



Deep Release Online
Professional Training for Counsellors



**WORKING CREATIVELY WITH NESTING DOLLS
IN COUNSELLING**

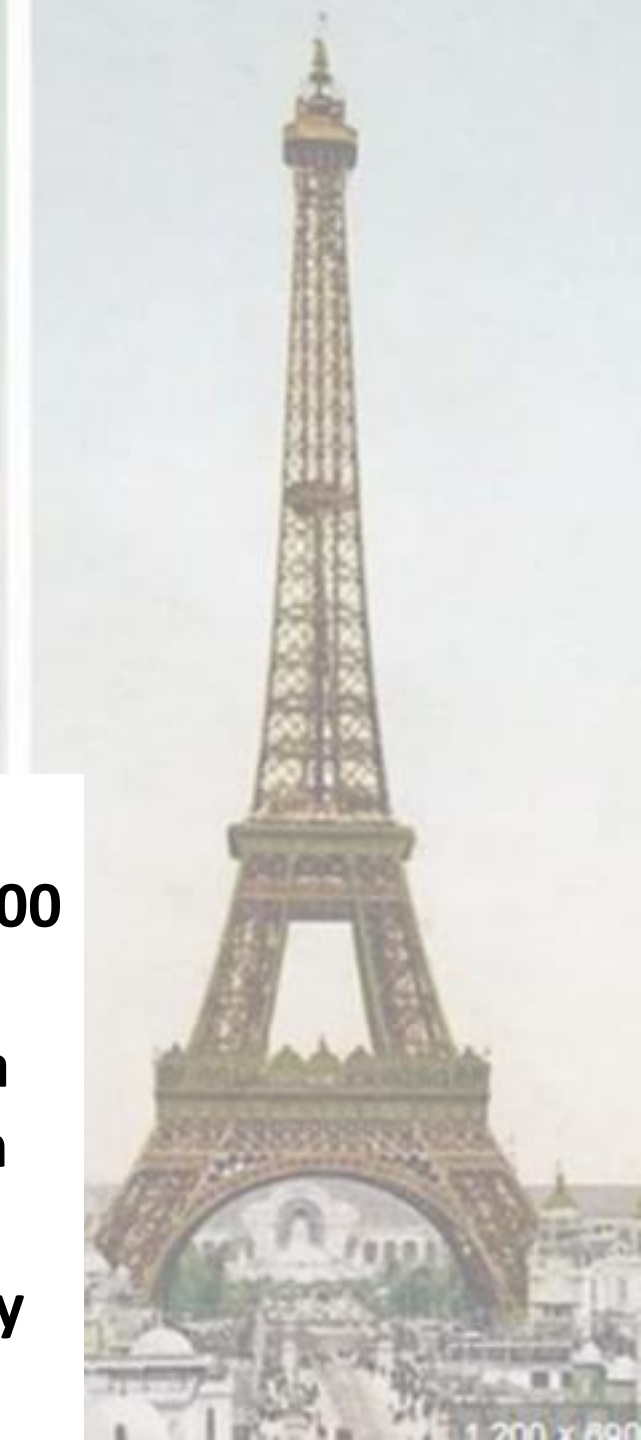
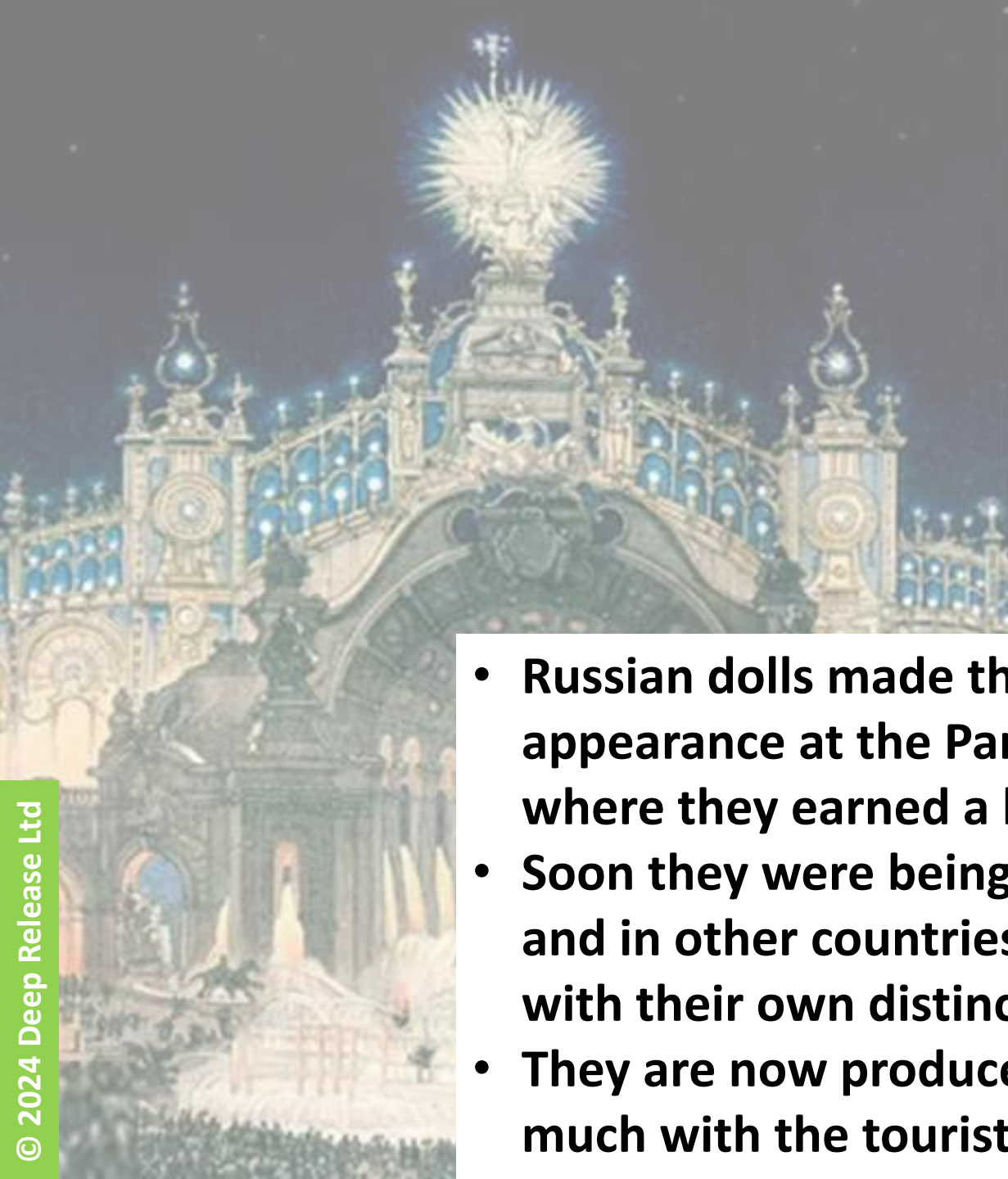
- Chinese wooden stacking boxes were being made around 1000 AD
- The boxes tell a story within a story, exploring situations from different viewpoints – just like client work!
- Traditionally the very last Chinese box contained a single grain of rice
- The parallels are there again too, as so much of our healing is about discovering, restoring and loving the core self, which can often be hidden by layers of shame and hurt.



Russian stacking dolls

- In the 1800s Sergei Malyutin, a Russian artist, made drawings of a nesting *doll*, in a village near Moscow.
- He had the prototype carved on a wood lathe and he painted it himself – and there was the Rooster Girl, pictured below with her family.

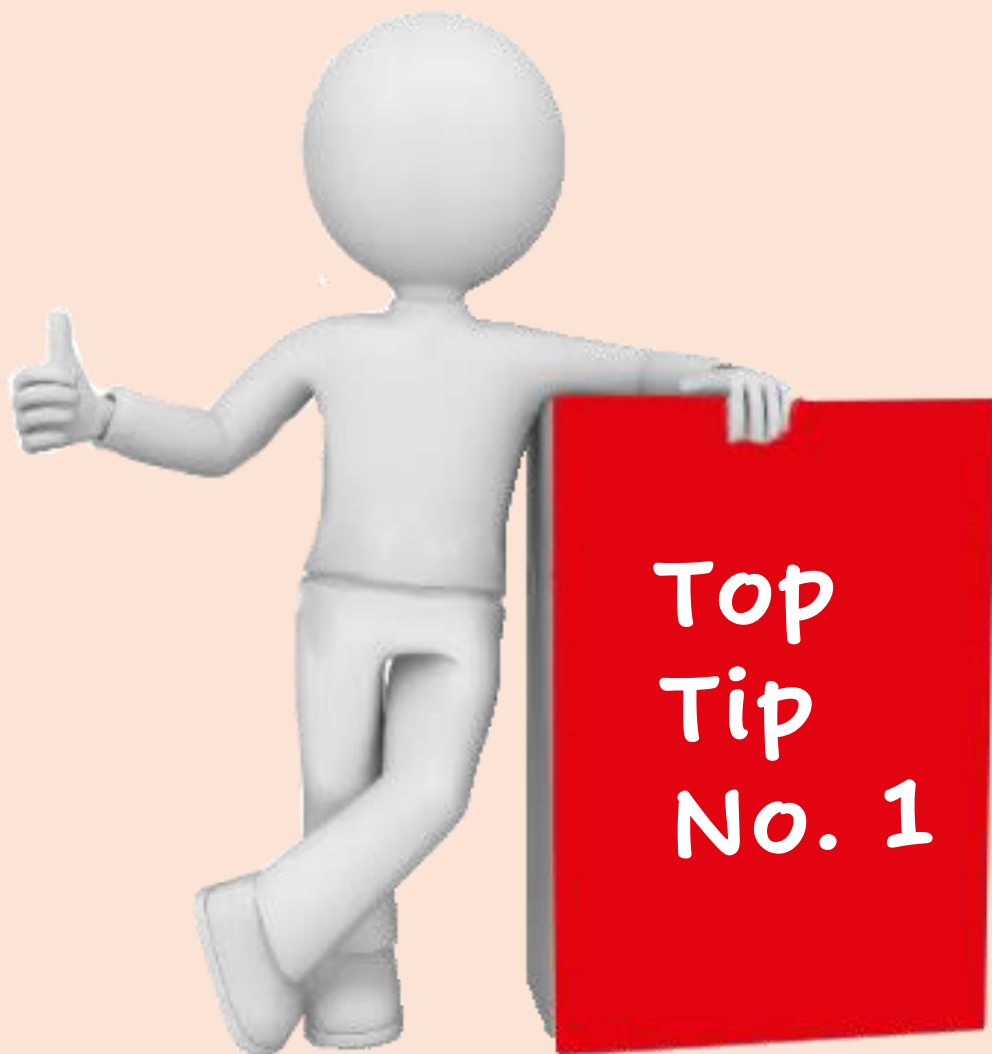




- Russian dolls made their first real public appearance at the Paris World Exhibition in 1900 where they earned a bronze medal
- Soon they were being made throughout Russia and in other countries in Eastern Europe, often with their own distinct local designs.
- They are now produced all over the world, very much with the tourist trade in mind.

WORKING WITH PLAIN NESTING DOLLS





It's ok to get less expensive nesting dolls, but you may find they don't fit together so well and can be squeaky!

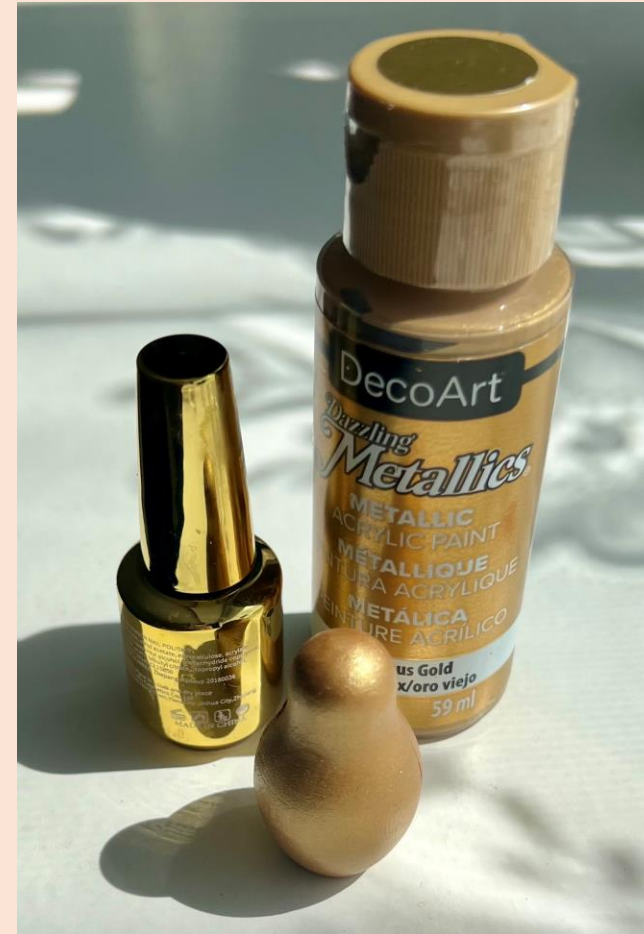
Use petroleum jelly (eg Vaseline) to ease them.

WORKING WITH PLAIN NESTING DOLLS

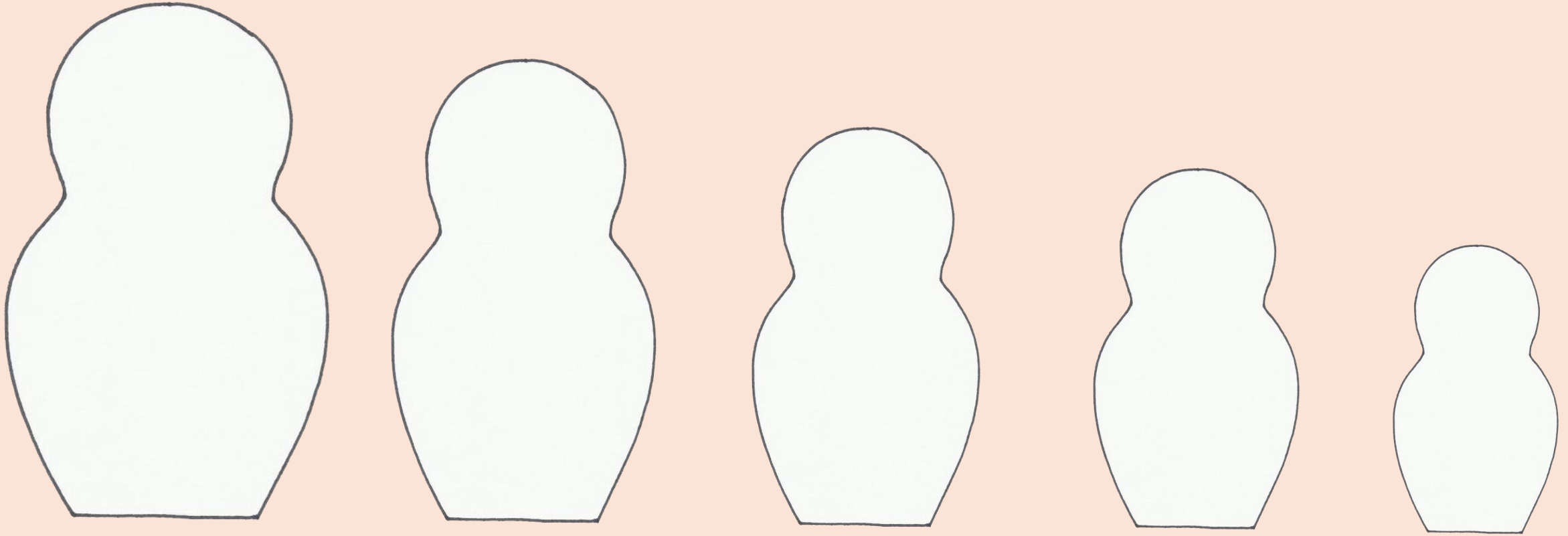
Down through the
layers



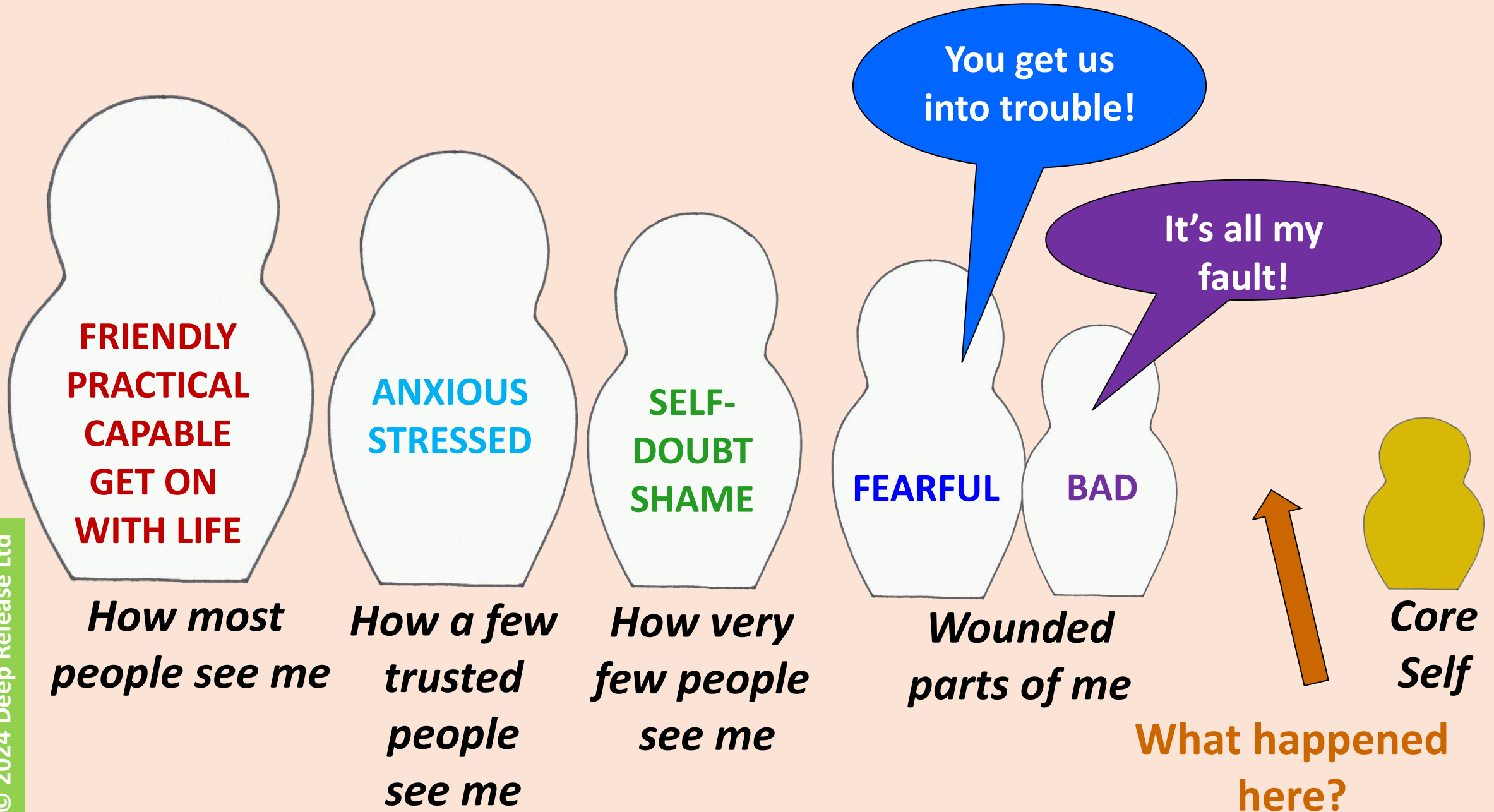
**Paint a gold core self as
the smallest nesting doll.**



USING NESTING DOLLS : TIME TO REFLECT



USING NESTING DOLLS : CASE WORK



Don't use too many nesting dolls for 'Down through the Layers'. 5 can be fine.

Keep a set to use for this intervention.





**Hazel uses plain
nesting dolls to
explore her anger
online**

Share in Buddy Groups

Share your responses to the teaching and any experience you may have of using nesting dolls

How did you respond to Hazel's work?

15 minutes



BREAK TIME



10 MINUTES



**Building a
collection of
nesting dolls**

<https://youtu.be/fe0MOvHjFxQ>



When thinking about which nesting dolls to invest in, remember that animals are wonderful symbols for humans!



DOLLS THAT KEEP THE SAME DESIGN



DOLLS THAT CHANGE AS YOU MOVE THROUGH THE LAYERS



**Always check the
subsequent layers
carefully before you buy.**





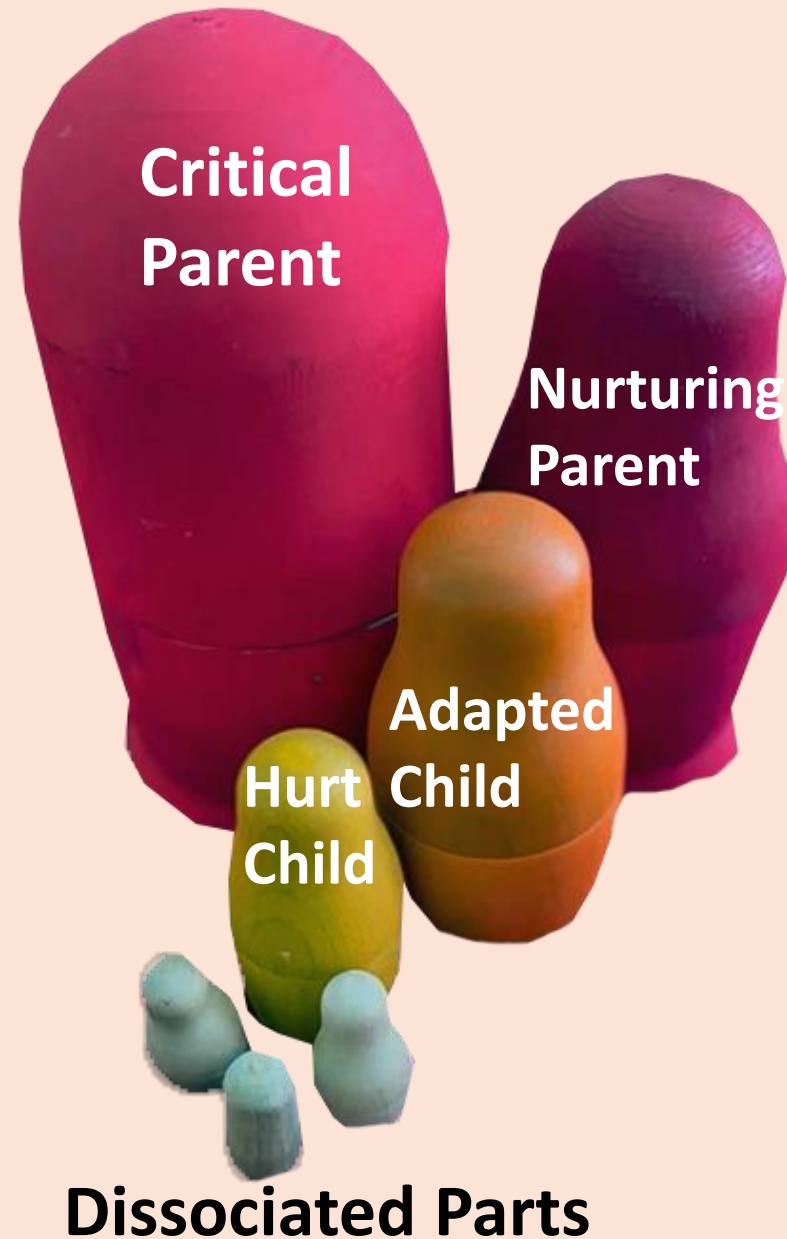
Working with Aspects of Self

ASPECTS OF SELF : WHO AM I?



ASPECTS OF SELF : WHO AM I?

- **Transactional Analysis**
- **Person Centred Configurations of Self**
- **Gestalt – the whole is different from the sum of the parts**





Jeremy explores Aspects of Self

ASPECTS OF SELF : WHO IS HIDING INSIDE?

- Explore yourself
- Explore your family
- Explore your group
- Who they show... who they hide



**Paint a large SHAME
nesting doll or use
Embarrassment.**



**Design by
Libby Williams**

Share in Buddy Groups

Share your responses to the teaching to Jeremy's demonstration.

15 minutes



BREAK TIME



10 MINUTES

Comments and Questions



ASPECTS OF SELF : HOW BIG ARE MY EMOTIONS?





**BE
PERFECT**



**TRY
HARDER**



**BE
STRONG**

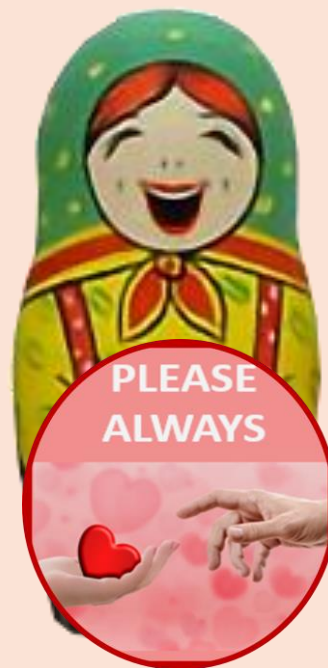


**HURRY
UP**



**PLEASE
ALWAYS**





Print and cut out the Inside Out characters in different sizes, laminate them and use Blu Tack to stick them on the required size doll.

Even less work – use emojis!





Etsy

£40.70



Etsy

£40.70



Etsy

£31.01



**Be careful when choosing
different nationalities. Not
many people walk around
town in their national costume!**





Hazel uses nesting dolls to explore her relationship with her father

HAZEL REVIEWS HER TIMELINE





When the largest doll in a set is not quite as big as you need, you can either:

- Paint your own or**
- Place the doll on top of an upturned base of another doll to give height**



If you don't have much space in your counselling room, use a lap tray.





BUYING YOUR NESTING DOLLS



Share in Buddy Groups

Share your responses to the teaching and to Hazel's timeline journey.

15 minutes



BREAK TIME



5 MINUTES

Comments and Questions



Share in Buddy Groups

Say goodbye to Buddies – exchange contact details if required.

5 minutes

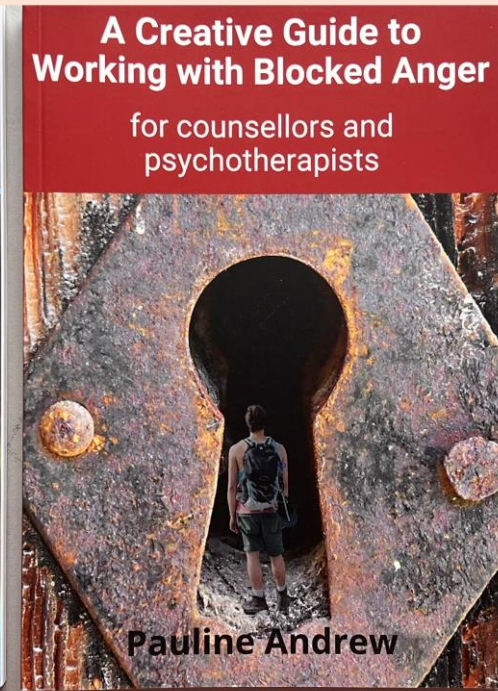
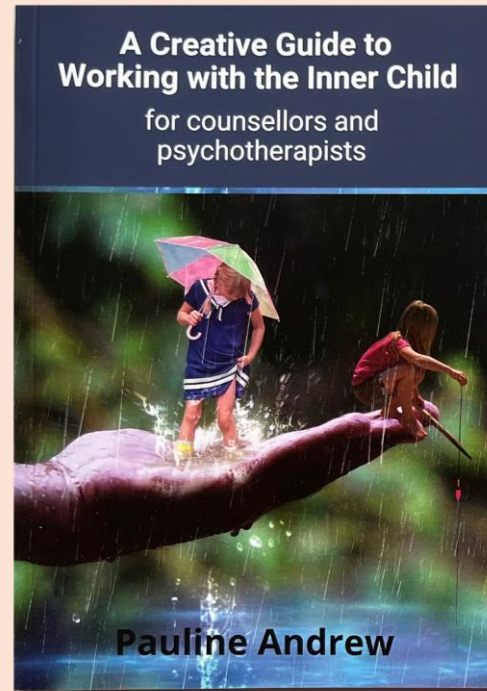
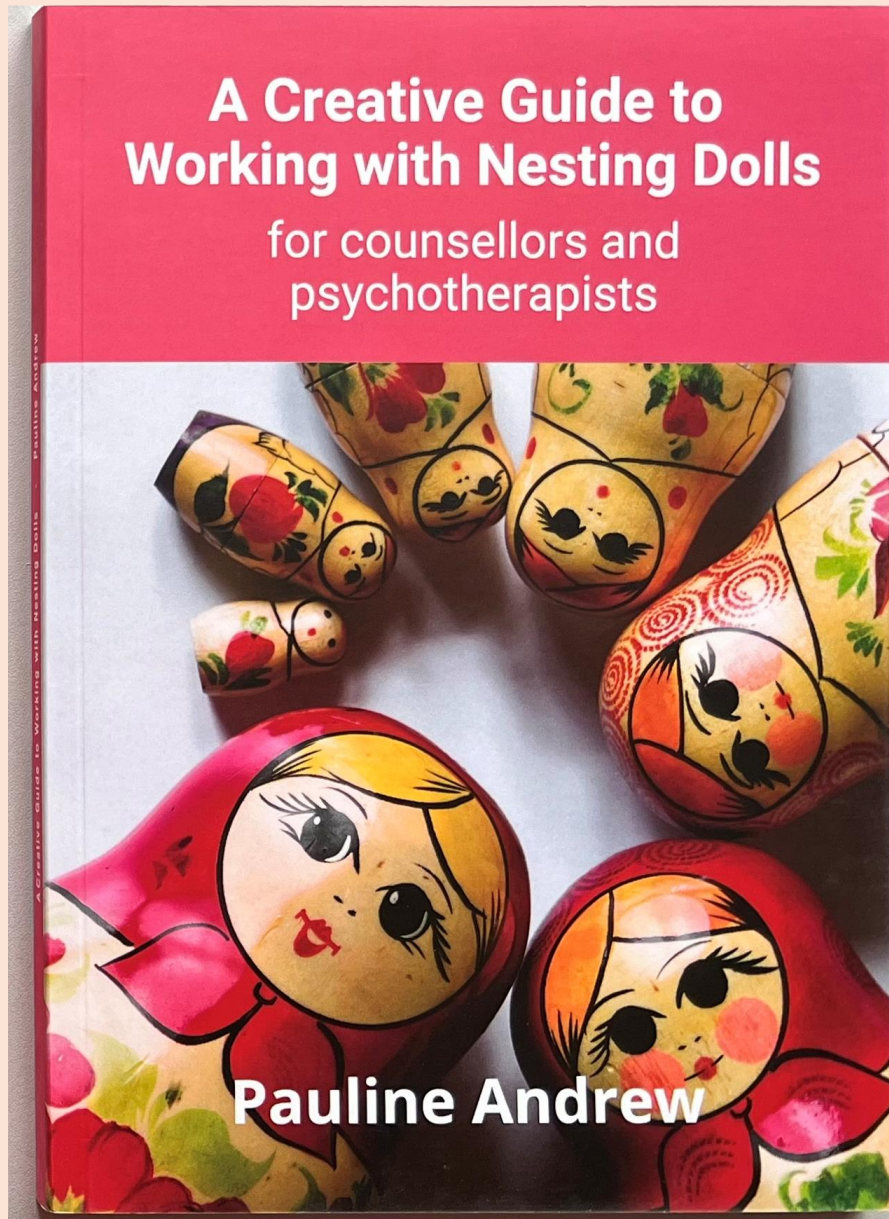




Resources

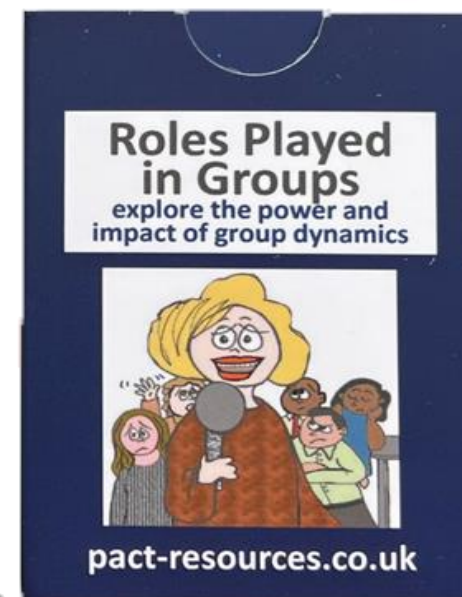
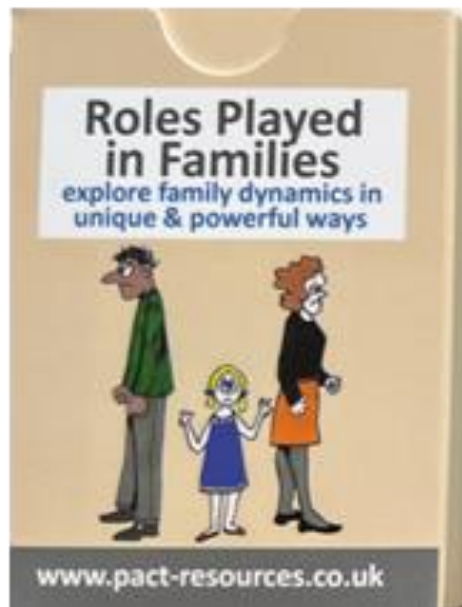
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£11.50 each
3 for £32 (save £2.50)

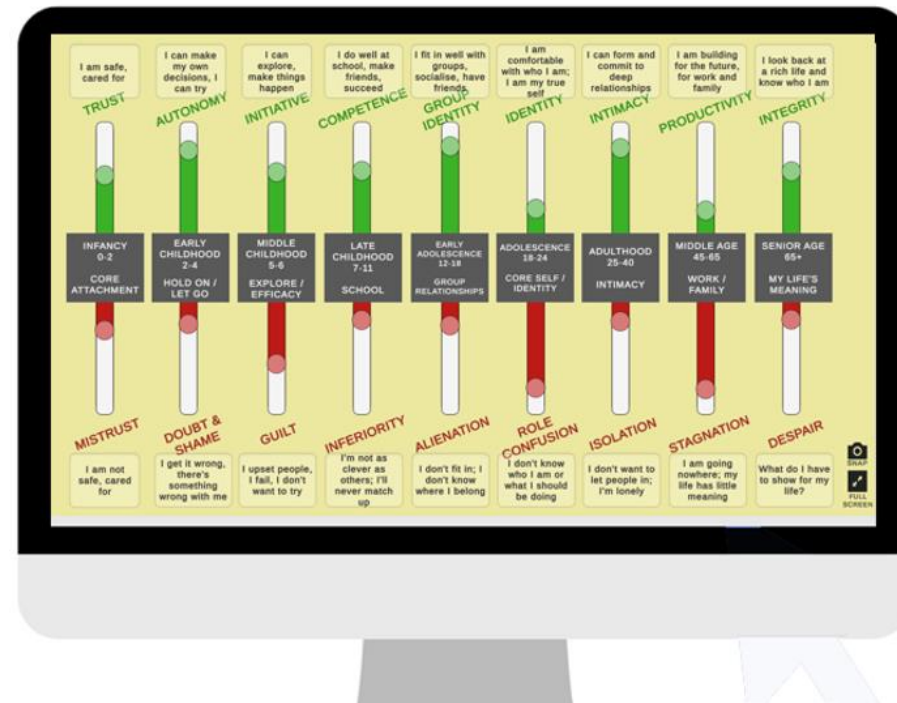
Also available on Kindle



Roles Played in Families
Extra Set A

The Wheel of Life and Erikson's Life Stages

FREE Web Apps!



PACT Resources Online
Original & Creative
Counselling Resources



**Roles Played in
Families**



**Core Needs in
Families**



**Roles Played in
Anger**



**Roles Played in
Groups**



**The Wheel of
Life**



**Erikson's Life
Stages**



**The In-Out
Model**

**More apps in
production
and will be
available
soon!**

e-Resources



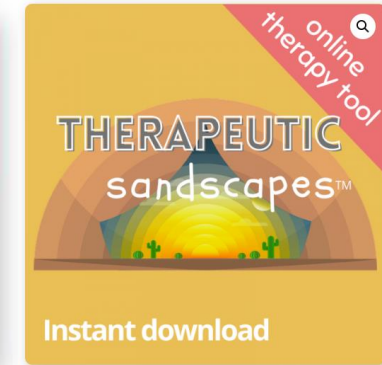
Erikson's Life Stages
£3.50



Wheel of Life
£3.50 – £5.00

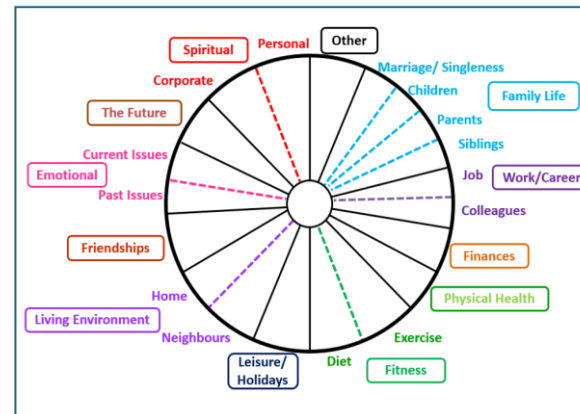
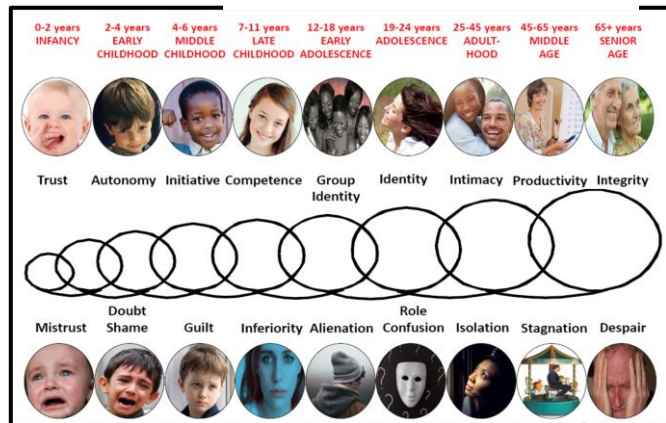


Working with Animal
Figures Online Pack



Use PowerPoint

Web Apps in progress!



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2024 Annual Counsellors Conference



Friday 27-Sunday 29 September 2024
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