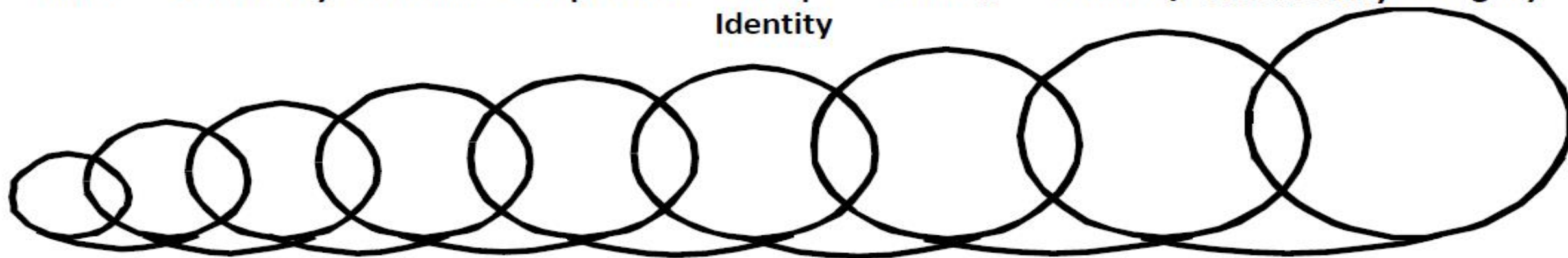
Group
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Role

Mistrust

Shame

Guilt

Inferiority

Alienation

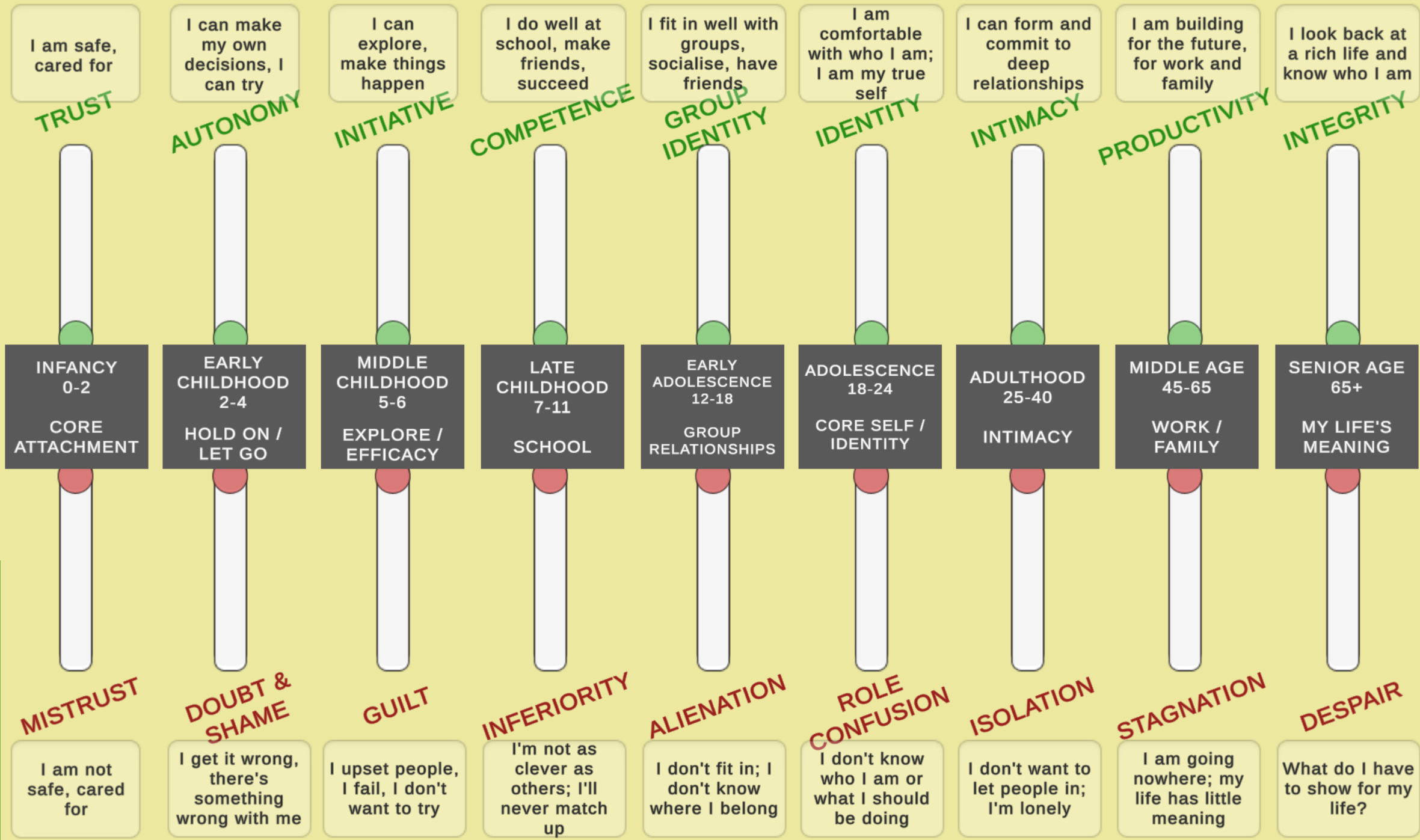
Confusion

Isolation

Stagnation

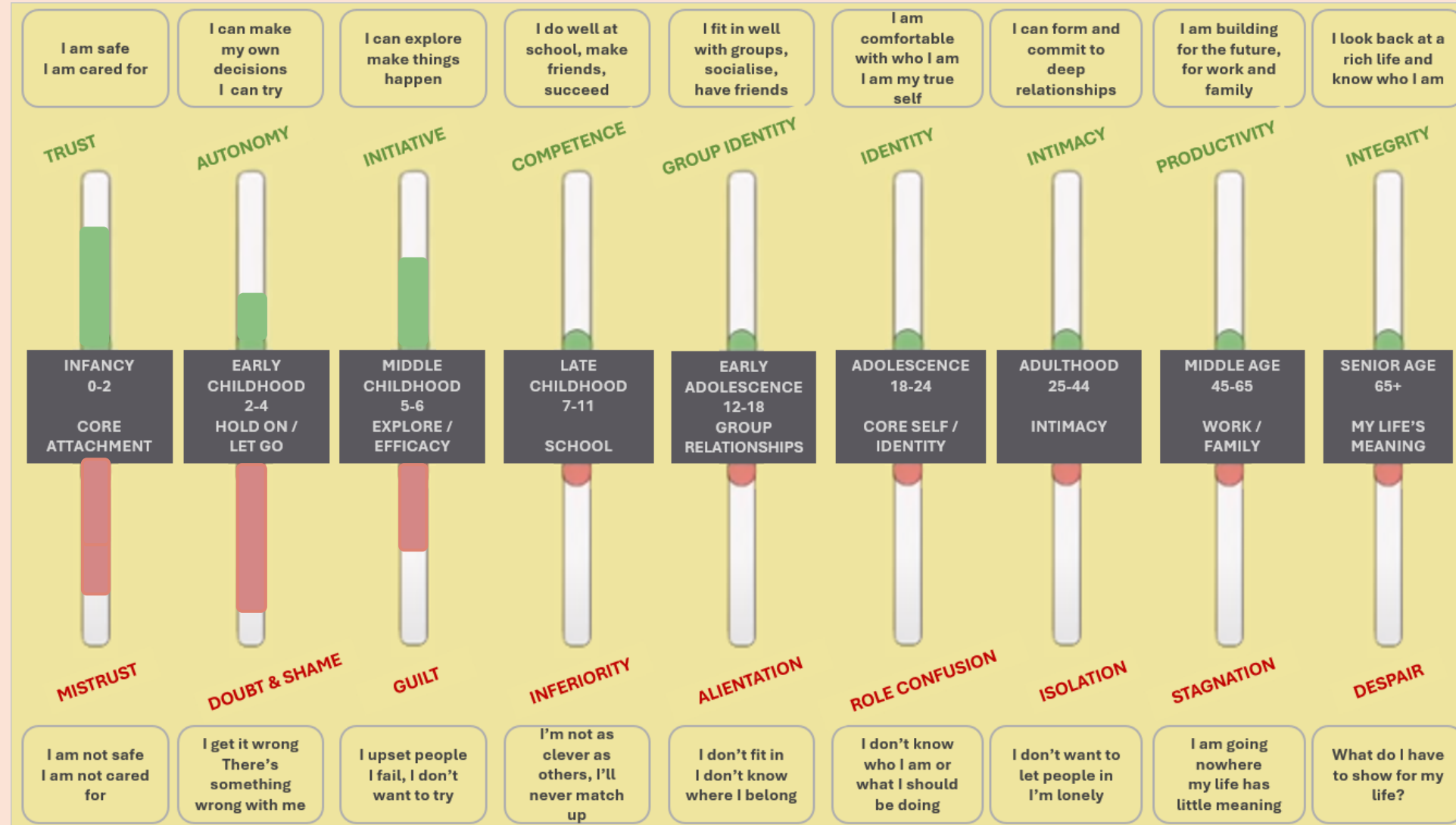
Despair





Your turn to use the face-to-face Erikson's Life Stages

5 minutes to
begin to fill in
your own Life
Stages



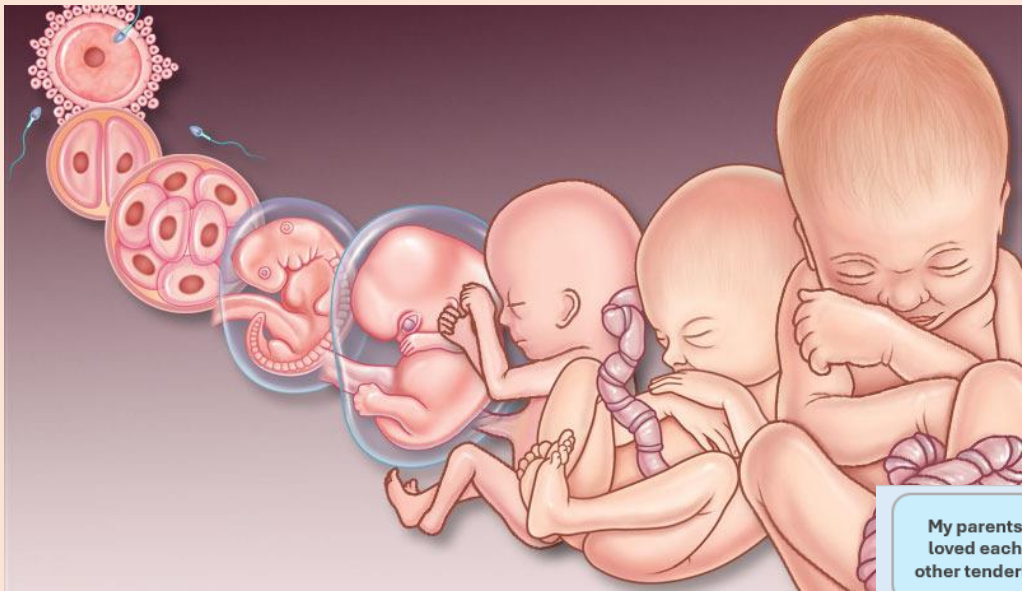
Watch a demonstration of the online version of Erikson's Life Stages pact-resources-online.co.uk



PACT Resources Online
Original & Creative
Counselling Resources

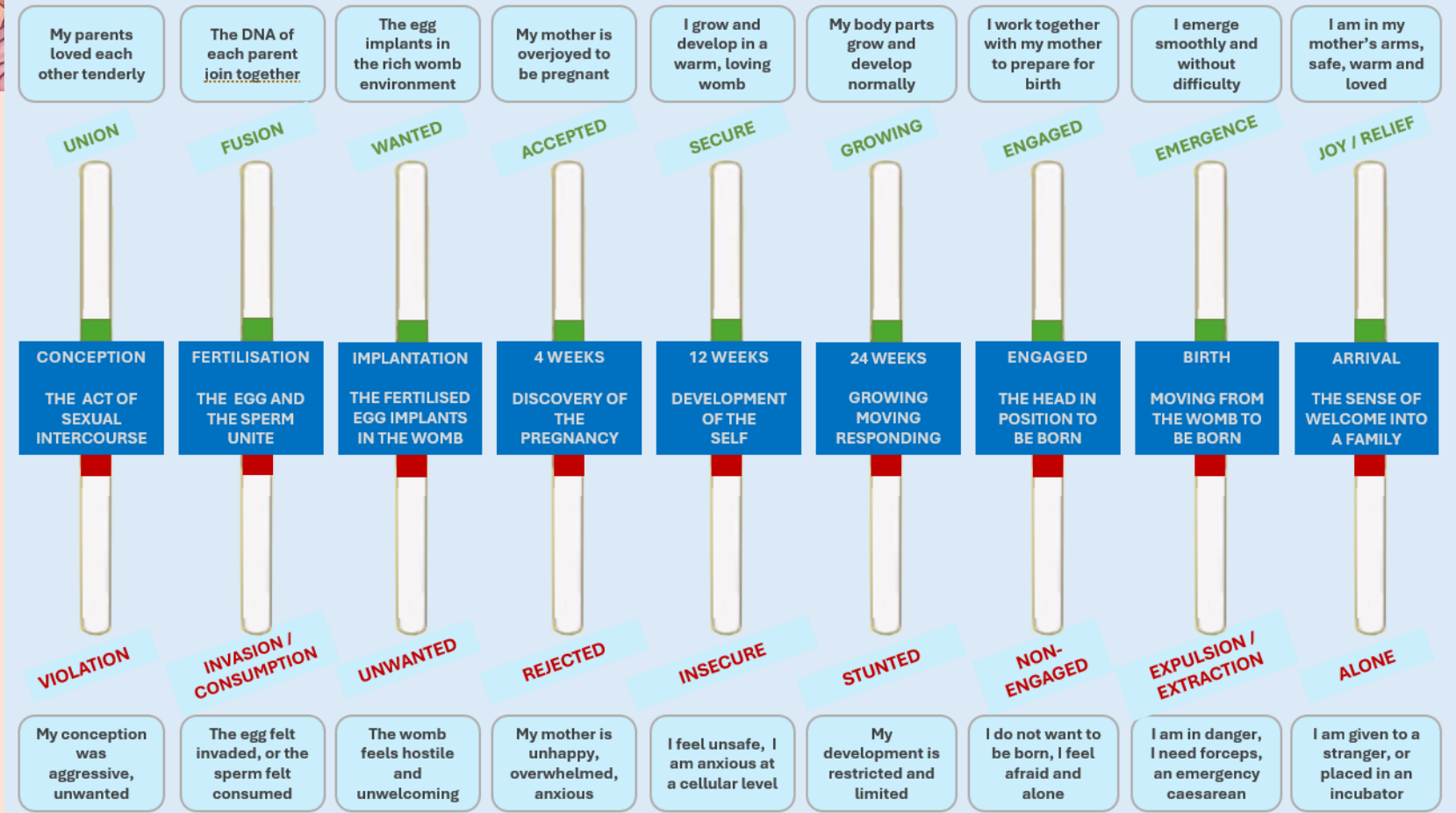
Watch on YouTube

Online Therapy Tools!



The Conception to Birth Journey

Stages in the Womb



ATTACHMENT ISSUES

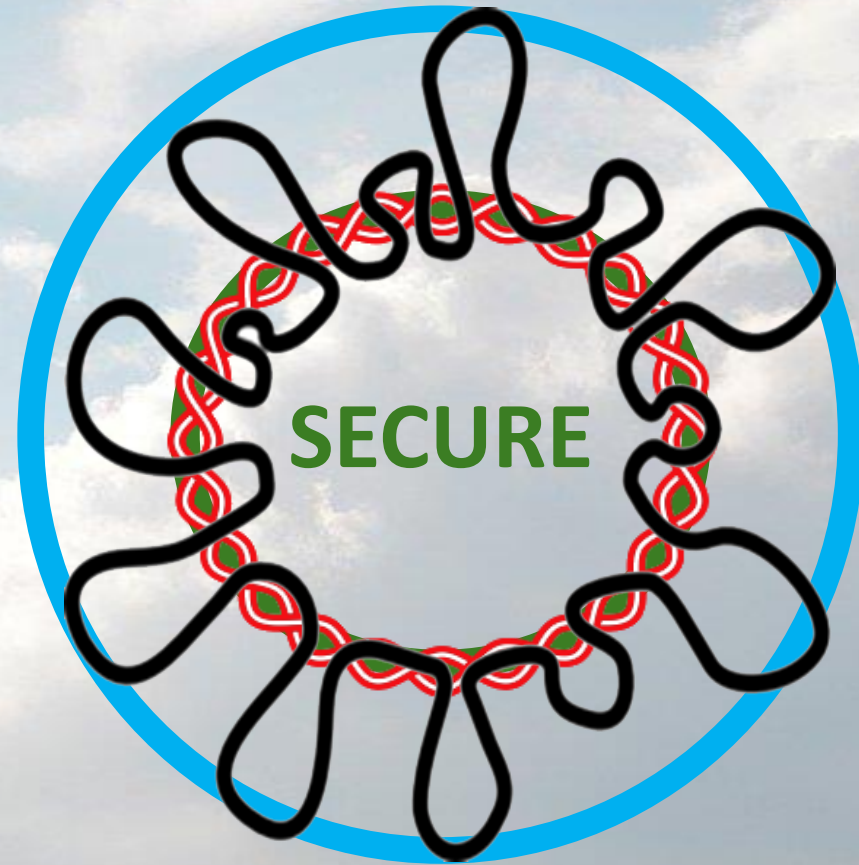
INSECURE

SECURE

Dependent

Avoidant

Ambivalent



Ideas to share in Buddy Groups

- How did you get on with your own Erikson's Life Stages using the new format?
- Do you feel you can use this online, using the webapp?
- Are there any questions or comments you would like to make?

10 minutes



Take a Break



See you in 5 minutes!

[illegible]



The In-Out Model

Eric Berne

Transactional Analysis Ego States



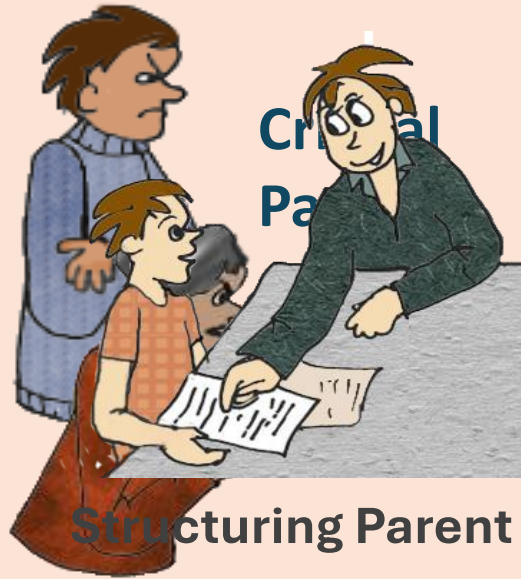
Parent



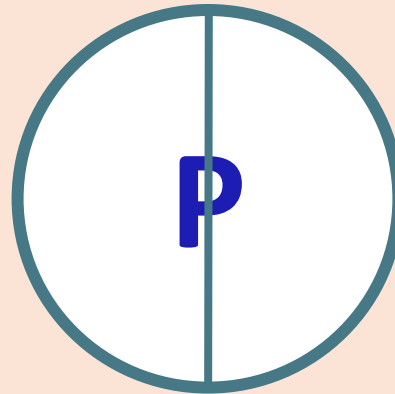
Adult



Child



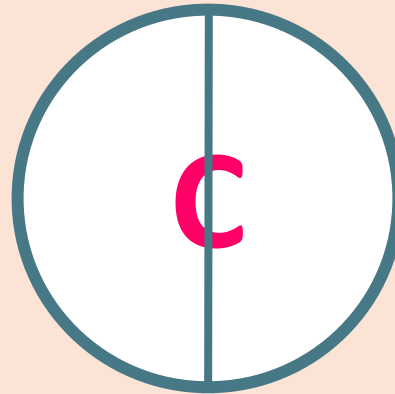
Structuring Parent



Nurturing
Parent



Adult



Free
Child



Socially
Adapted
(Empathic)
Child

Adapted
Child

The Power-Love Compass (Timothy Leary)



P
O
W
E
R

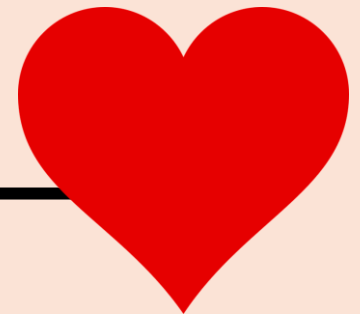
Cold

Dominant

Warm

Submissive

L O V E



SECURE ATTACHMENT: THE CIRCLE OF BELONGING

You can learn
– and it's ok
to make
mistakes!



Structuring Parent

You are
loved and
you are ok!



Nurturing Parent

I understand
the rules,
I am
empathic



Socially
Adapted
Child

I am worthy
of love, just
as I am!



Free Child

Inconsistent Parenting

Critical Parent

Spoiling Parent

Structuring Parent

Nurturing Parent

OUT

IN

OUT

Socially Adapted Child

Free Child

Adapted Conforming Child

I must be good

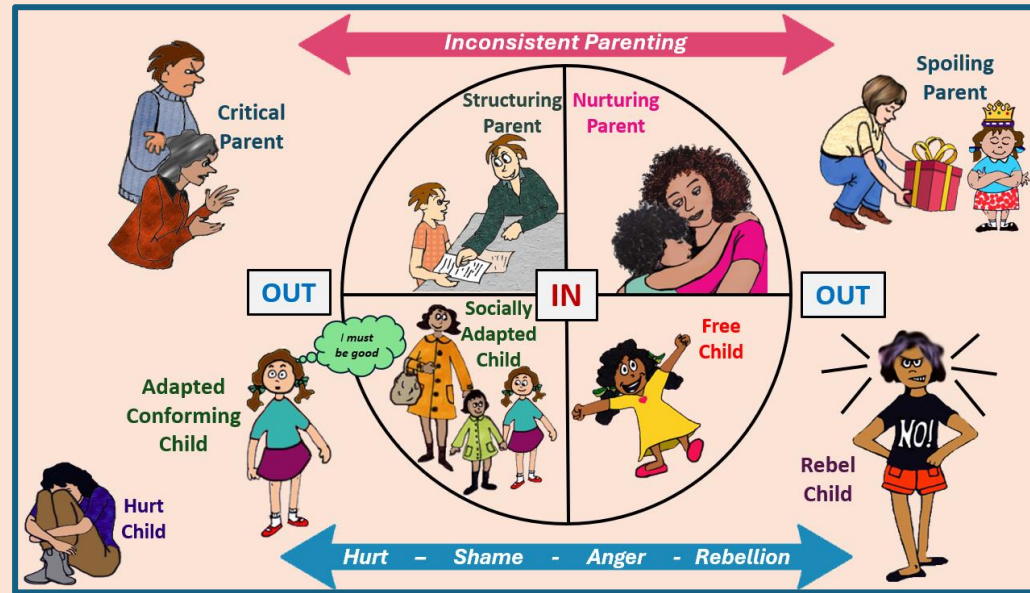
Hurt Child

Rebel Child

Hurt - Shame - Anger - Rebellion

ADDICTIVE SWINGS

ACT
IN



ACT
OUT

ANOREXIA

BULIMIA

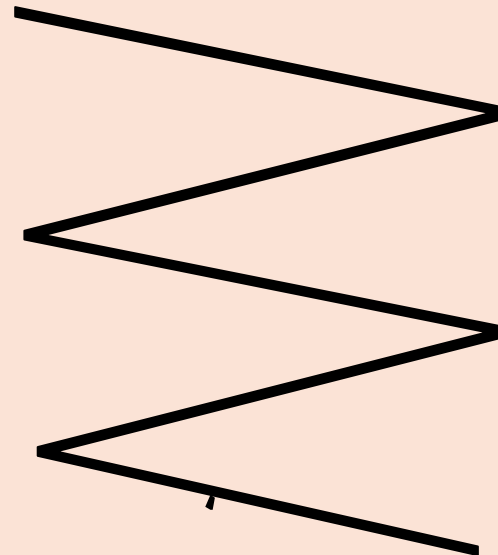
COMPULSIVE EATING

Starve the Pain
Keep it in
Controlled
Stoic
Close up
Die

Purge
Purge

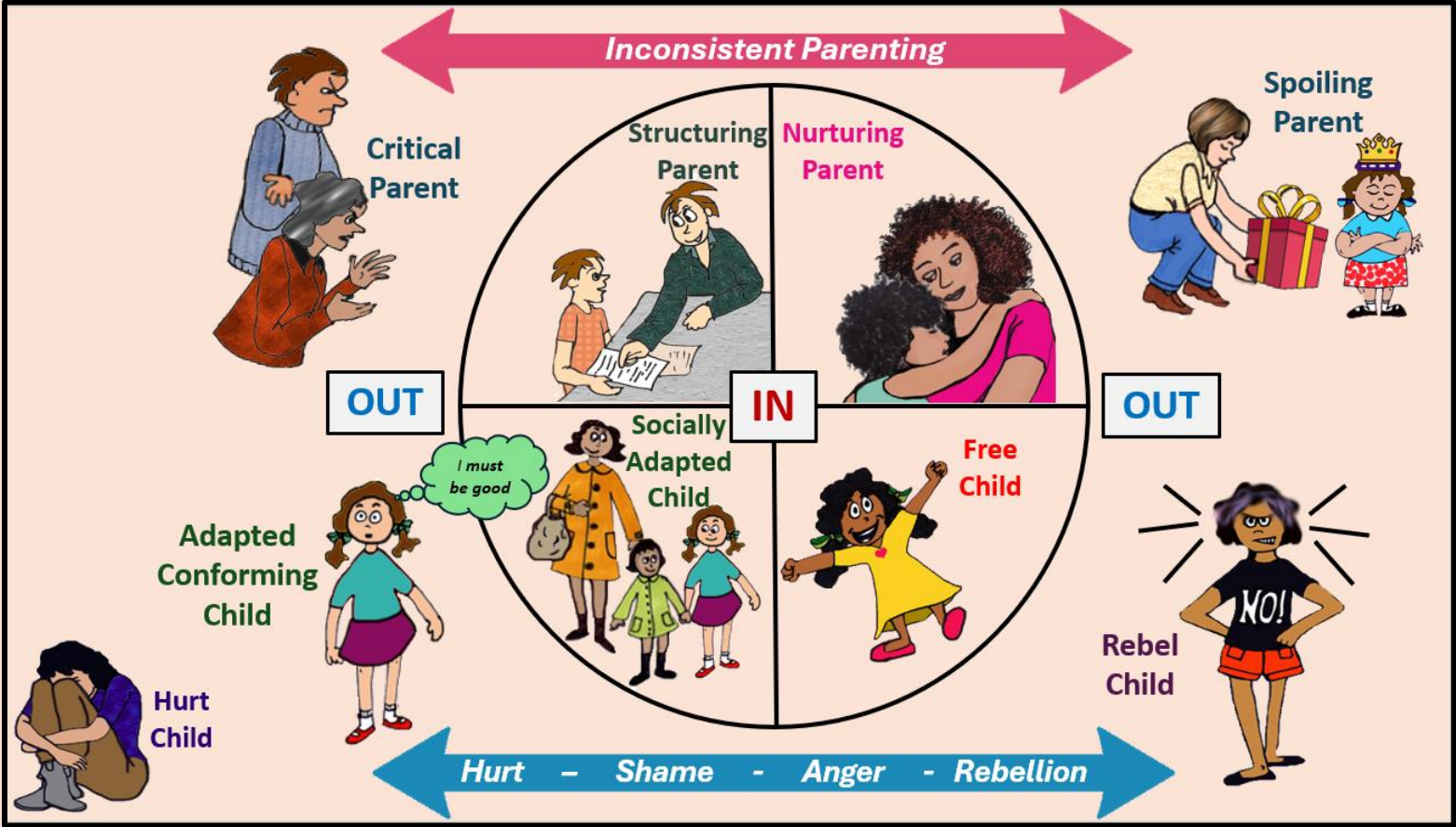
Binge
Binge

Stuff the Pain
Let it out
Uncontrolled
Epicurean
Let Go
Live it Up





The In-Out Model



Ideas to share in Buddy Groups

- Share your thoughts on the In-Out model
- How do you relate to it personally?
- Have you used it with clients already?


10 minutes



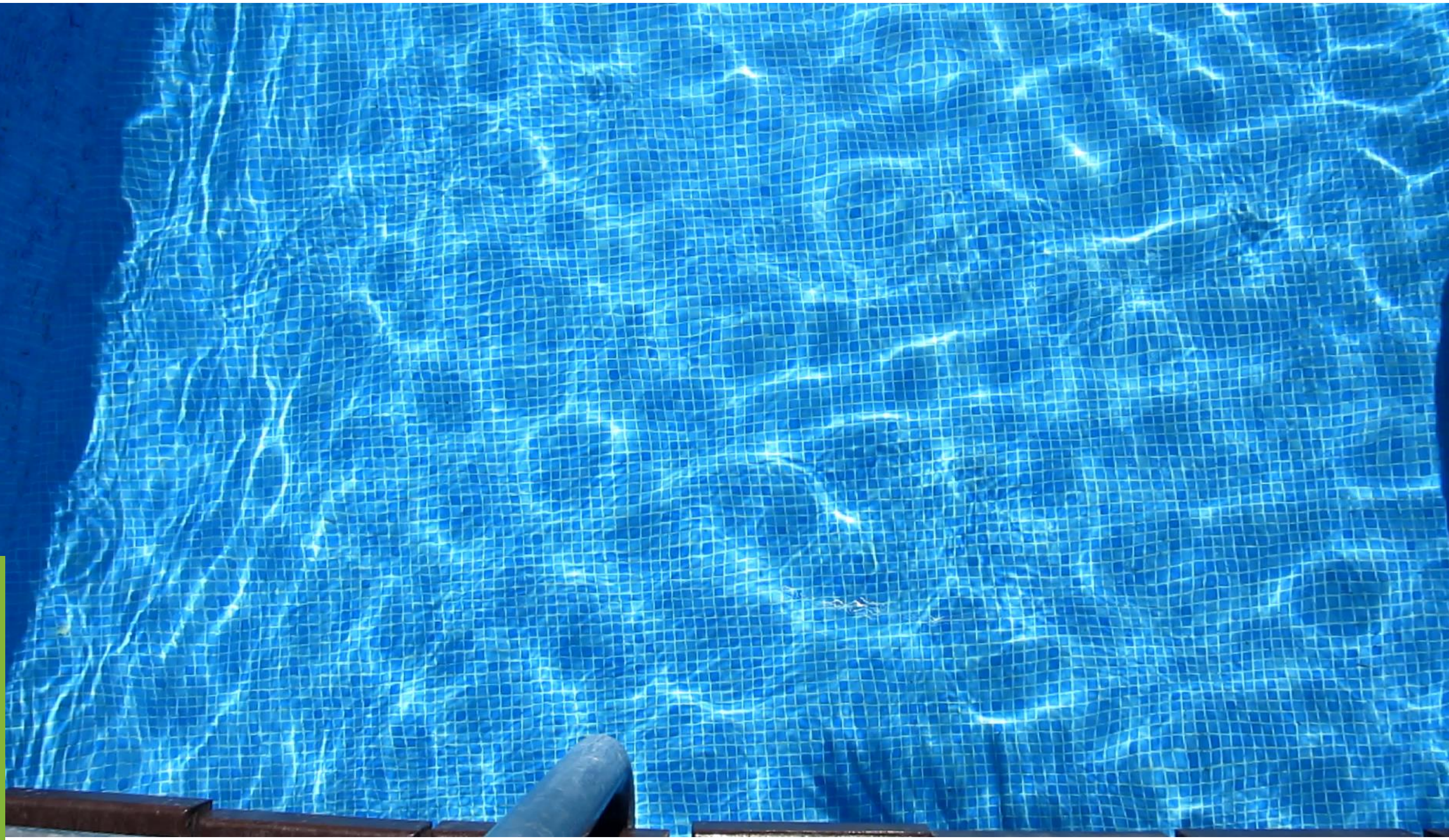
Take a Break

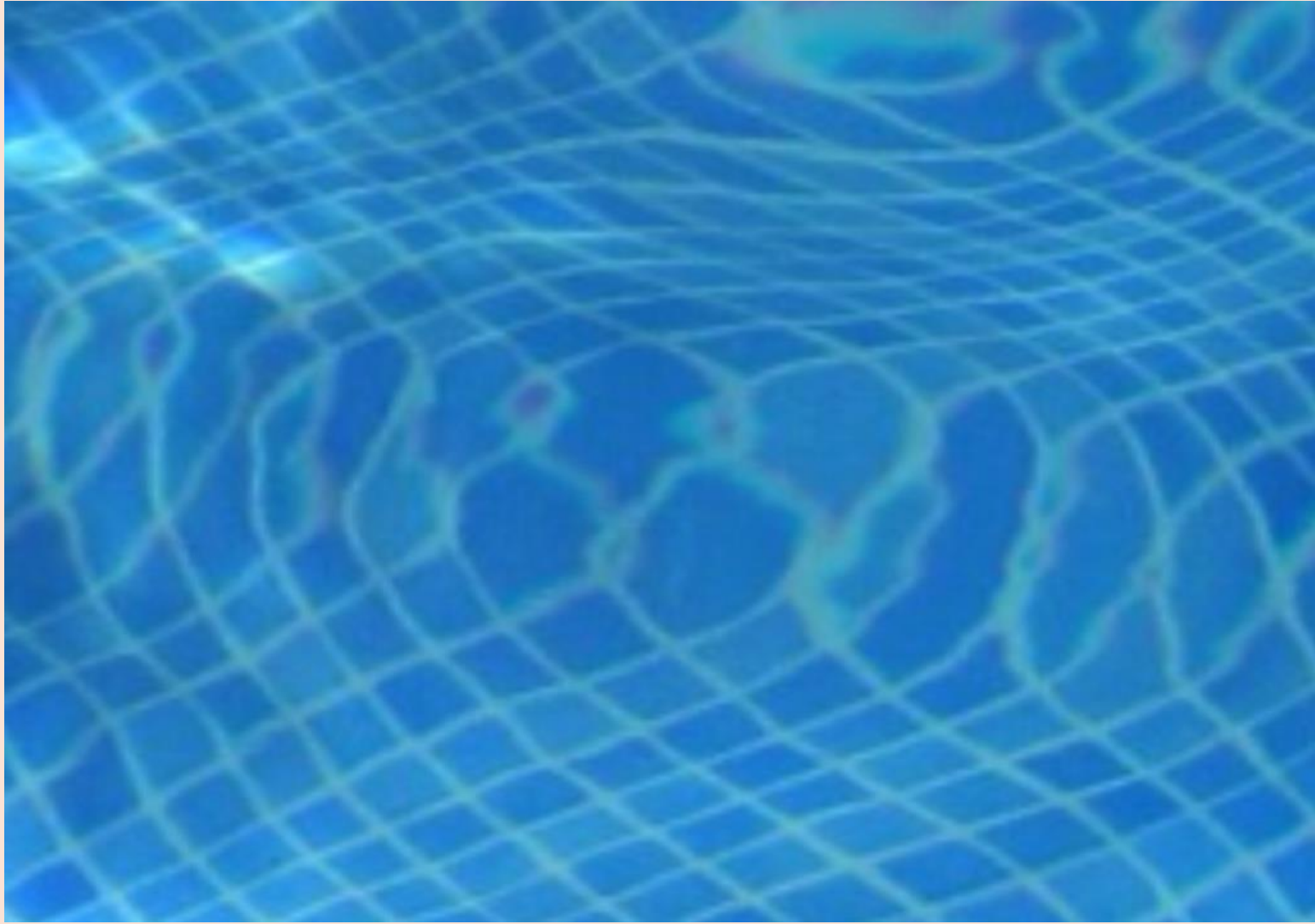


See you in 5 minutes!

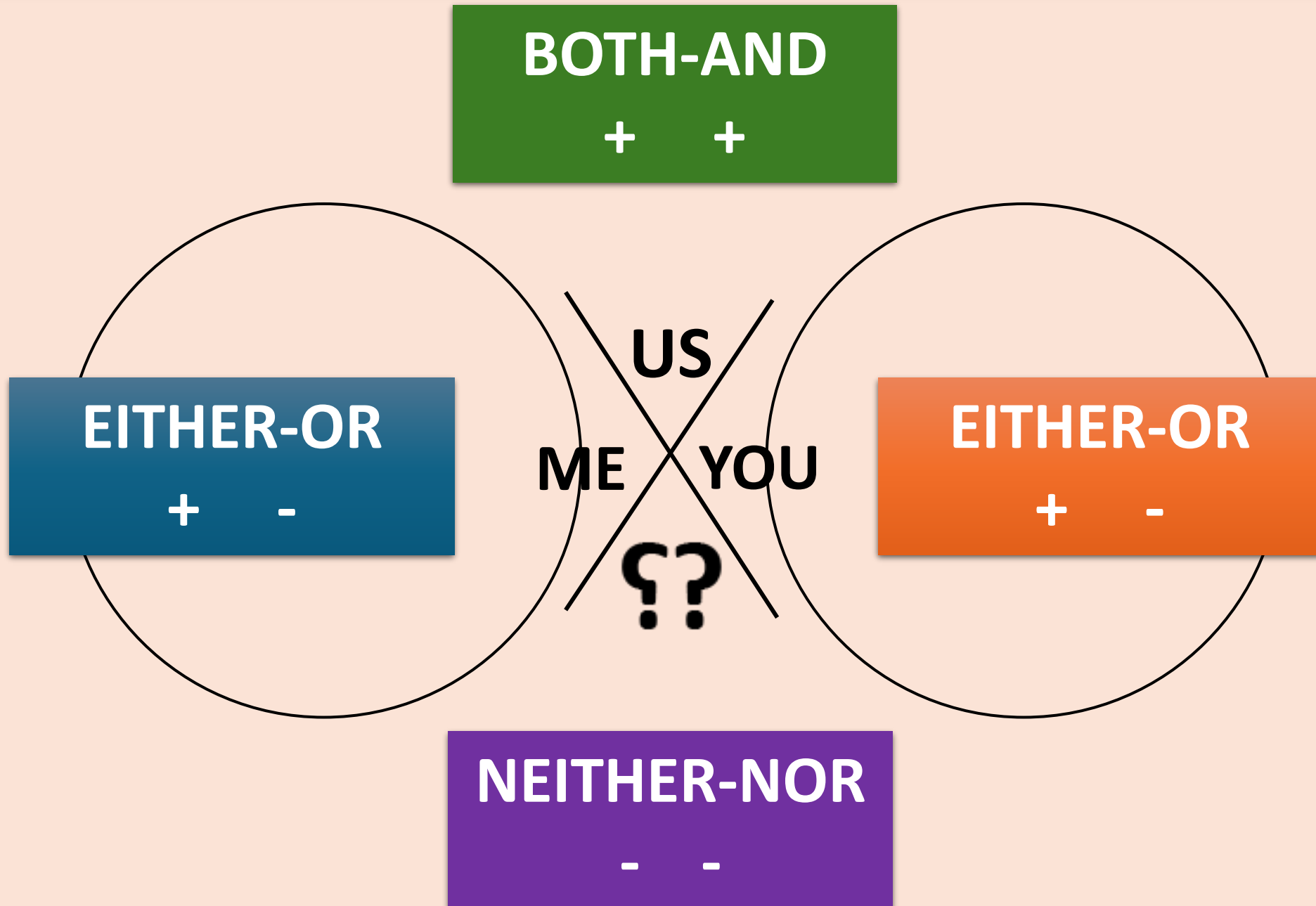


Relationships: The Interface

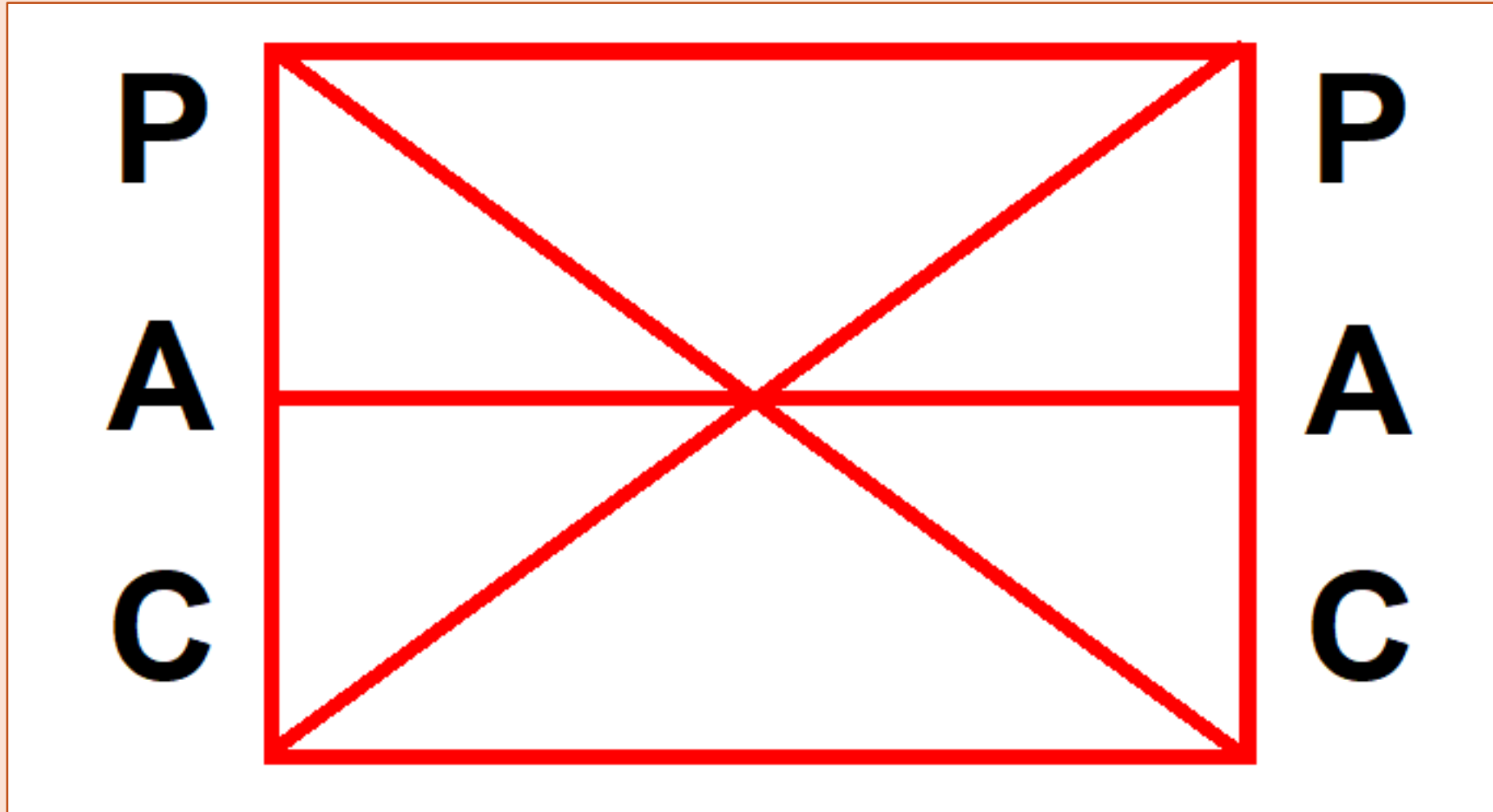




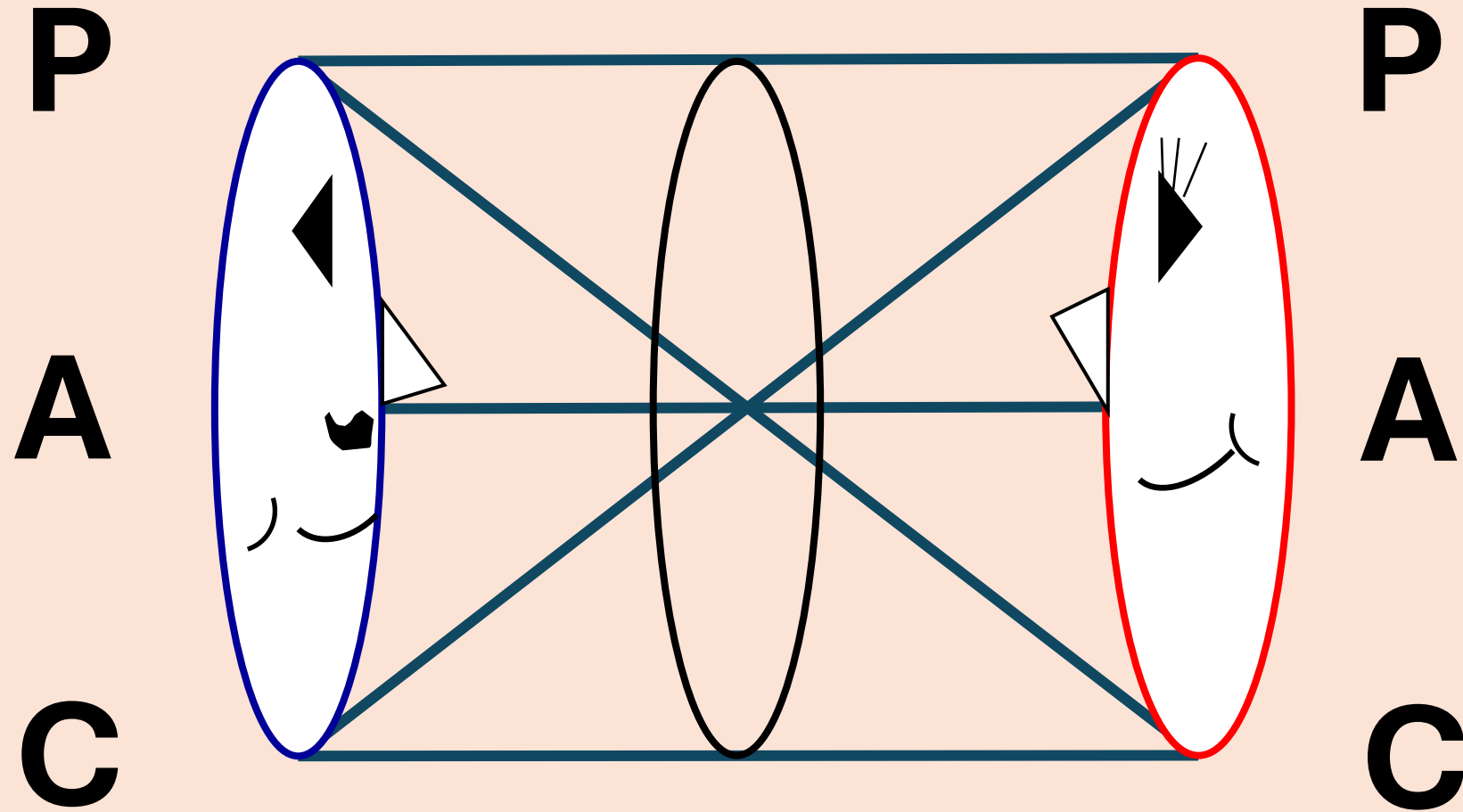
THE WARZONE



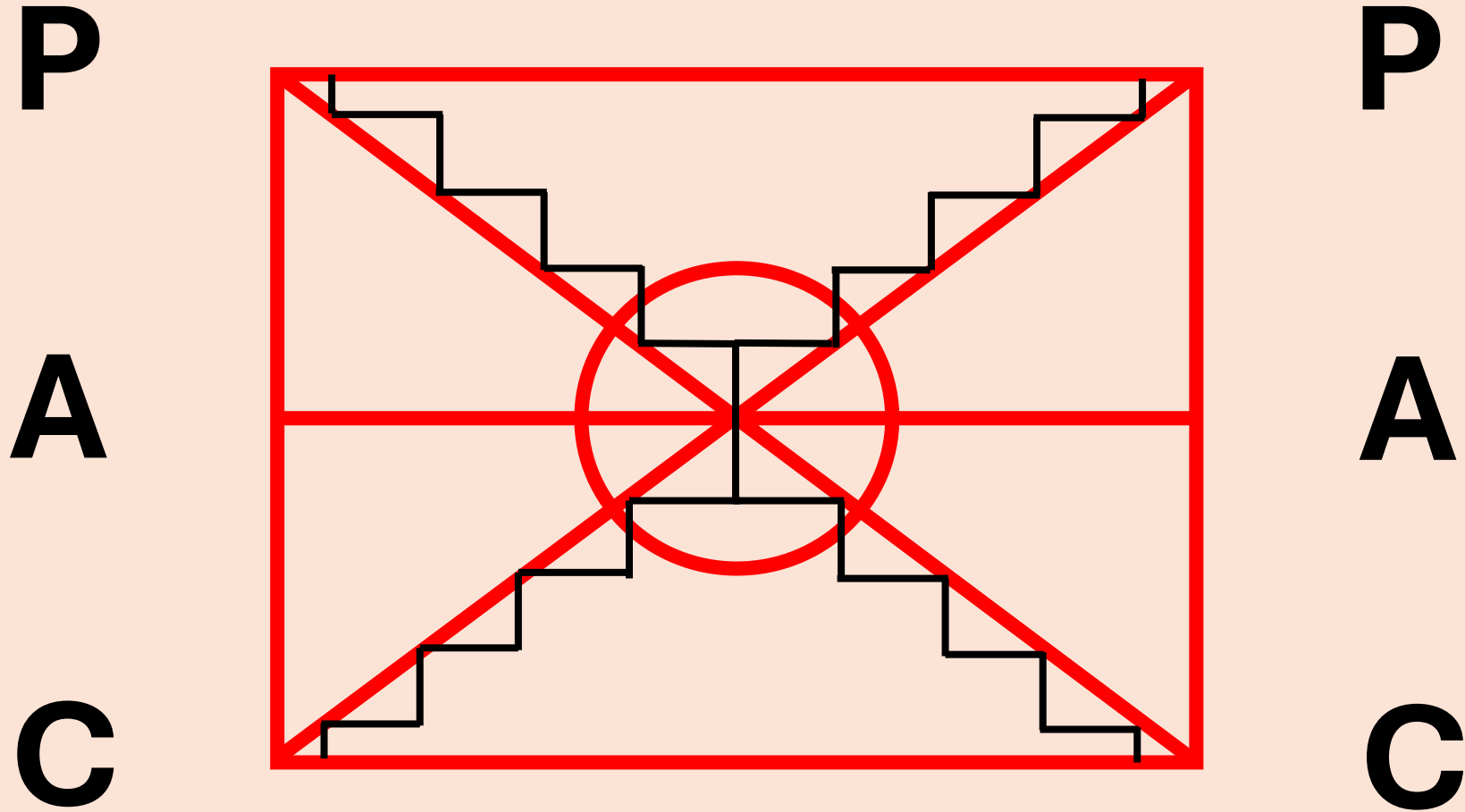
THE TA GATE



SIMULTANEOUS 2-WAY COMMUNICATION



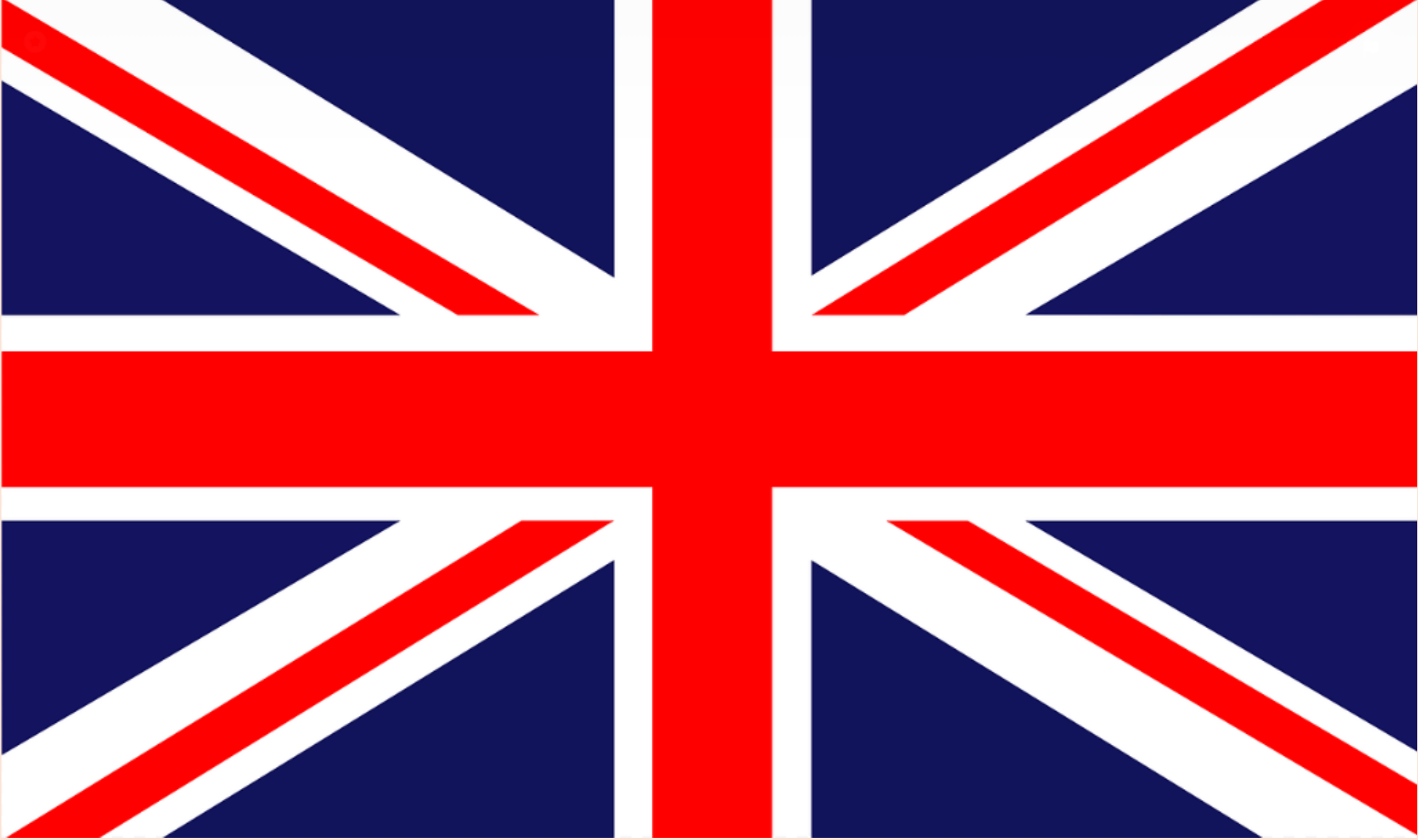
THE CLIMBING FRAME



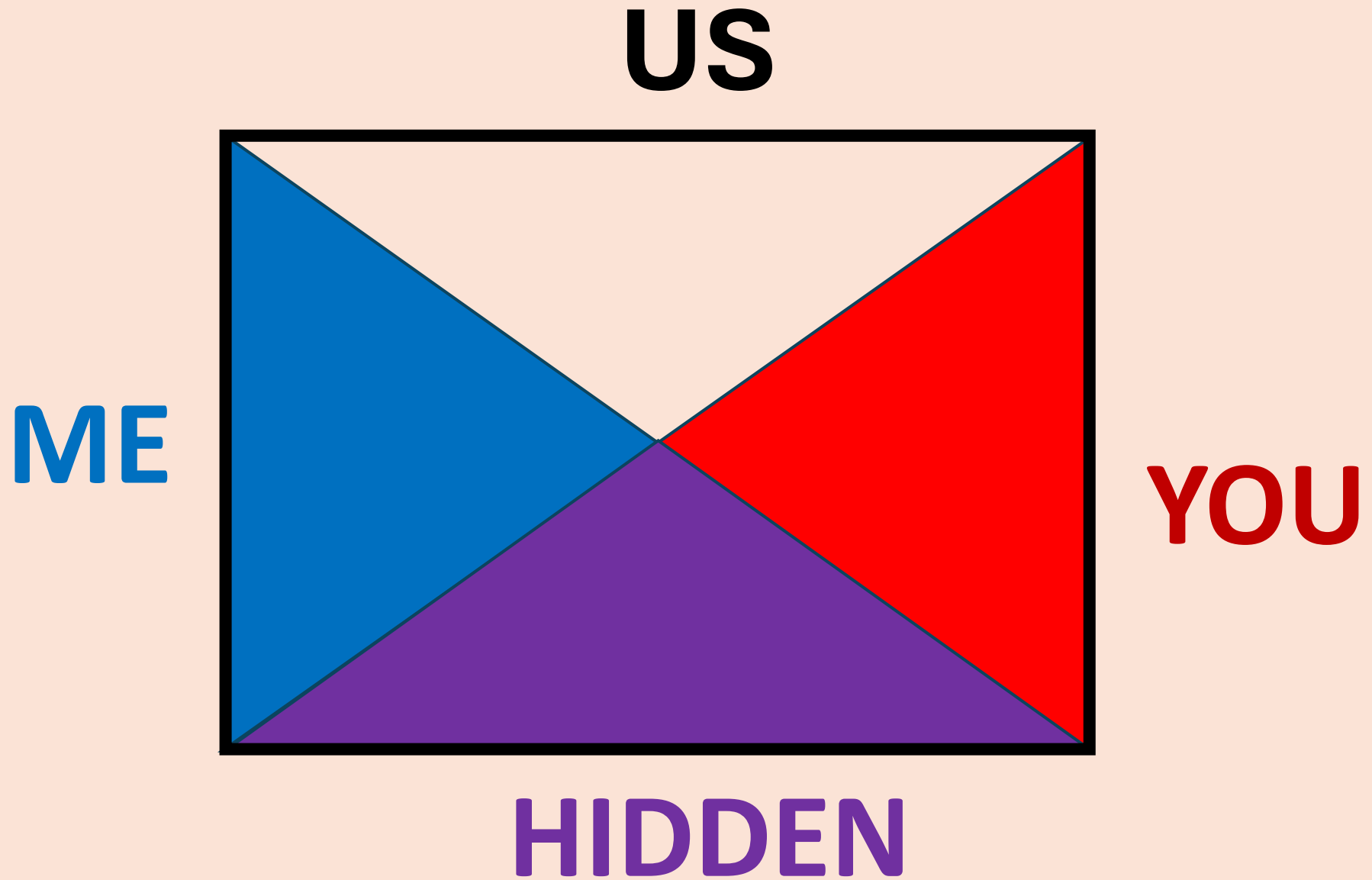


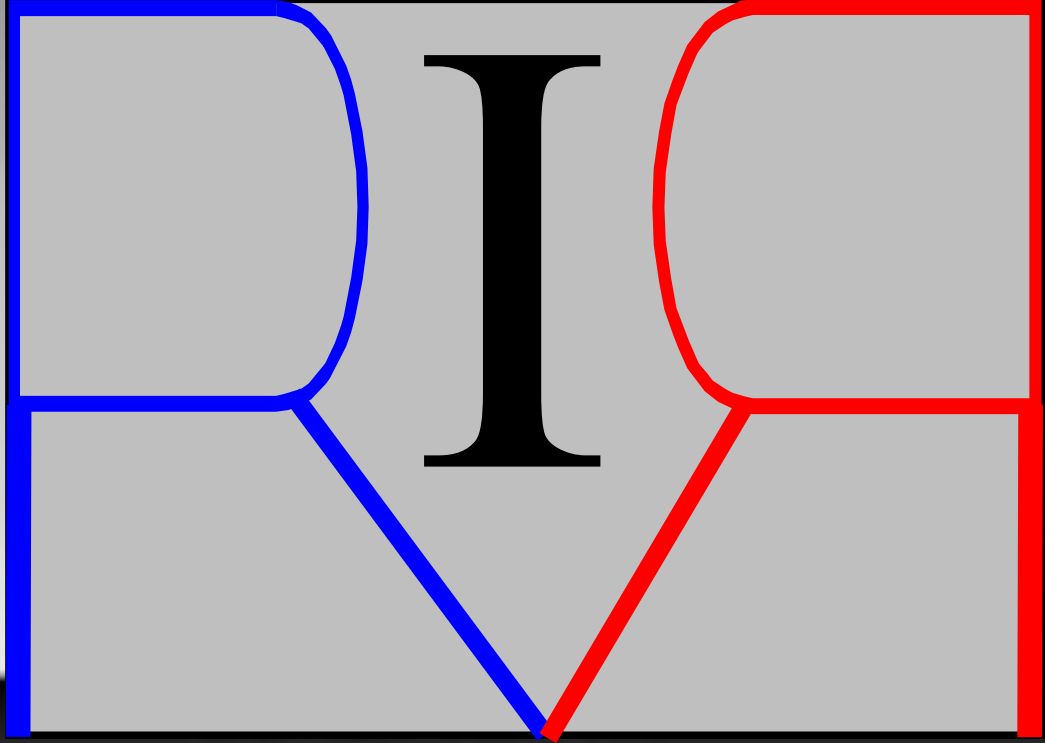
IN



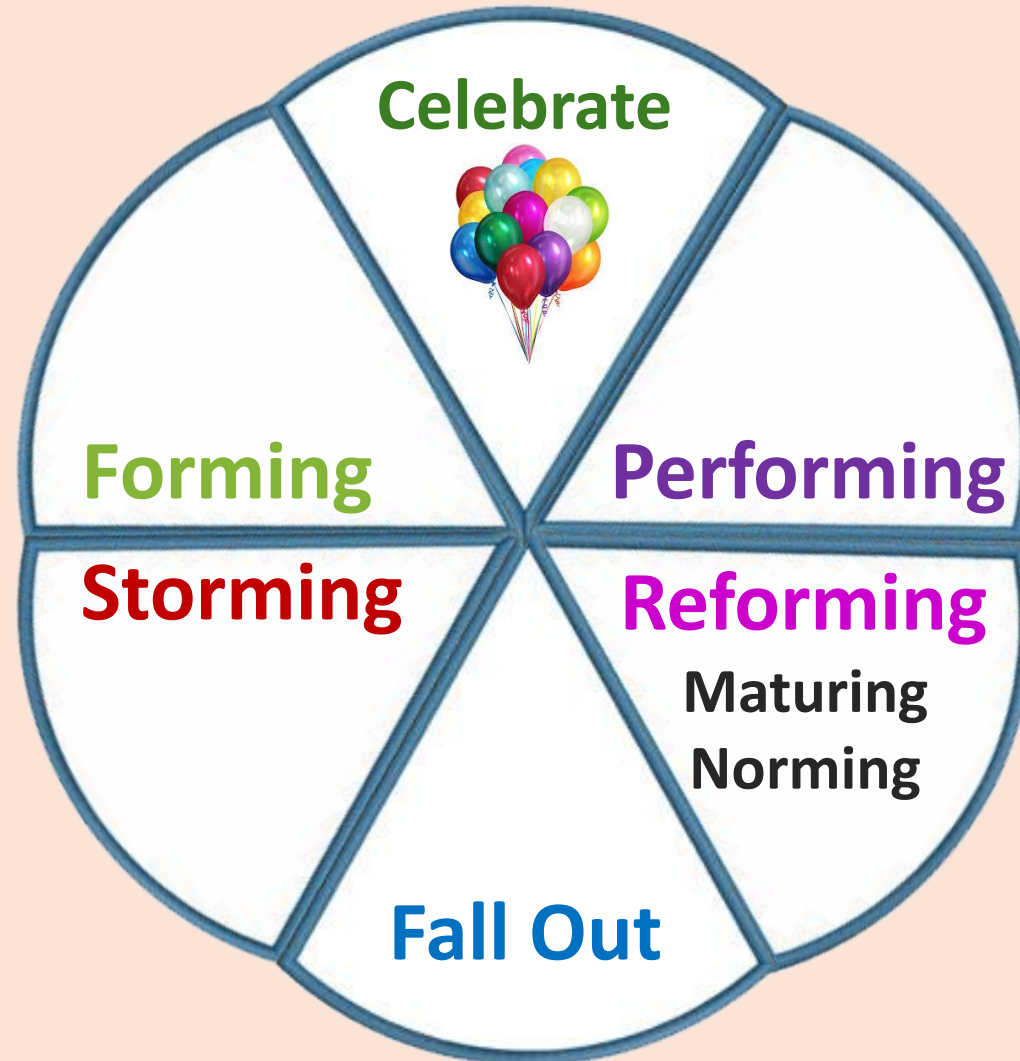


BLIND SPOTS (JOHARI WINDOW)





THE TUCKMAN / SCOTT PECK CYCLE



CELEBRATE

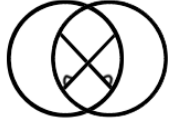
Co-exist



Converge



Conflict/Cancel



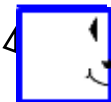
Cross the line



Chase



Concede



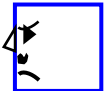
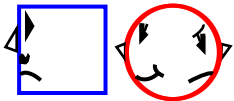
Converse



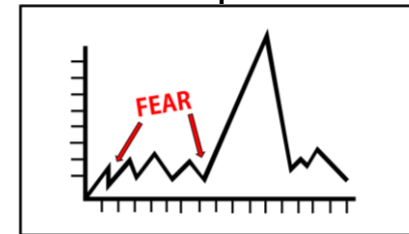
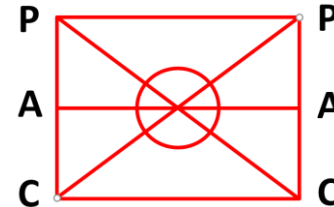
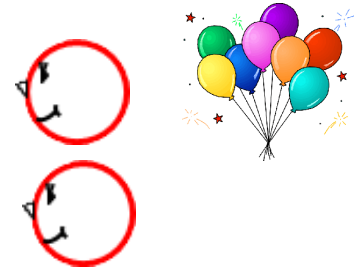
Cave



Cold war



Fall Out/Make Up



$$1+1 = 11$$

100/100 Commune

60/80 Complement

50/50 Cooperate

30/30 Compromise

90/10 Consume

+

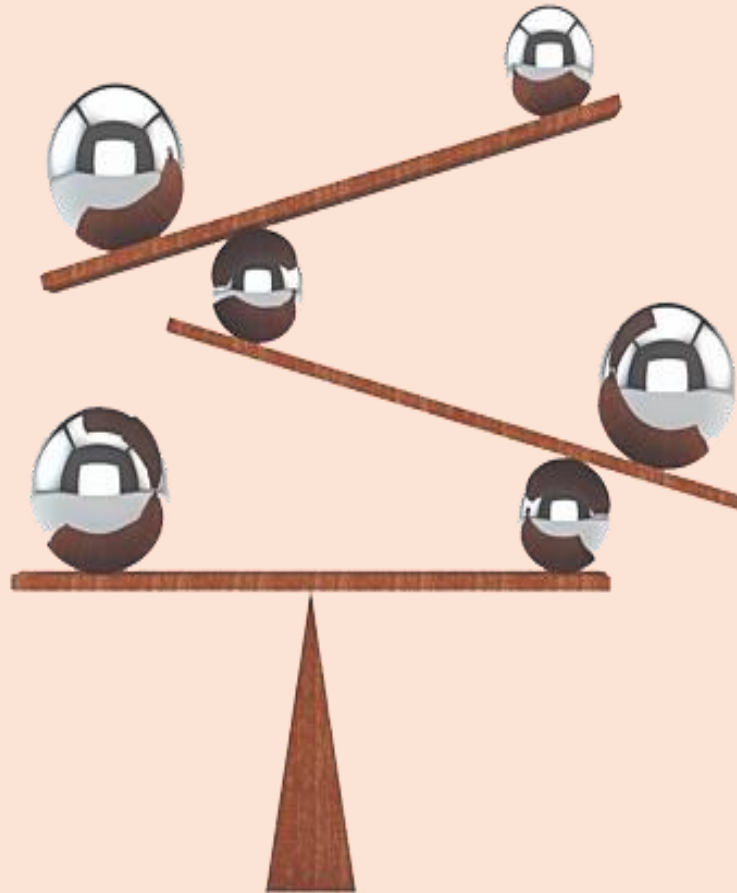
-

+

Relationship
Issue
Relationship



DECISION MAT WORK



Ideas to share in Buddy Groups

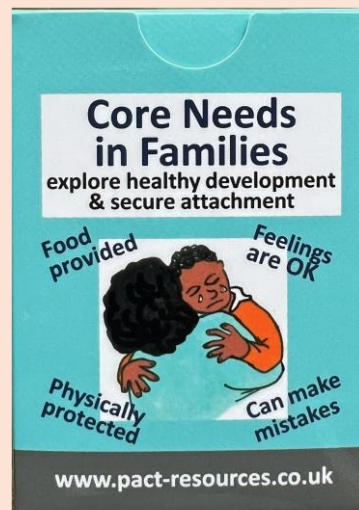
- How do you relate to the “C-Cycle” and its relationship dynamics?
- How did you respond to “Decision Position” work?

10 minutes





Using the Cards F2F and online



Using the Core Needs in Families cards: Part 1



Using the Core Needs in Families cards: Part 2

Mother

Father

Sister

Grandmother

Teacher

Faith

Friends

It was complicated

I didn't get this at all

I found this for myself

ADD NEW LABEL

Kindness when ill
Care & comfort offered in sickness

Creativity
Creativity praised & encouraged

Feelings are OK
Emotions understood & validated - allowed to express them

Physically comforted
Safe & tender touch, cuddles & soothing

Moral Compass
Knowing right from wrong

1

2

3

EDIT LABELS

SELECT CARDS

REVIEW

Core Needs in Families - Online Web App Demo

Watch later Share

Core Needs in Families Demo



Works With  zoom

PACT Resources Online
Original & Creative
Counselling Resources

Watch on  YouTube

Online Therapy Tool!

pact-resources-online.co.uk

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.

Rescuer Roles
MUMMY'S LITTLE HELPER

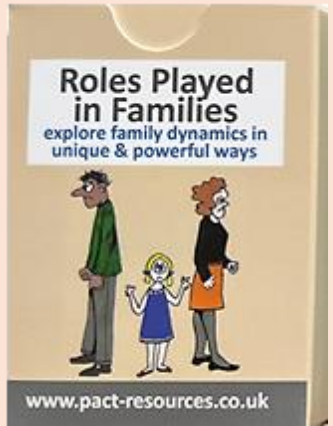


My role is always to understand my mother, take her side and never disappoint her.

Helpless Roles
INVISIBLE



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



Control Roles
THE VOLCANO



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

Control Roles
FRAGILE



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

Performer Roles
THE ENTERTAINER



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

Performer Roles
SUPERSTAR/ SUPER-SPORTS-STAR



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

Rescuer Roles
NURSE



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!



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



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

Helpless Roles
PASSIVE



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



Control Roles
DRAMA QUEEN



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

Control Roles
SPOILT BRAT




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

Performer Roles
STRONG



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

Performer Roles
MR/MRS DO-IT-ALL



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

EXPLORE THE FAMILY DRAMAS IN YOUR CHILDHOOD



12:37

Using the Roles Played in Families cards: Part 1



WHAT DRAMAS ARE YOU STILL PLAYING OUT?



10:27

Using the Roles Played in Families Cards: Part 2



ME

Rescuer Roles
REVERSE ROLE PARENT

Rescuer Roles
MUMMY'S LITTLE HELPER

Rescuer Roles
GOOD BOY/GOOD GIRL

Performer Roles
THE ENTERTAINER

Performer Roles
SUPERSTAR SUPER-STAR

Control Roles
TEARS

Rescuer Roles
THE PEACEMAKER

MUM

Helpless Roles
THE INVALID

Helpless Roles
HELPLESS

Control Roles
THE ICEBERG

Control Roles
FRAGILE

Control Roles
SULK

DAD

Control Roles
THE VOLCANO

Control Roles
THE BULLY

Control Roles
SULK

SISTER

Performer Roles
SUPERSTAR SUPER-STAR

Performer Roles
THE HERO

Control Roles
SULK

Type name here...

Type name here...

THE CARETAKER

GO-BETWEEN

GOOD BOY/GOOD GIRL

MUM'S FOOT

MUMMY'S LITTLE HELPER

THE PEACEMAKER

NURSE

THE POLISHER

REVERSE ROLE PARENT

THE RESCUER

THAT'S MY BROTHER!

Rescuer Roles

Performer Roles

Helpless Roles

Controller Roles

Option Cards

CHANGE MODE

SNAP

FULL SCREEN

ME

Rescuer Roles
REVERSE ROLE PARENT

Rescuer Roles
MUMMY'S LITTLE HELPER

Rescuer Roles
GOOD BOY/GOOD GIRL

Performer Roles
THE ENTERTAINER

Performer Roles
SUPERSTAR SUPER-STAR

Control Roles
TEARS

Rescuer Roles
THE PEACEMAKER

MUM

Helpless Roles
THE INVALID

Helpless Roles
HELPLESS

Control Roles
THE ICEBERG

Control Roles
FRAGILE

Control Roles
SULK

DAD

Control Roles
THE VOLCANO

Control Roles
THE BULLY

Control Roles
SULK

SISTER

Performer Roles
SUPERSTAR SUPER-STAR

Performer Roles
THE HERO

Control Roles
SULK

Type name here...

Type name here...

CHANGE MODE

SNAP

FULL SCREEN

Roles Played in Families - Online Web App Demo

Watch later

Share

Roles Played in Families Demo

Works With

zoom

PACT Resources Online

Original & Creative
Counselling Resources

Watch on

YouTube

Online Therapy Tool!

pact-resources-online.co.uk

[illegible]

Ideas to share in Buddy Groups

- This is your chance to review the morning
- Say goodbye and exchange details if you'd like to



10 minutes



Resources

PACT-RESOURCES.CO.UK

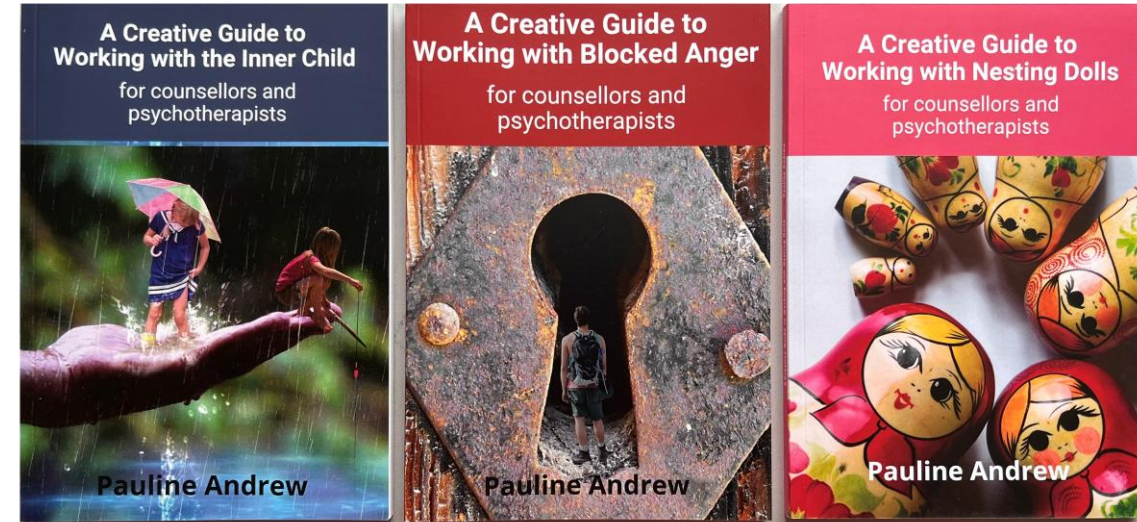
ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Cards



Roles Played in Families
Extra Set A

Books



£11.50 each

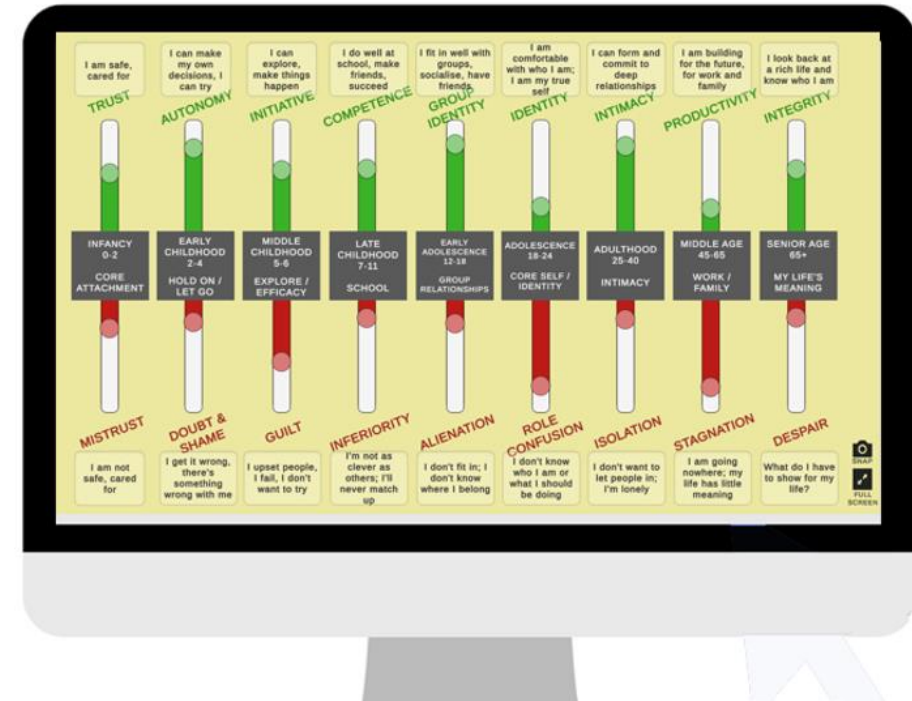
3 for £32 (save £2.50)

Also available on Kindle

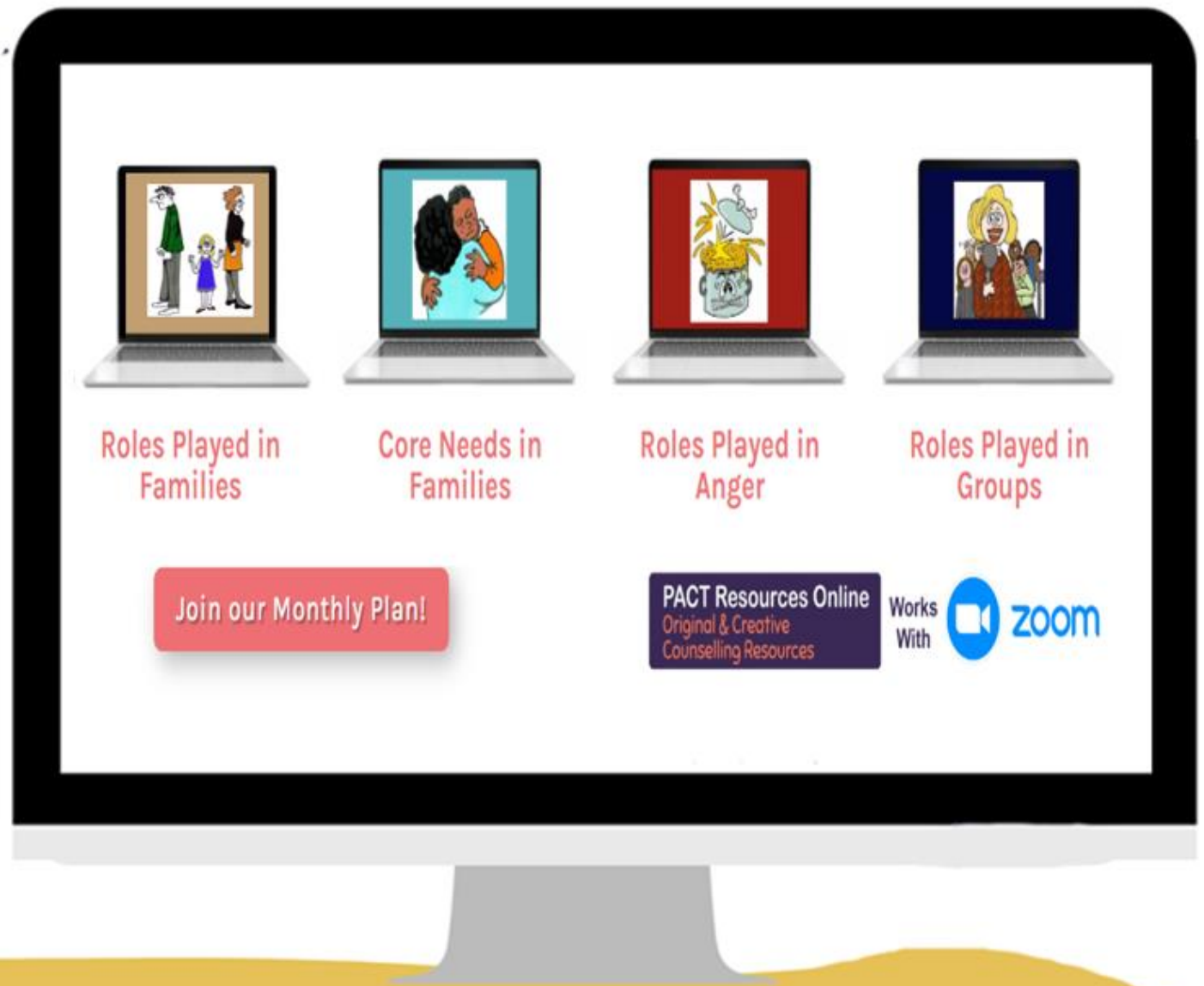
pact-resources.co.uk

The Wheel of Life and Erikson's Life Stages

FREE Web Apps!



**The 4 sets of cards
are available as
Web Apps by paid
subscription.
Other apps to
follow!**

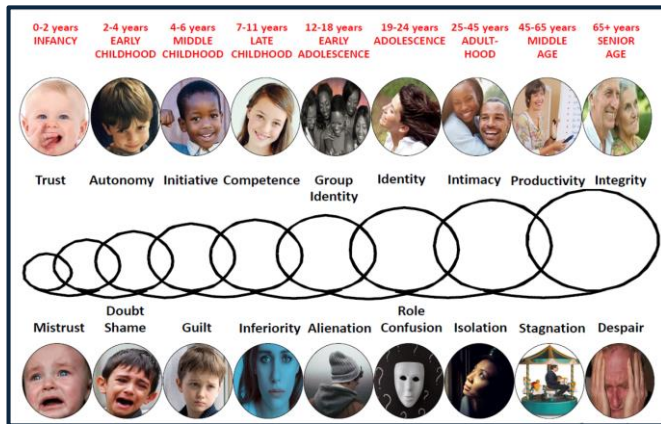


pact-resources-online.co.uk

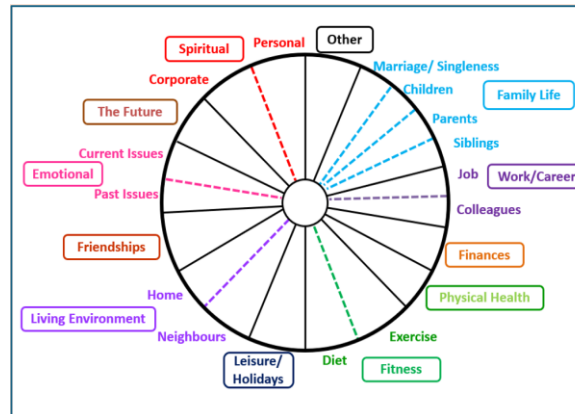
e-Resources



Erikson's Life Stages
£3.50



Wheel of Life
£3.50 – £5.00



Working with Animal
Figures Online Pack



Instant download

**Use PowerPoint
Web Apps in progress!**

pact-resources.co.uk

Missed a course?

Visit our online
training library

- Instant, lifetime access
- CPD cert included



pact-resources.co.uk

Deep Release online courses coming up soon!

deeprelease.org.uk

23
MAR



Online Event

**When Mothers Wound –
Sat Mar 23**

Price Starts from: £10.00

📅 March 23, 2024
9:30 am - 1:00 pm

10
APR



Online Event

**Unlocking Group Dynamics –
Wed Apr 10**

Price Starts from: £10.00

📅 April 10, 2024
9:30 am - 1:00 pm

17
APR



Online Event

**Working with Loss and Grief –
Wed Apr 17**

Price Starts from: £10.00

📅 April 17, 2024
9:30 am - 1:00 pm



26

APR

**Working Creatively with the Inner Child
in Counselling Weekend**
Fri Apr 26 – Sun Apr 28, 2024
Moor Hall Conference Centre, Cookham



**Moor Hall,
Berkshire**

**27-29
sept**

**2024
COUNSELLORS
CONFERENCE**

Residential full board weekend training courses

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 and Beyond'

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



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

Please send
us your
feedback!



info@deeprelease.org.uk



Thank you

<https://www.info@deeprelease.org.uk>

<https://www.pact-resources.co.uk>