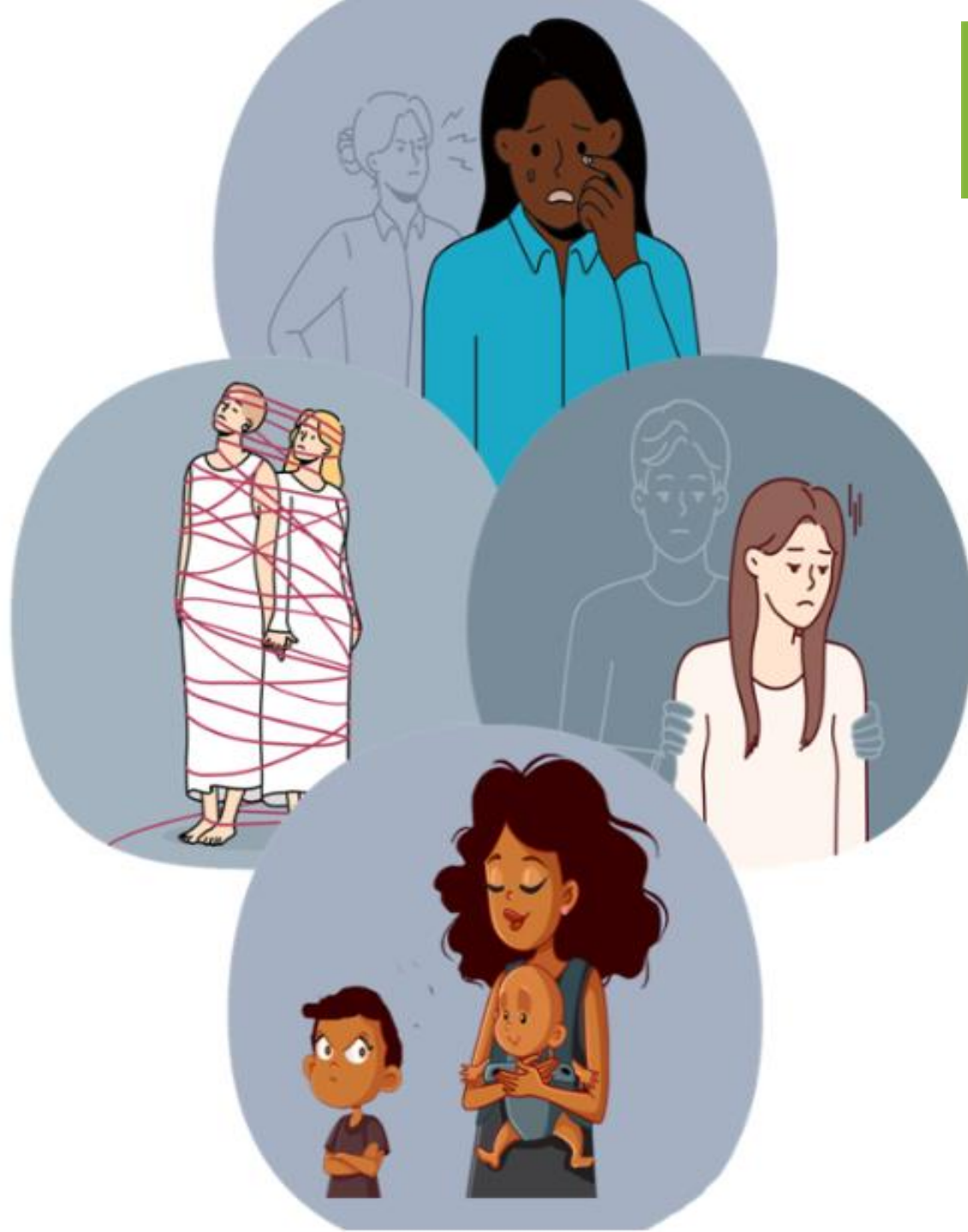




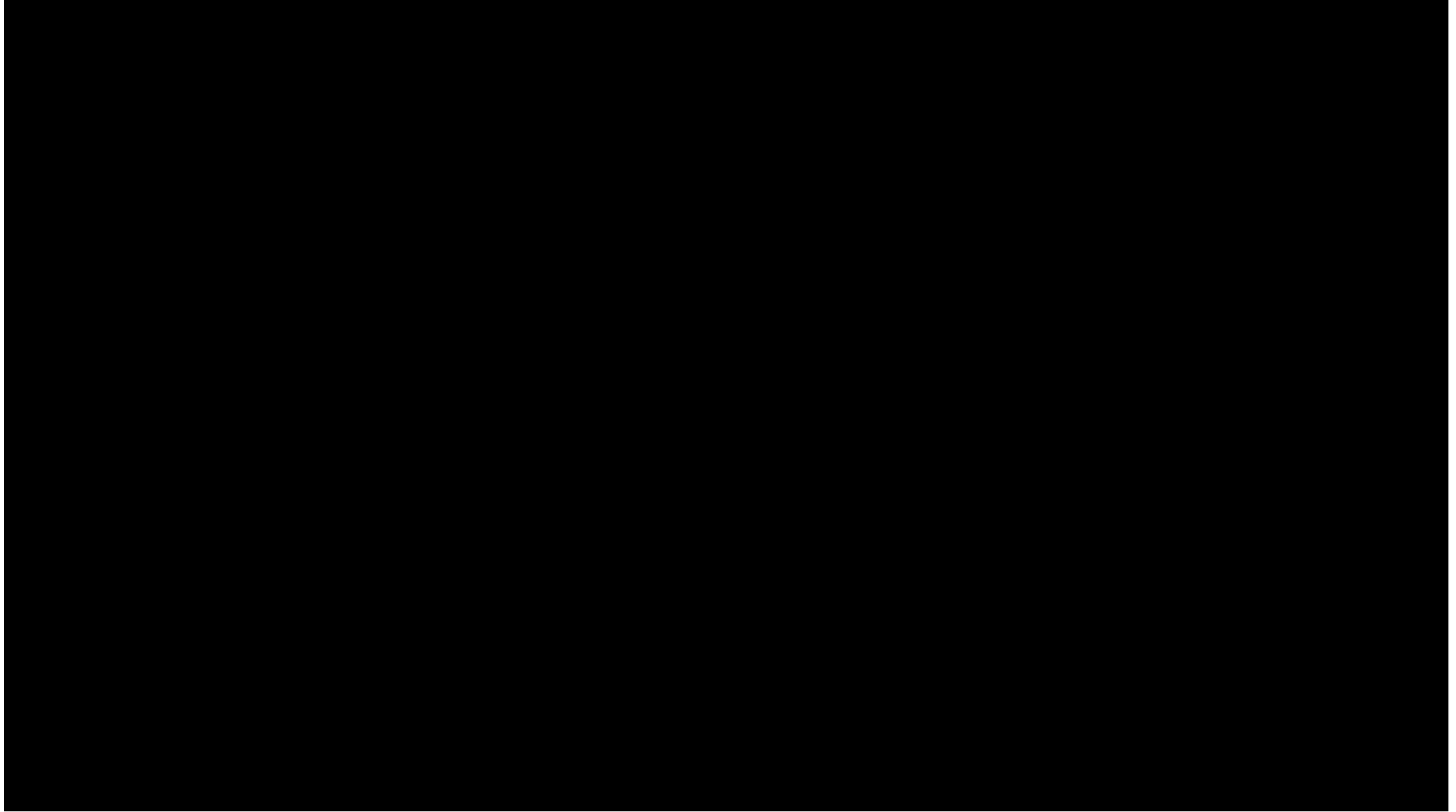
Deep Release Online
Professional Training for Counsellors



When Siblings Wound

Trainers: Pauline Andrew and Katy Bodman

FAMILY ORDER!



Classically, most siblings share...

- the same environment**
- the same parents**
- common memories**
- similar experiences**

.... or do they?



You were not brought up in the
same home by the same
parents...

The parent that the child
experiences comes from the way
they show up for that particular
child.

- Child's gender
- Stage of parents' life / relationships
- Child's age
- Child's sensitivities – they will experience the parents differently

Dr Gabor Maté





Carer and
Caretaker



Besties



Favourite
vs
Scapegoat



Different



Stress
Reactions



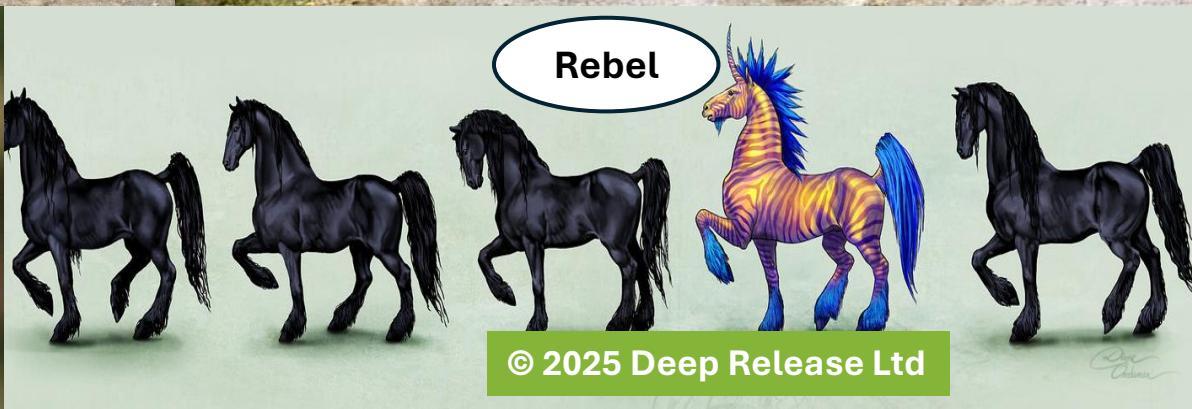
Only
Child



Estranged



Bullied



Rebel



Rivals

Sibling Relationships

Brother and Sister

Children from the same biological parents

Half-brother Half-sister

One shared biological parent

The Replacement Child

Child who takes the role of sibling who died

Rainbow Baby

Child adopted when parents unable to conceive

Well Child

Foster-brother Foster-sister

Parents shared temporarily while in care

Stepbrother and Stepsister

Related through marriage rather than direct blood connection

Brother and Sister

Children adopted into the family

Conflict in Sibling Relationships

- 85% of siblings are verbally aggressive
- 74% push and shove
- 40% are physically aggressive, which can include kicking, punching and biting
- Among adult siblings, roughly half speak to or see one another about once a month
- The other half communicate less frequently or not at all, and they are more likely to engage in competition and rivalry.



But...

The Advertiser
We're for you

It's official, science shows having a sister actually makes you a better person

- Journal of Family Psychology – having a sister improves mental health and boosts self-esteem and actually makes you a better person!
- It boosts our social skills and gives us the confidence to be independent
- Men in particular are more compassionate, less judgemental and know when to back down in an argument if they grew up with a female sibling



It's official, science shows having a sister actually makes you a better person

- Researchers said that *“loving siblings fostered charitable attitudes more than loving parents did. The relationship between sibling affection and good deeds was twice as strong as that between parenting and good deeds.”*
- Associate professor Megan Gilligan from the University of Missouri agrees that regardless of gender, our siblings can be great for our health.





Birth Order



“Elizabeth is my Pride, but Margaret is my Joy”
King George VI



Which would you have wanted to be?

Brainy ✓
Piano ✓
Singing ✓
Cooking ✓
Flower
arranging ✓
Science ✓
Doctor ✓
Healthy ✓

SECURE



SISTERS



Drawing ✓
Guitar ✓
Singing ✓
Athletics ✓
Drama ✓
The Arts ✓
Languages ✓
Sick ✓

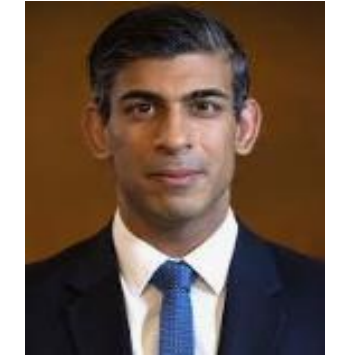
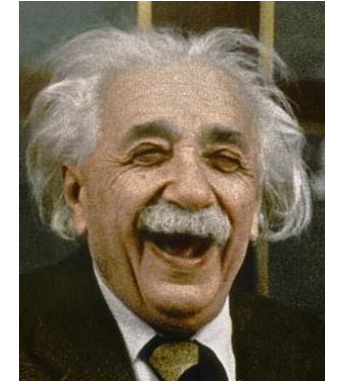
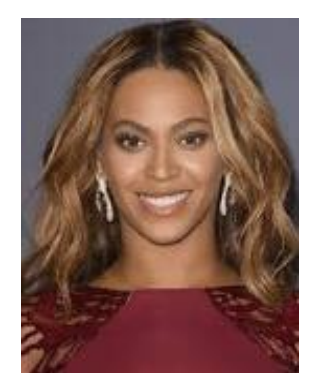
**INSECURE
AMBIVALENT**

BIRTH ORDER : First Borns

FIRST BORN



responsible
motivated
conscientious
controlling
cautious
reliable
perfectionist
achiever
leader
bossy



BIRTH ORDER : Middle Child

MIDDLE BORN



feels left out
peacemaker
social
adaptable
people-pleaser
can be rebellious
independent
go-between

That moment you realize



you're going to be the middle child...

HAPPY MIDDLE CHILD DAY!



OH, YOU DIDN'T NOTICE IT WAS MIDDLE CHILD DAY?
OF COURSE NOT, NO ONE EVER DOES.

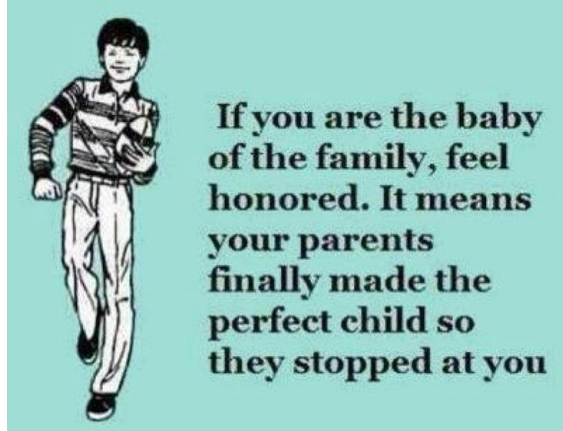


Middle children are more cooperative than their siblings, study suggests

- After decades of debate, one of the largest ever studies on birth order suggests that birth order DOES help shape personality!
- Data gathered from over 700,000 volunteers found that on average middle children scored higher than their firstborn and youngest siblings on traits seen as important for cooperation.
- This was also true in families with more children (“sibship size”). People with more siblings tended to score higher on agreeableness and honesty-humility (the tendency to be fair and genuine with others).



BIRTH ORDER : Last Borns



<https://oakmonitoronline.com/2769/opinion/birth-order-does-it-matter/michabotstudent-awrsd-org/>

BIRTH ORDER : The Only Child

THE ONLY CHILD



seeks approval
sensitive
leader
confident
center of attention
mature for their age
conscientious
responsible
perfectionist

Happy Only Child Day!!

Because when your
parents get it right
the first time they stop

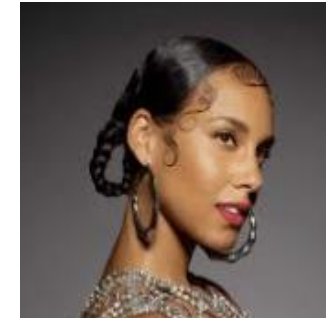


someecards
user card

National Siblings Day!!
Here is a shoutout to my
imaginary siblings I had as
an only child.



someecards
user card



Lesley's Story

5 Minutes Younger



Buddy Groups

- As much as feels safe, share your own experience of sibling dynamics
- Where were you in birth order? How was that for you?



***BREAK
TIME!!***

5:00



IDENTITY

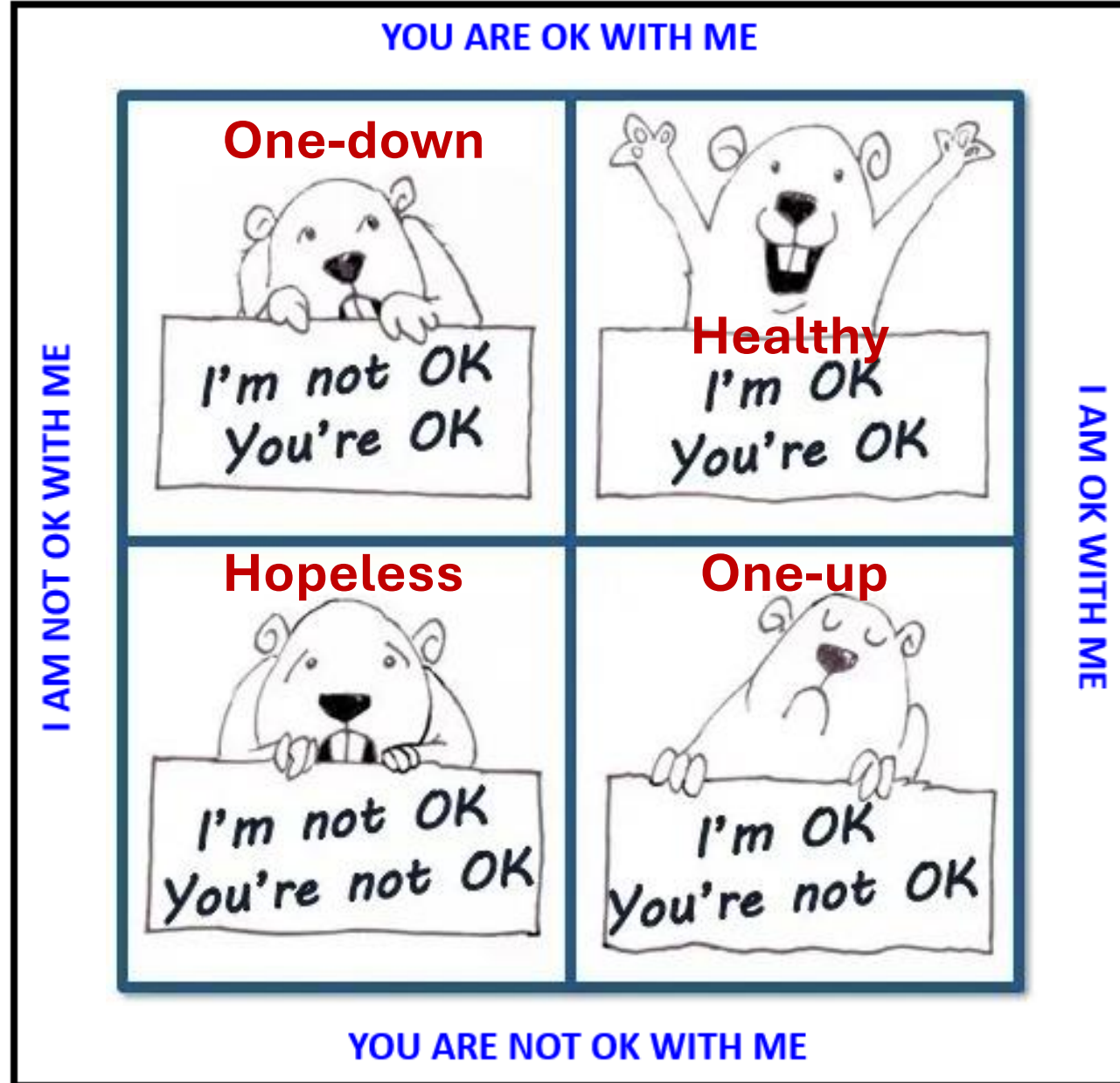
Living in a Sibling's Shadow



Alfred Adler, 1870-1937
Austrian psychotherapist
and founder of the school
of individual psychology

- Some children can struggle with a loss of identity if they have a more dominant, accomplished or favoured sibling
- When their own personality and achievements are overshadowed, they can feel inadequate or invisible, leading to self-doubt
- If parents, teachers or peers compare them, this heightens the feelings, and they may compete or rebel against expectations
- This can lead to a loss of identity and an 'inferiority complex', a term coined by Alfred Adler who was very interested in birth order!

LIFE POSITIONS



Identity and a Sense of Belonging

- Identity refers to our characteristics, personality, beliefs and experiences as an individual. It isn't static – it evolves over time as we encounter new perspectives and challenges
- Belonging is about a feeling of being accepted and valued within a group or community. It fosters emotional security and wellbeing through family, friendships, workplaces or cultural groups.
- When identity and belonging combine, we feel connected and validated
- When we feel different or excluded, this can lead to isolation and self-doubt
- Ultimately, identity and belonging are essential for emotional and psychological wellbeing, shaping our world view and meaningful relationships



Different Parenting Styles



5 Parenting Styles



Authoritarian

Controlling
Demand obedience
without considering
child's point of view



Permissive

Loving, but don't
exert any control
There are no rules



Authoritative

Firm but loving
Encourage
independence within
limits



Neglectful

Uninvolved and
uninterested in
their own child



sprouts

5 Parenting Styles and Their Effects on Life
A Sprouts video (YouTube)

Over-Involved Parents



Parents are present in all aspects of their child's life



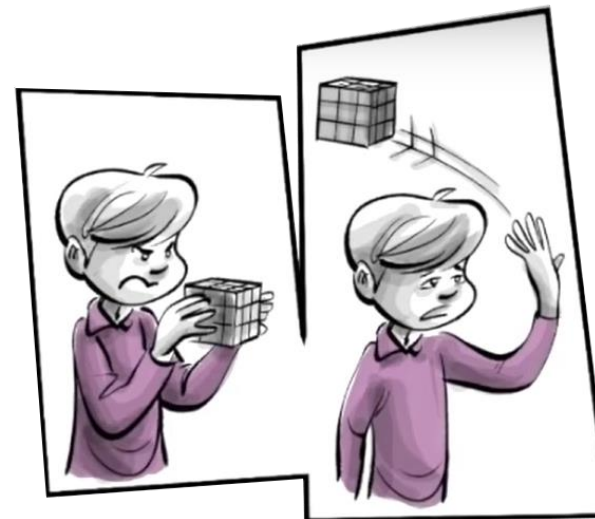
'Snow Ploughs' remove obstacles out of their child's path



'Helicopter parents' hover about and micro-manage every aspect of their child's life



Won't let their children do anything alone, so the children can't learn to overcome challenges by themselves



5 Parenting Styles and Their Effects on Life
A Sprouts video (YouTube)

“If we miss out on a sense of connectedness early in life, we live in a state of emotional emptiness that translates into a deep, dark feeling of depression... We are unable to stand emptiness for long, however, and usually will try to do something to fill the void felt inside.

“The Mom Factor”, Cloud & Townsend, 1996



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Lynne's Story

Disconnected



RPIF cards Lynne chose for her sister

Rescuer Roles
MUMMY'S LITTLE HELPER



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

Control Roles
THE CONTROLLER



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

Control Roles
THE BULLY



I intimidate and humiliate to have control over others.

Control Roles
THE BULLDOZER



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

Performer Roles
GOLDEN BOY/ GOLDEN GIRL



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

Performer Roles
THE ESCAPE ARTIST




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

Control Roles
SPOILT BRAT



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

Control Roles
TEARS



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

Control Roles
HYSTERIC



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

Control Roles
DRAMA QUEEN



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

Control Roles
THE MARTYR



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

Control Roles
AFTER ALL I'VE DONE FOR YOU



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

RPIF cards Lynne chose for herself

Performer Roles MR/MRS DO-IT-ALL



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

Rescuer Roles GOOD BOY/GOOD GIRL



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

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 THE PEACEMAKER



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

Rescuer Roles MR/MRS FIXIT



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

Rescuer Roles THE CARETAKER



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

Helpless Roles PASSIVE



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

Helpless Roles THE SCAPEGOAT



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

Performer Roles SUPERSTAR/ SUPER-SPORTS-STAR



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

Control Roles THE REBEL



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

Buddy Groups

- How did you respond to Lesley and Lynne's testimonies?
- Did you feel your parents' style changed as you were growing up?



**BREAK
TIME!!**

5:00



Questions Comments Discussion

Julia's Story

Abuse and Shame





Katy Bodman

**Working with
Clients**

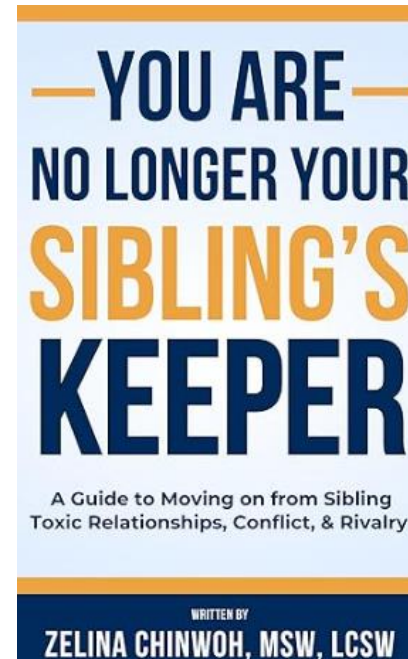
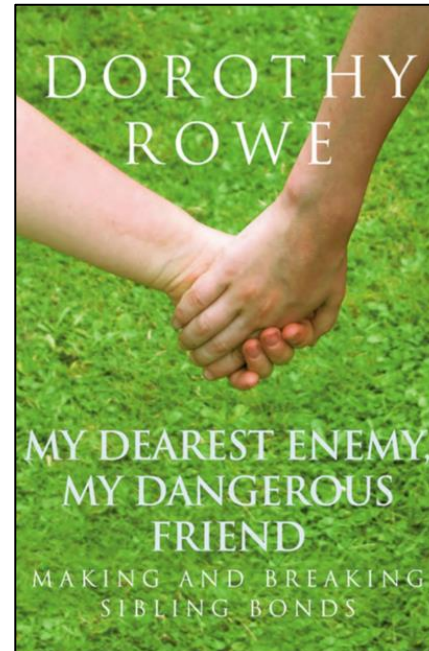
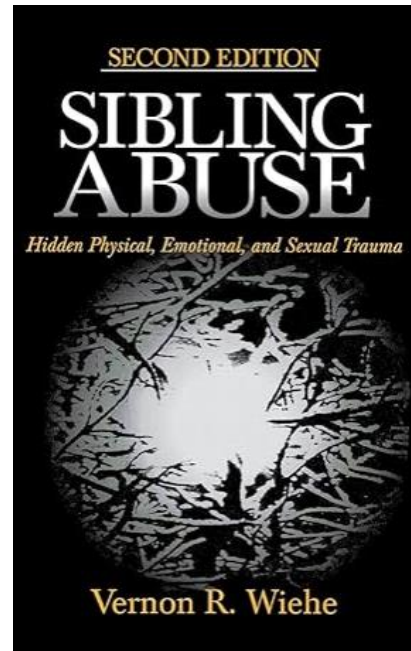
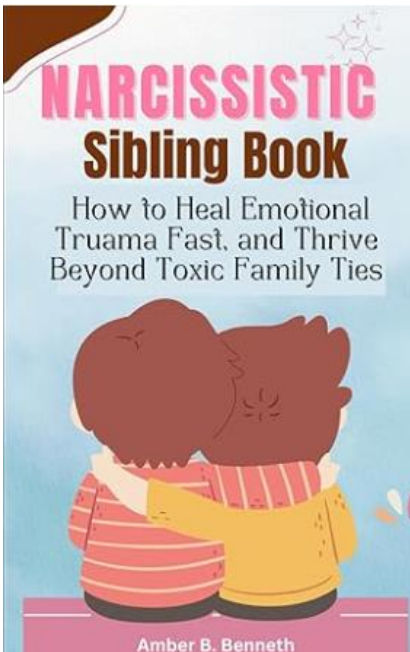
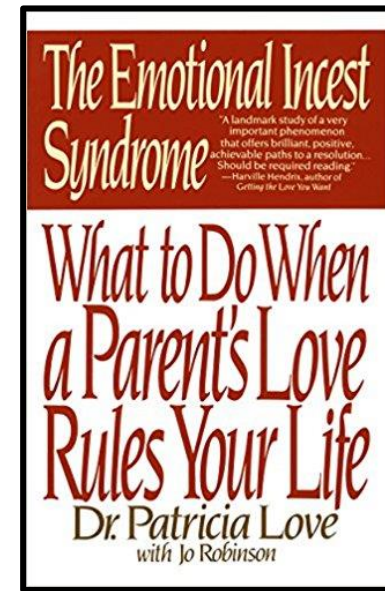
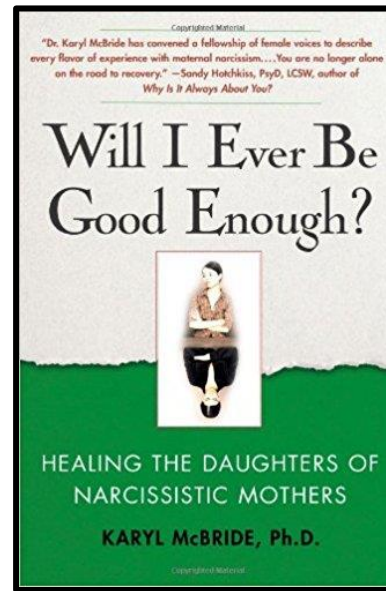
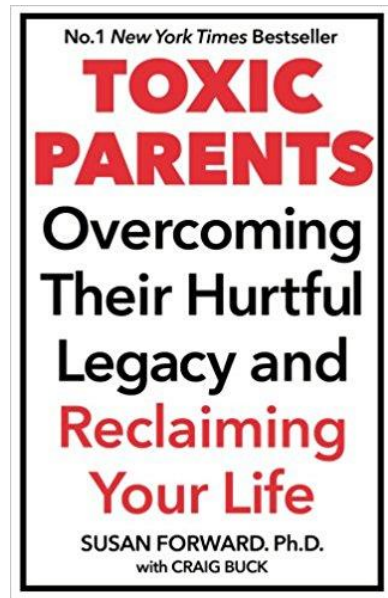
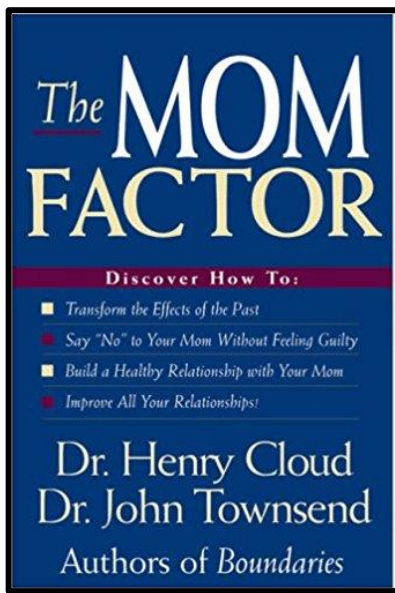
Creative Tools

Buddy Groups

- **Share your final thoughts from today's teaching**
- **Say goodbye to your buddies – exchange details if required**



Questions Comments Discussion



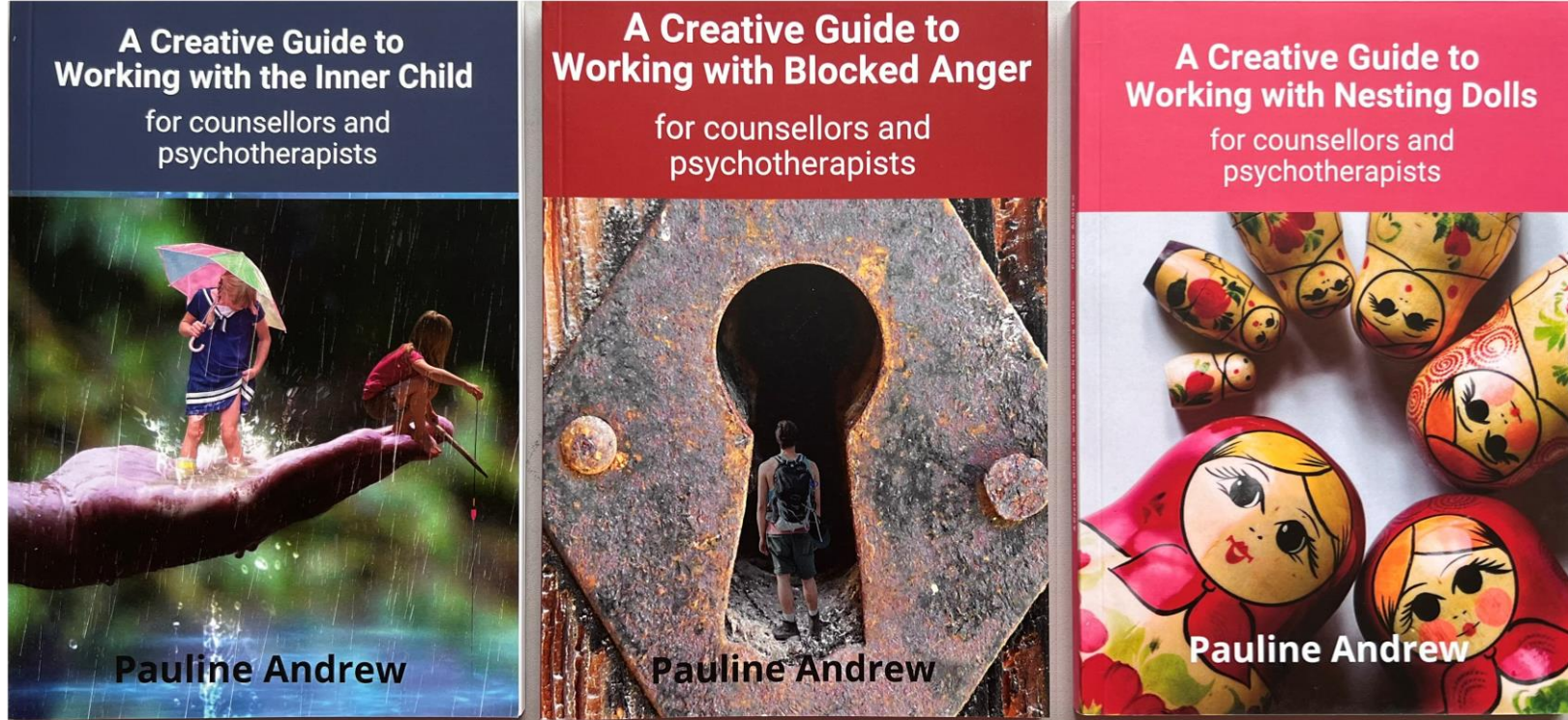


Resources

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ORIGINAL & CREATIVE
COUNSELLING RESOURCES

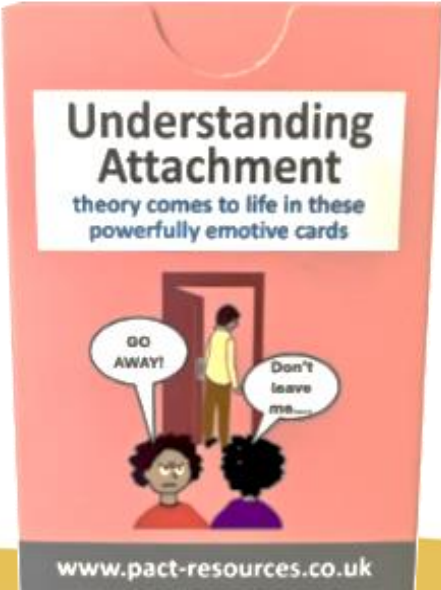
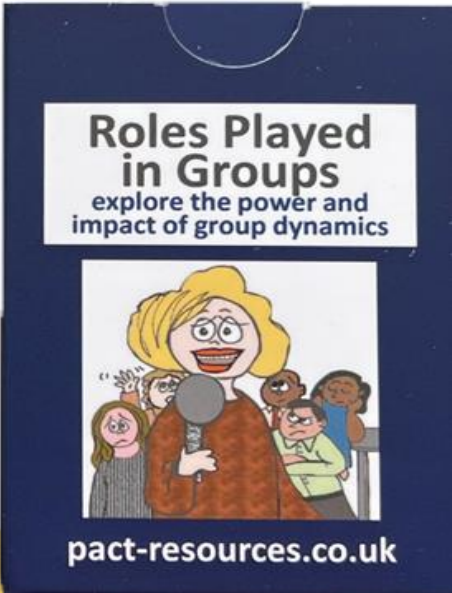
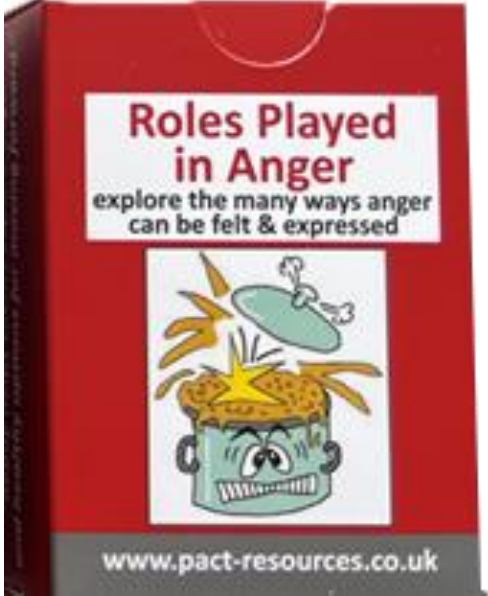
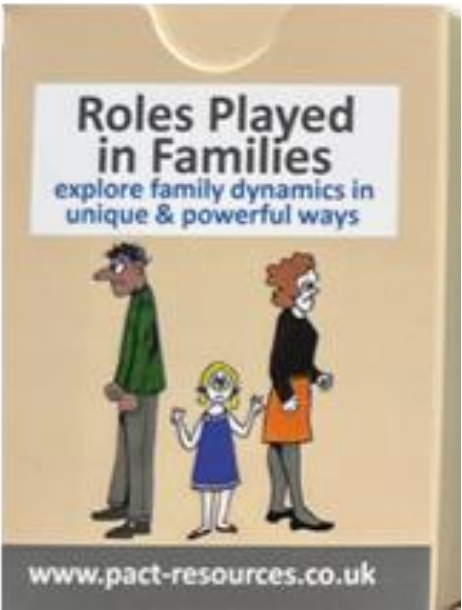
Books by Pauline Andrew



£11.50 each
3 for £32 (save £2.50)

Also available on Kindle

Roles Played in Families
Extra Set A





**Sand Tray
Web App**



**The Wheel of
Life**



**Erikson's Life
Stages**



**Erikson's for
Adolescents**



**Roles Played in
Families**



**Core Needs in
Families**



**Roles Played in
Anger**



**Roles Played in
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**The In-Out
Model**



**Nesting
Dolls**



**Understanding
Attachment**

e-Resources



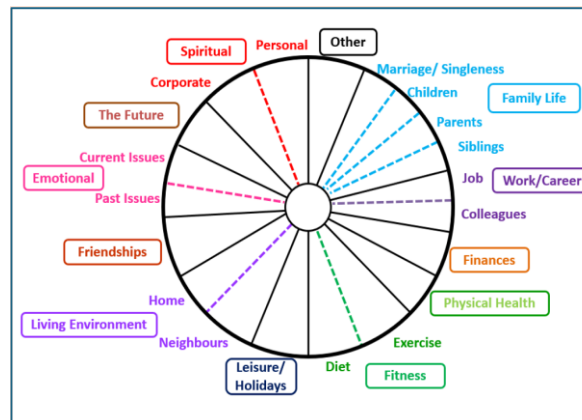
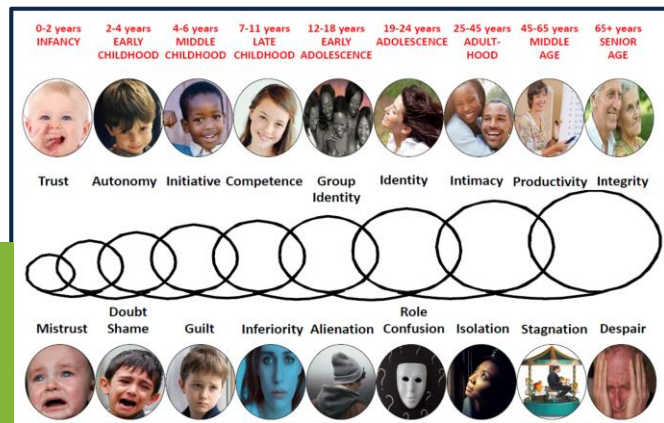
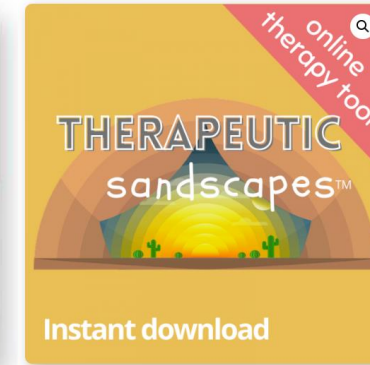
Erikson's Life Stages
£3.50



Wheel of Life
£3.50 – £5.00



Working with Animal
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