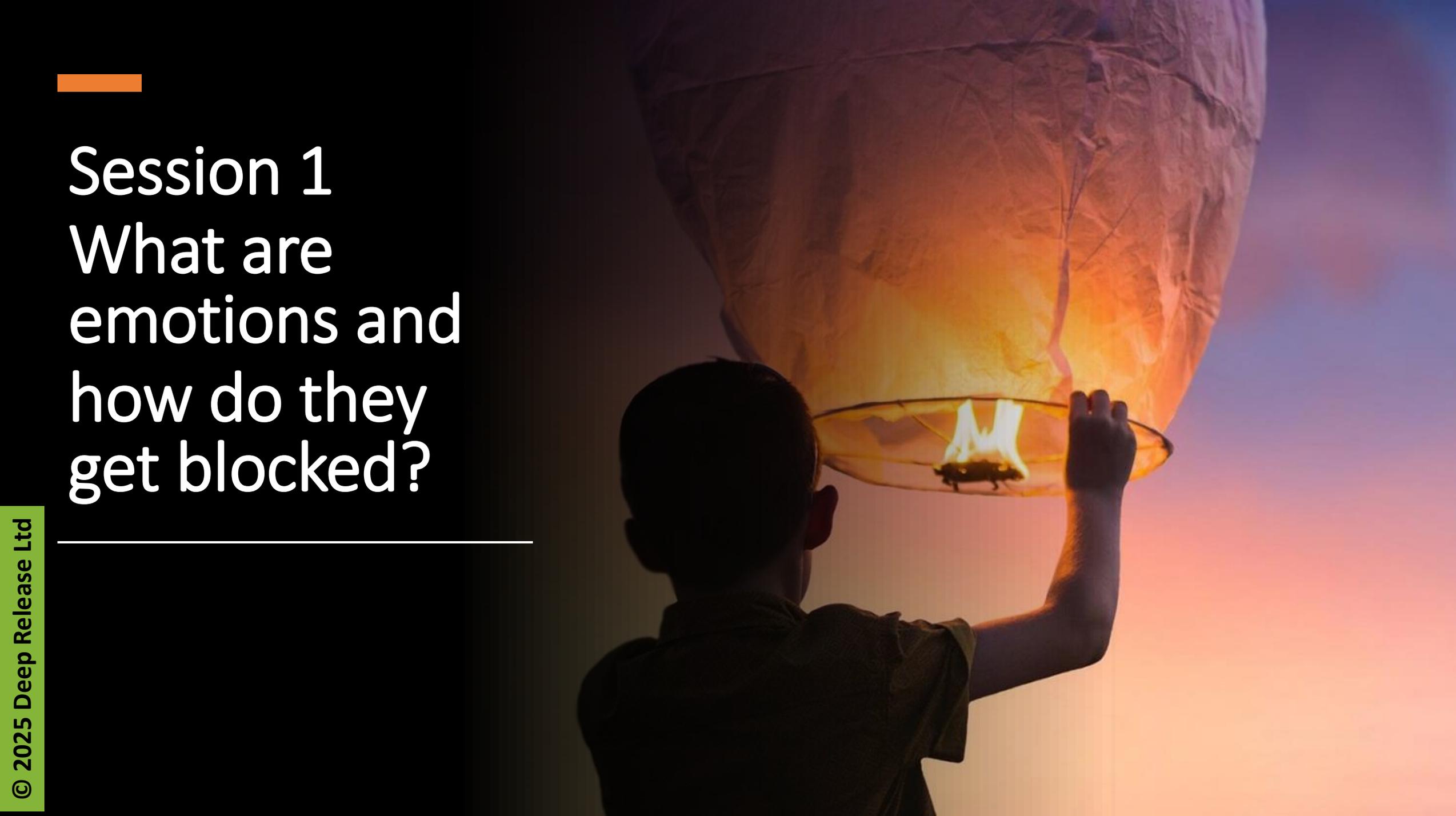




Deep Release Online
Professional Training for Counsellors

Releasing Blocked Emotions

A child is seen from behind, holding a glowing paper lantern against a sunset sky. The lantern is lit from within, casting a warm orange glow. The child's silhouette is dark against the bright background. The sky transitions from a deep orange near the horizon to a soft purple at the top.

Session 1
What are
emotions and
how do they
get blocked?

What are Emotions?



What are emotions?

Emotions are psychological states comprised of thoughts, feelings, physiological changes, expressive behaviors, and inclinations to act.

familymeans.org

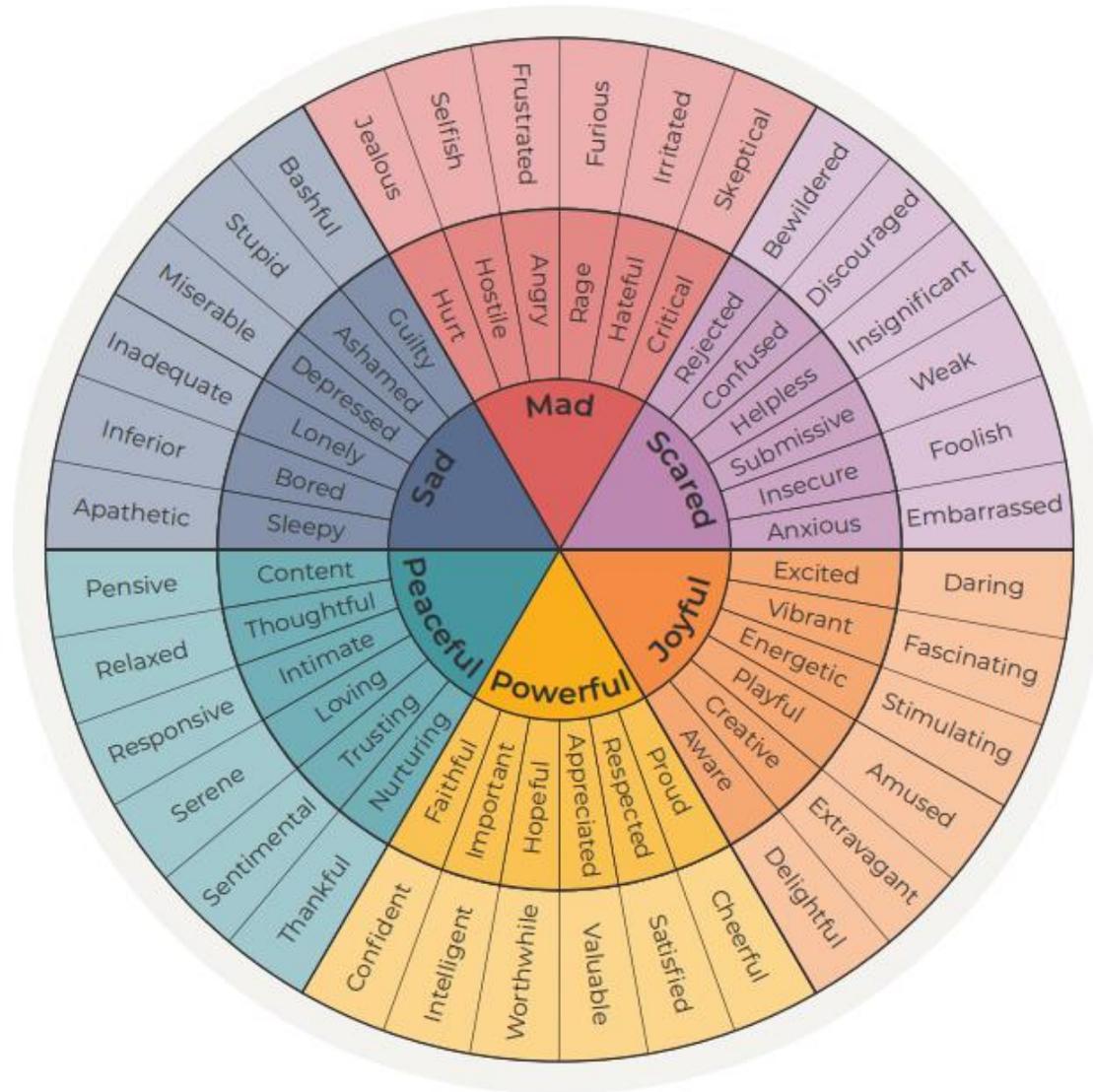
Emotions are mental states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure.

There is currently no scientific consensus on a definition.

Wikipedia



The Feeling Wheel



The Gottman Institute
Developed by Dr. Gloria Willcox

Download at:
https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute_The-Feeling-Wheel_v2.pdf

HOW / WHY DO EMOTIONS GET BLOCKED?

1. Developmental Deficit

- Our core emotional needs were ignored or dismissed
- We learnt to put a lid on our feelings, building defensive walls to protect ourselves and keep pain out
- *Avoidant Attachment? (by 1 year old...)*



2. Trauma

- We were abused, punished or mocked for expressing distress or anger
- Freeze response
- Dissociative parts holding different emotions (at different ages)



Erikson's Life Stages

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

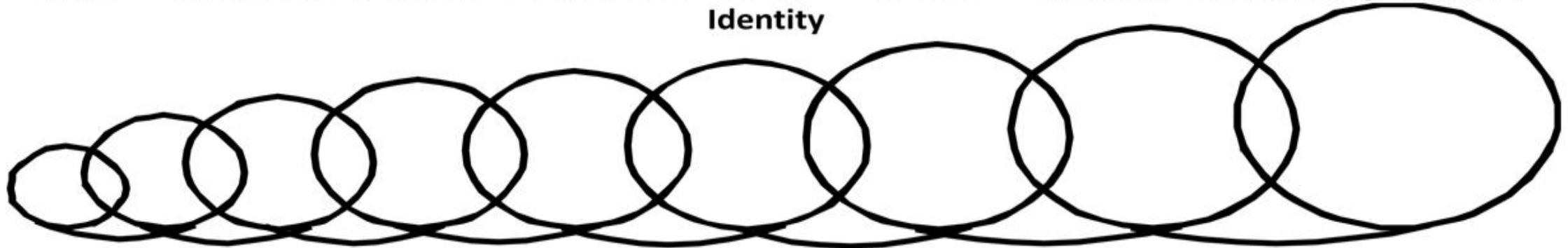
Group
Identity

Identity

Intimacy

Productivity

Integrity



Mistrust

Doubt
Shame

Guilt

Inferiority Alienation

Role
Confusion

Isolation

Stagnation

Despair



HOW / WHY DO EMOTIONS GET BLOCKED?

3. Alexithymia

- We don't have words for what we are feeling – we genuinely don't know how to describe it
- *What are you feeling? ... I don't know.*
- 10% of the general population; 50% of people on the Autism Spectrum

4. Autism Spectrum

- Full range of human emotions, but can be hard to identify, process and articulate them
- *“Some of us never get to the point where we can look inward and explain outward...”*
- Care about others but not sure how to respond



<https://www.openforumevents.co.uk/news/what-works-when-counselling-autistic-lives/>
<https://www.elemy.com/studio/autism/empathy-and-emotions>



“Vulnerability is not weakness, and the uncertainty, risk, and emotional exposure we face every day are not optional. Our only choice is a question of engagement. Our willingness to own and engage with our vulnerability determines the depth of our courage and the clarity of our purpose; the level to which we protect ourselves from being vulnerable is a measure of our fear and disconnection.”

Brené Brown

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child's hand is visible at the bottom edge of the lantern. The background is a soft, warm sunset sky with hues of orange, pink, and purple. The overall mood is peaceful and contemplative.

Session 2
A bit of
Neuroscience

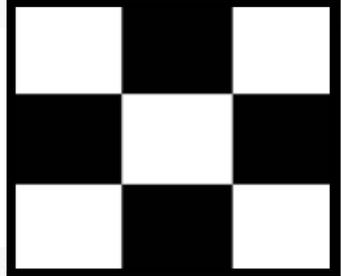
with Dr Chris

THE TWO SIDES OF THE BRAIN



$x \sqrt{a+bx} dx$ $8 \times 7 = 56$ 79 x^2 42 $51 + 1$
 $3 + 2$ $9 \times 10 = 90$ $\sqrt{5}$ $2 + 4$ $5 \times 4 = 20$ 32 48
 12 $6 + 7 = 13$ $21 - 3 = 18$ $45 \div 10 = 4.5$ $\sqrt{6}$ x^2
 78 83 a b $4 + 5 = 10$ $b \frac{1}{2} a$ $48 - 8 = 40$ a
 21 $y = \frac{1}{8} \left(\sqrt{\frac{3x-5}{2}} \right) x$ $\int 36$
 x a α^2 $\frac{11+7}{2}$ $\int x^2 dx$ x 10 7 6 x 19 18
 $7 \times 6 = 42$ 83×1 $65 - 60$ 5 1 x 1502 20 20
 a $9 \times 7 =$ $4 = 36$ $\sqrt{}$ $+$ 20 6 5 $8 - 10$ $5 + 6 =$
 $22) \int \sqrt{a}$ $+ bx^2 + C$ $(3$ 35 (x) 60 20 7 151
 x^2 $5 \times 6 = 30$ 48 28 45 6 17
 9×6 4 $12abx + 3b^2x$ 8 6 20 20 $106b^2$
 a x^2 $105b^2 + C$ 10 $(a)^3$ $\sqrt{(by)^2}$
 $\sqrt{a-bx}$ $(x-bx)$ $\sqrt{(a+bx)^3}$ 45 7 8 x
 60 $7+8$ 2 20 35

LEFT AND RIGHT BRAIN



> "No!"

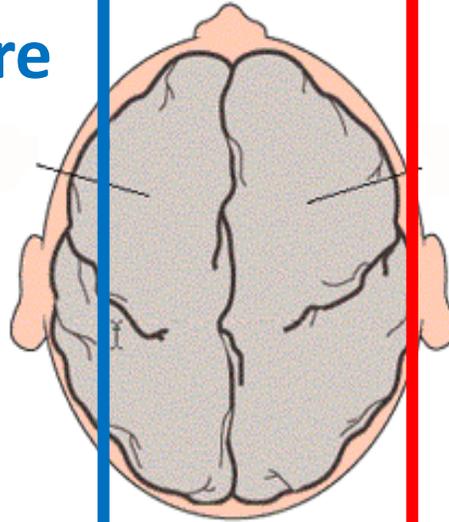
The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



The Right Hemisphere

RELATIONAL

ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING



< "Why Not?"

THE TOP-DOWN BRAIN

Cortex



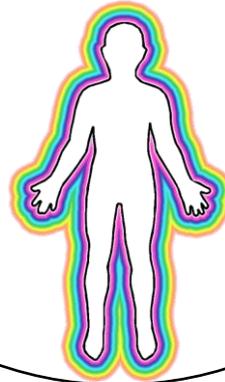
Thinking

Limbic System
“in between”



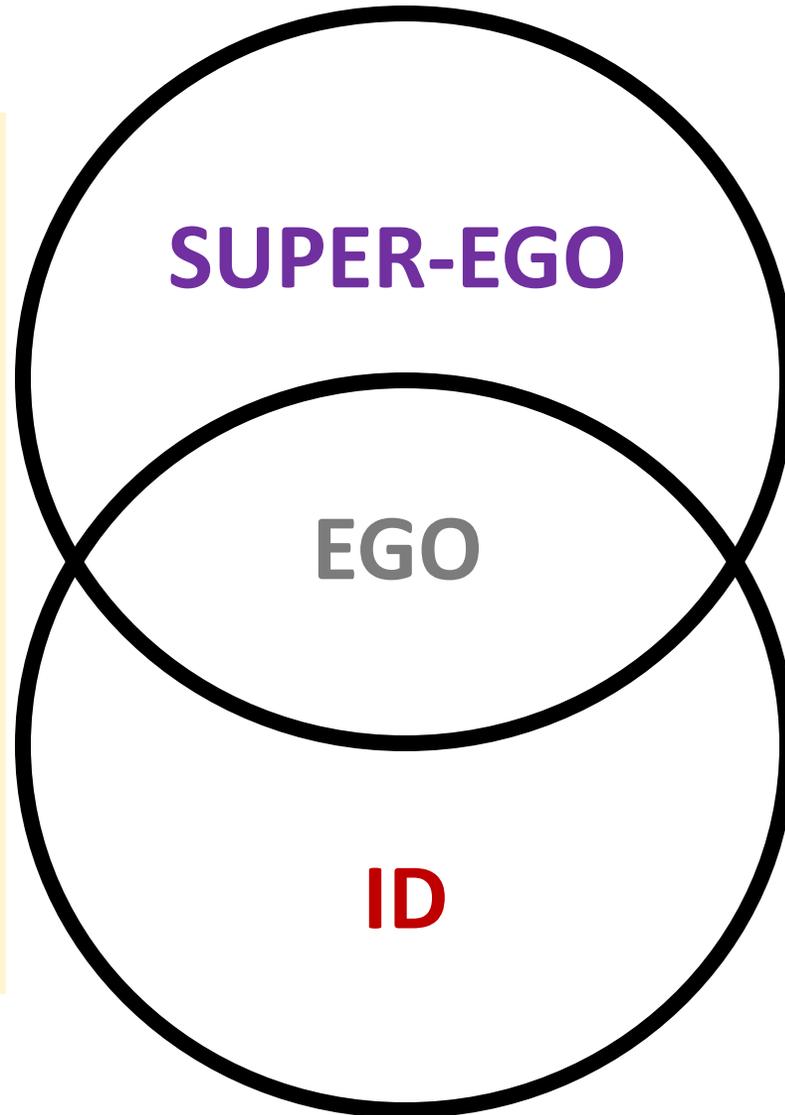
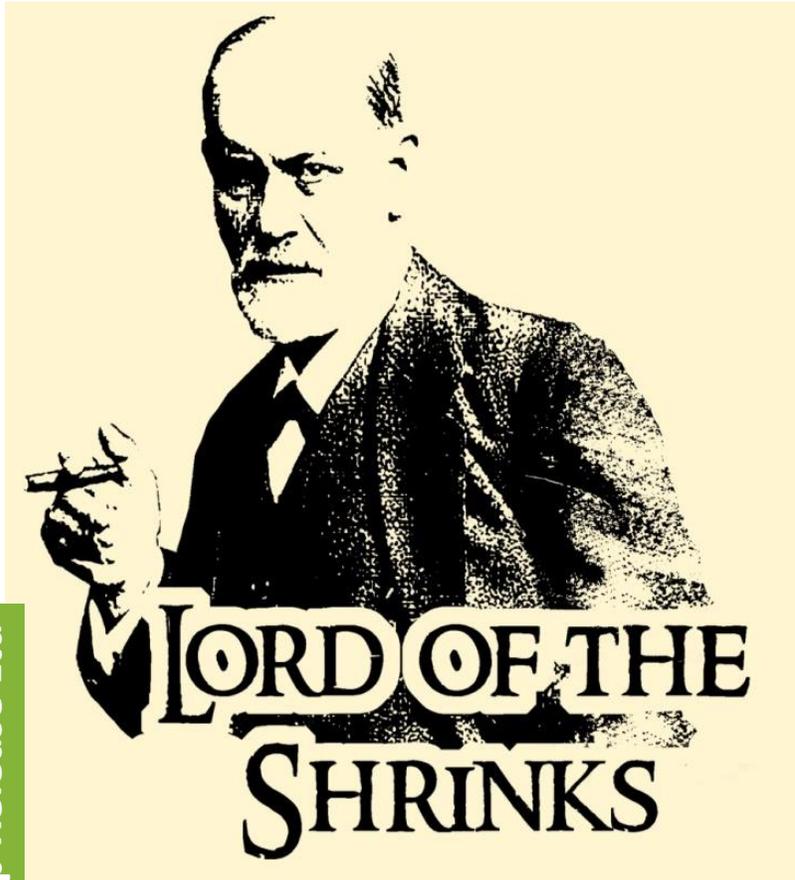
Feeling

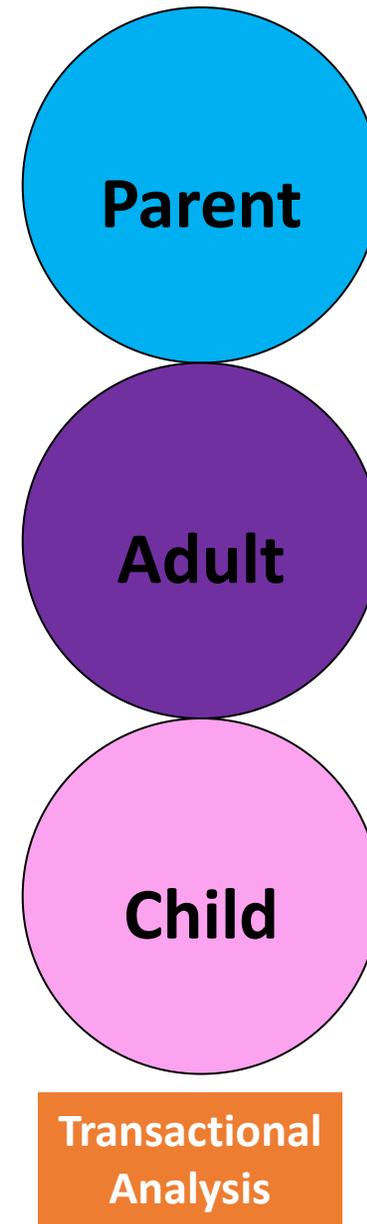
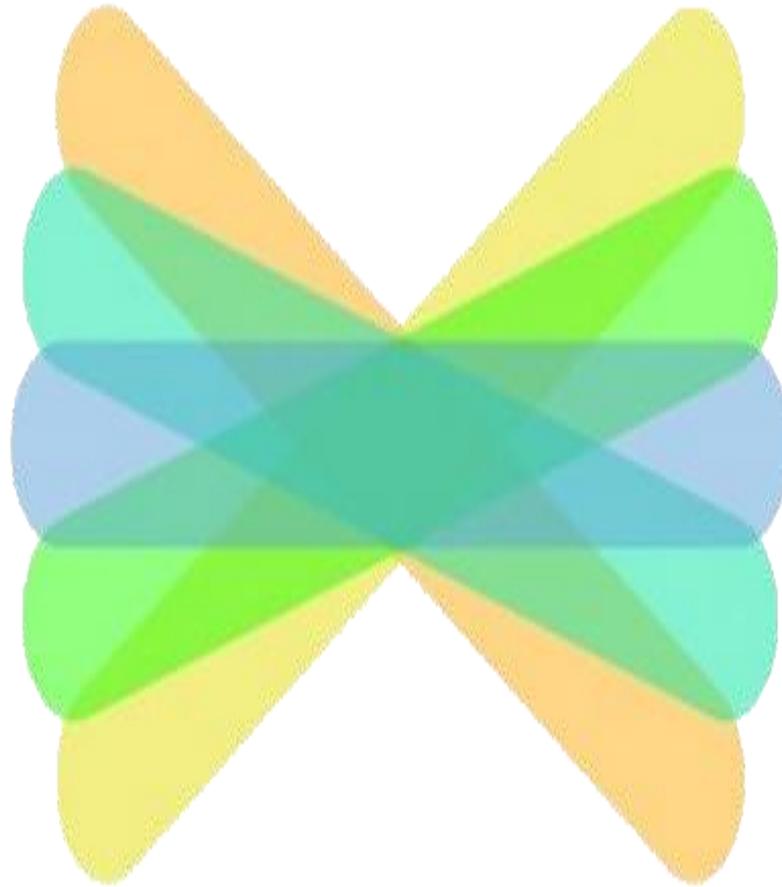
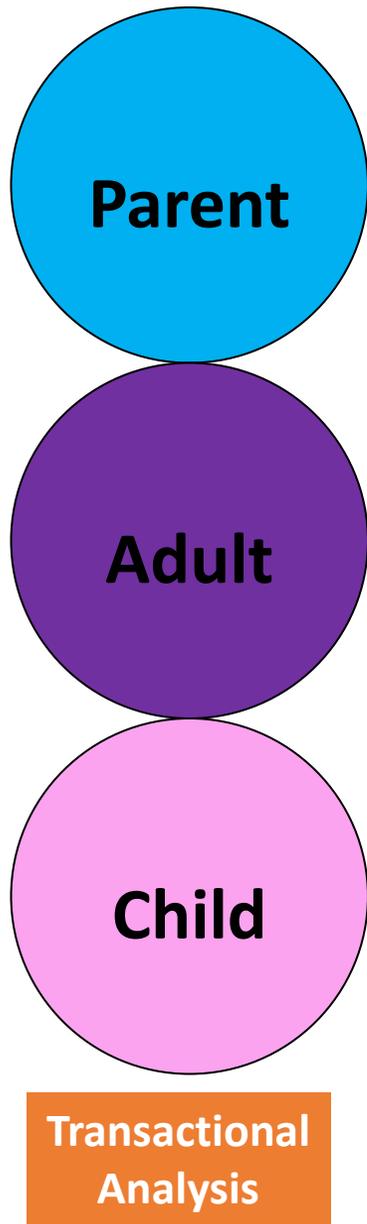
Hindbrain



Being/Doing

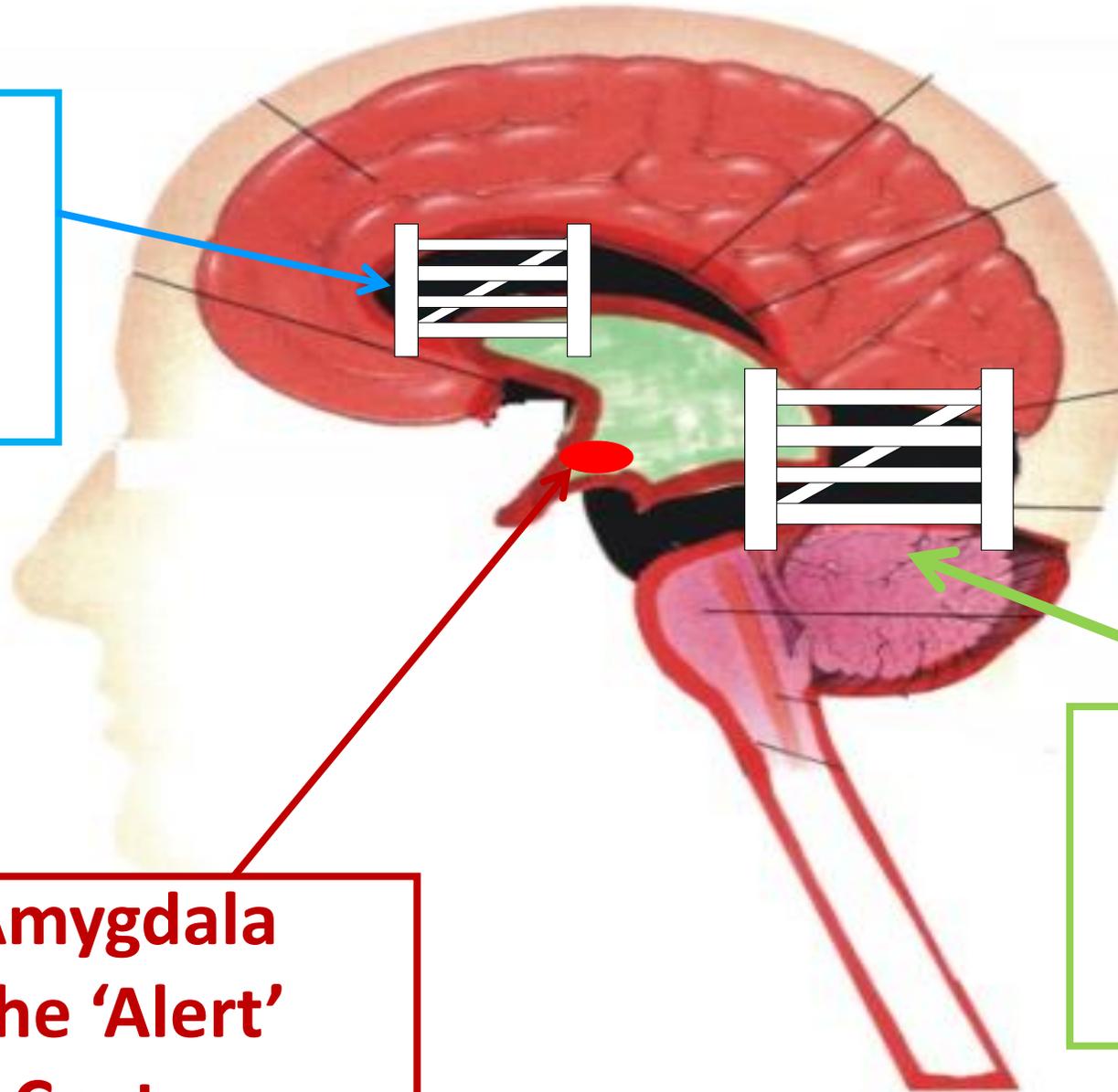
FREUD'S THEORIES





THE SPLIT BRAIN

**Gate off
Emotional
feelings**



**Amygdala
The 'Alert'
Centre**

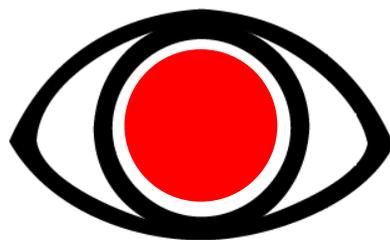
**Gate off
Bodily
feelings**



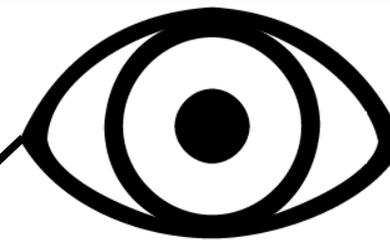
Feather-horned Beetle



FRIEND OR FOE?



FOE
Pupil dilates



FRIEND
Pupil constricted



Cortex

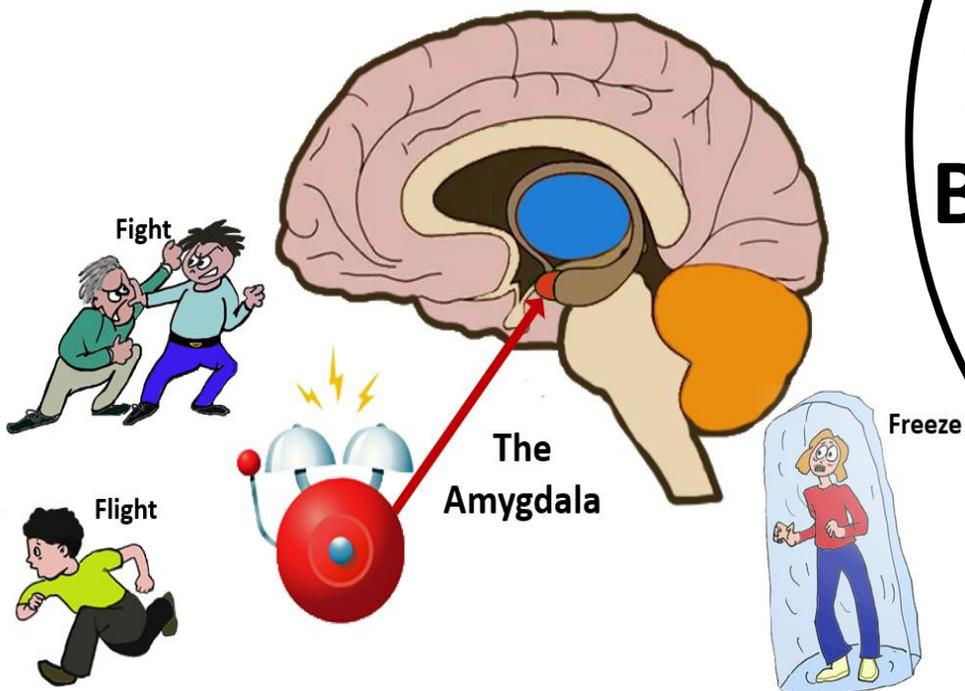
Limbic System



Left Brain

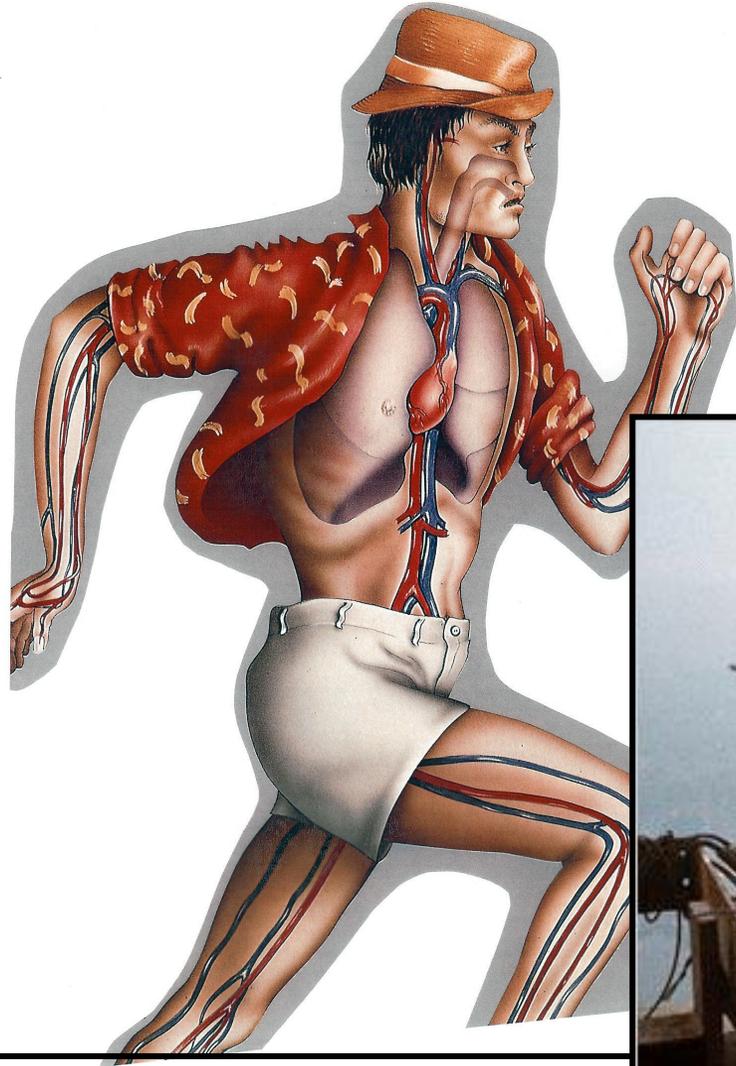
Right Brain

Hindbrain



THE AUTONOMIC NERVOUS SYSTEM

SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



PARASYMPATHETIC SYSTEM – CHILL



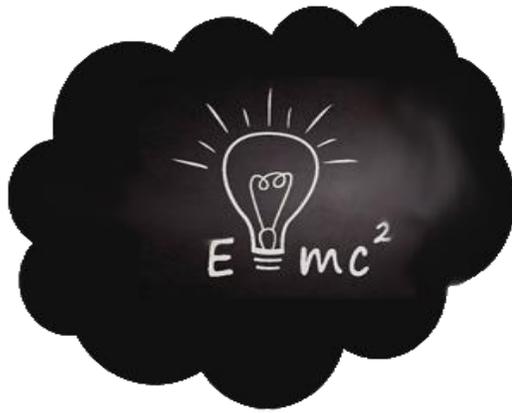
EMOTIONAL (AFFECT) REACTIONS

Looking at the way I feel

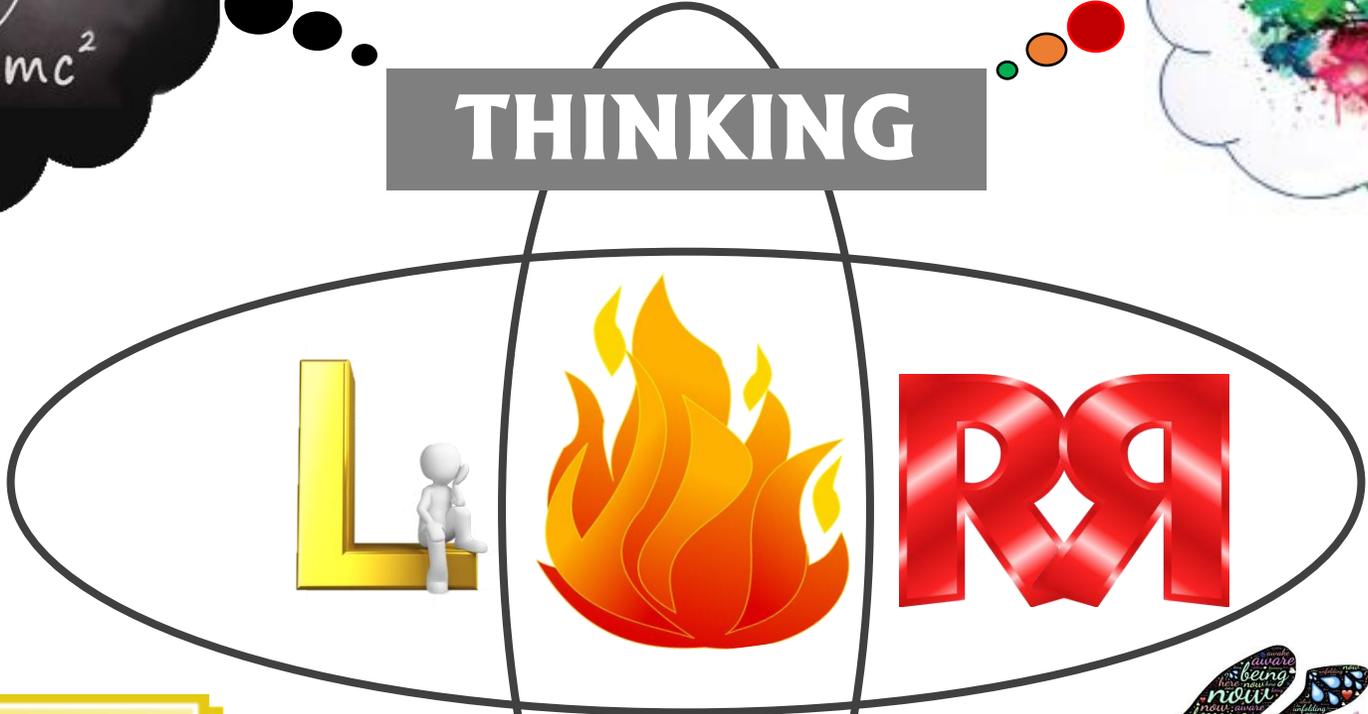




AMYGDALA



THINKING



L



RA

DOING

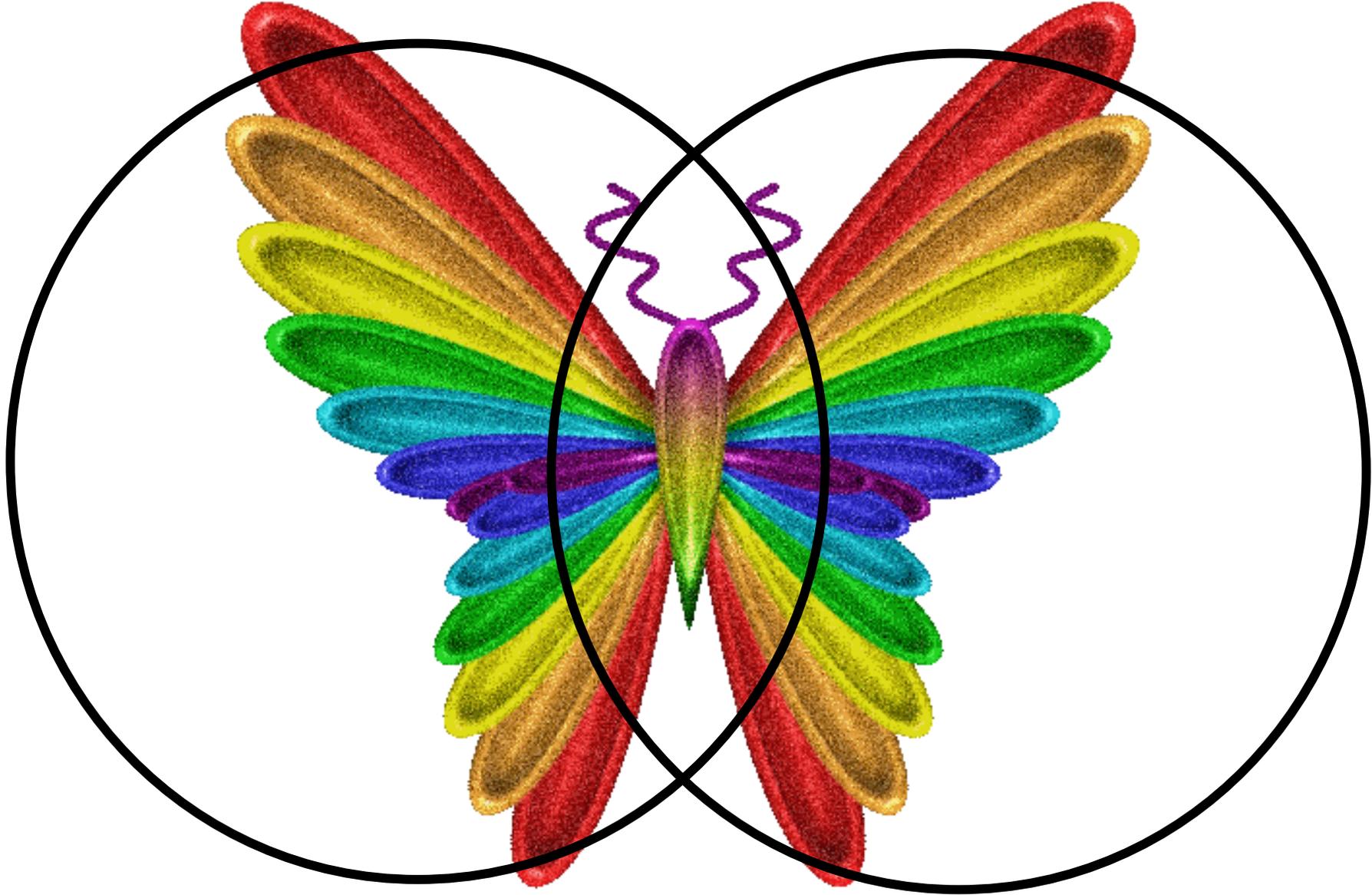
Schedule

Monday - Friday
8:30 - 18:00
Saturday
8:30 - 13:30



THE THIRD WAY

BALANCE



Share in Buddy Groups

1. Do you experience the fight-flight-freeze response? In what kind of situation?
2. How do you get back into balance?
3. What do you find hardest when working with people who struggle to 'feel'?

15 minutes



Take a break! 5 minutes

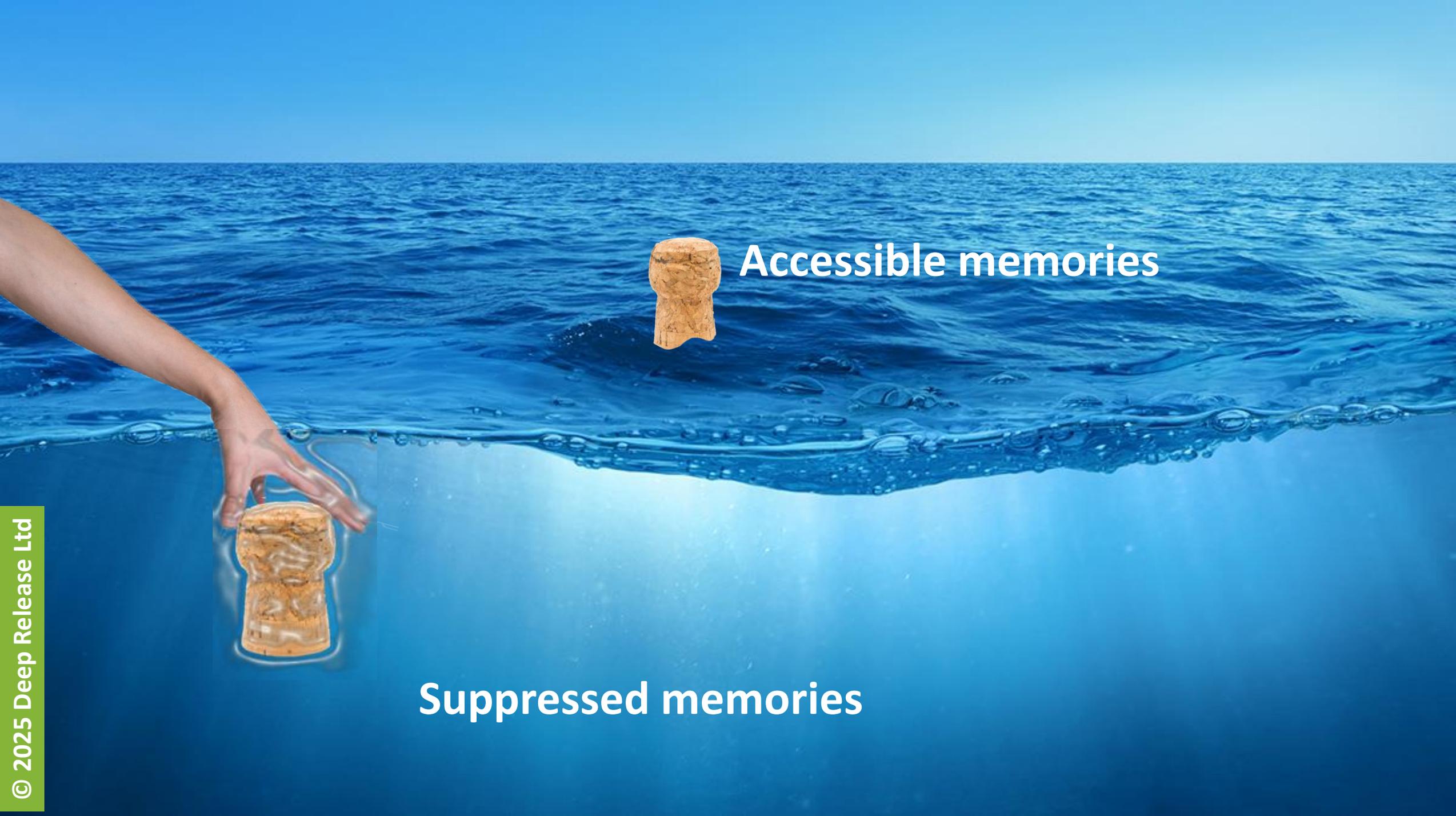


5:00

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is holding the bottom edge of the lantern's frame. The background is a soft, colorful sunset sky. The text "Session 3 Defences and Layers" is overlaid on the left side of the image.

Session 3

Defences and Layers



Accessible memories

Suppressed memories



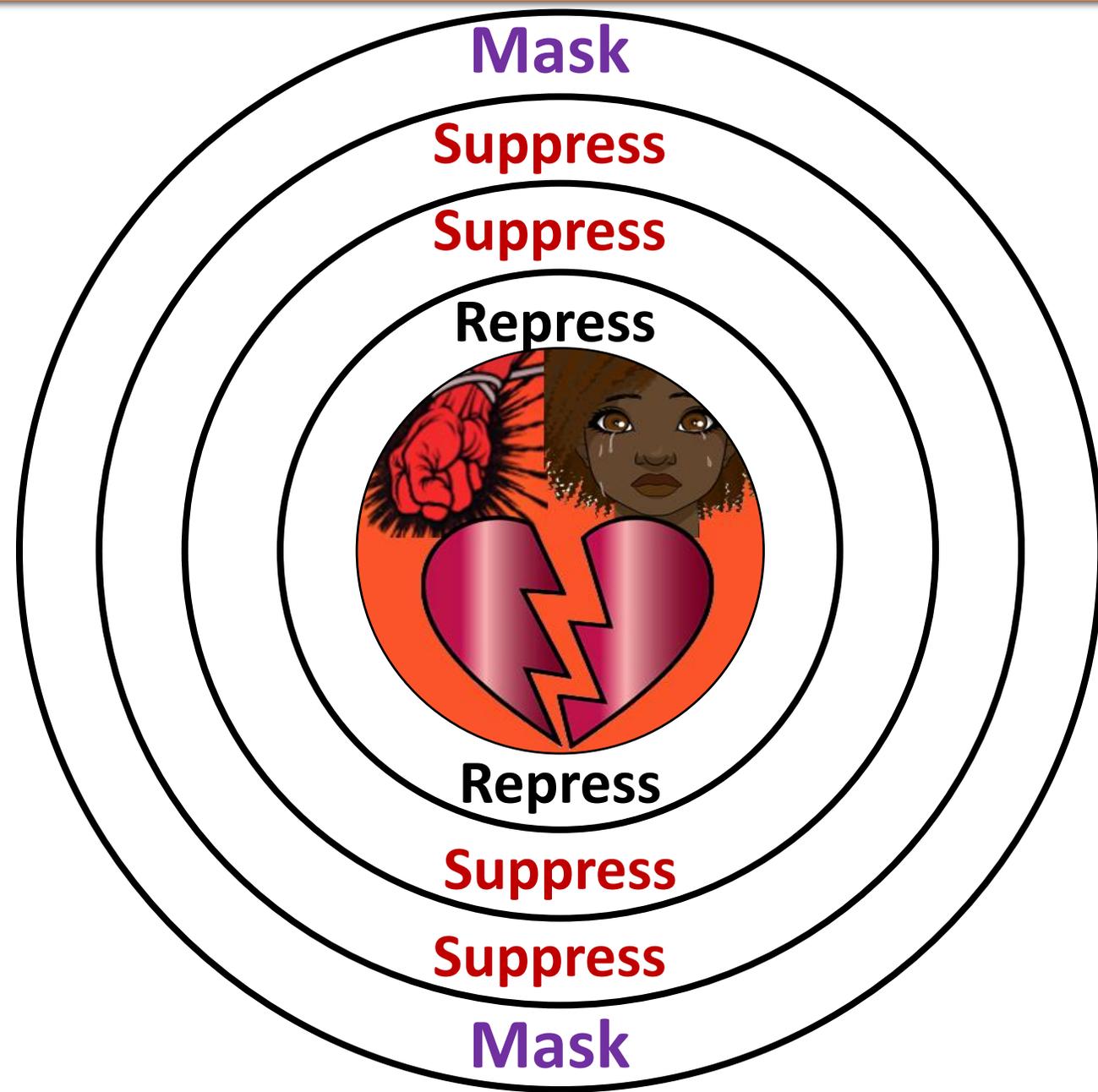
Repressed memories







LAYERS OF DEFENCES

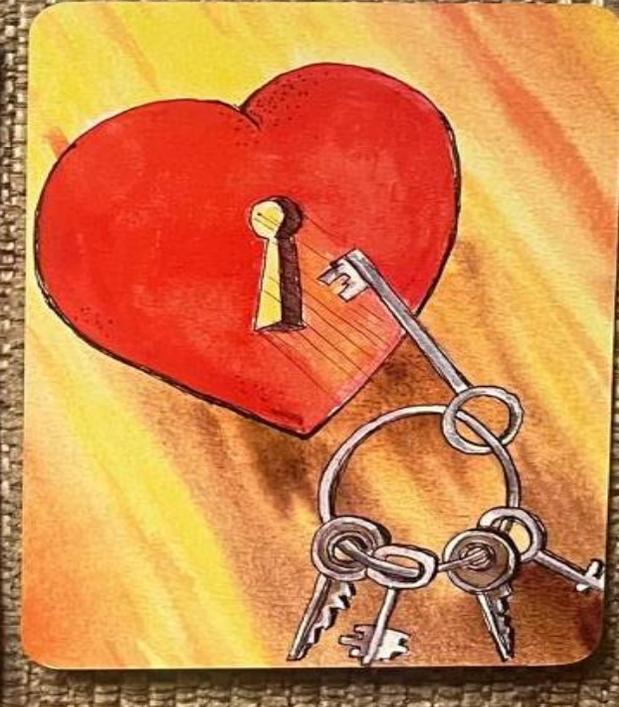
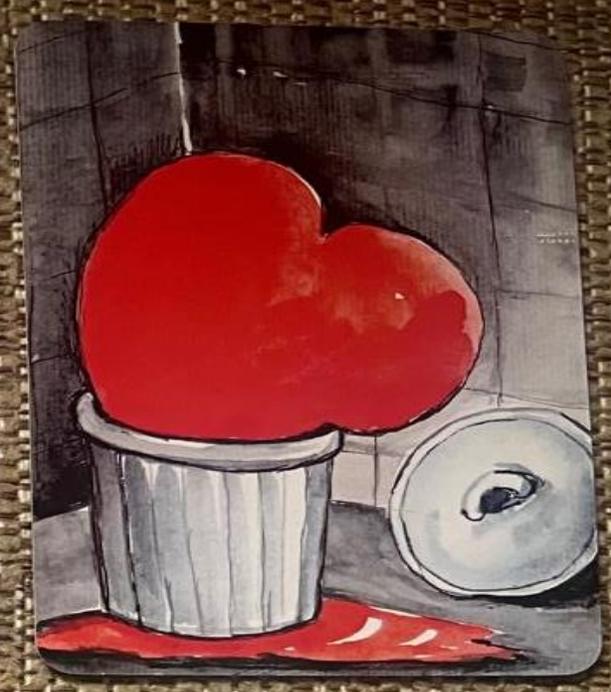
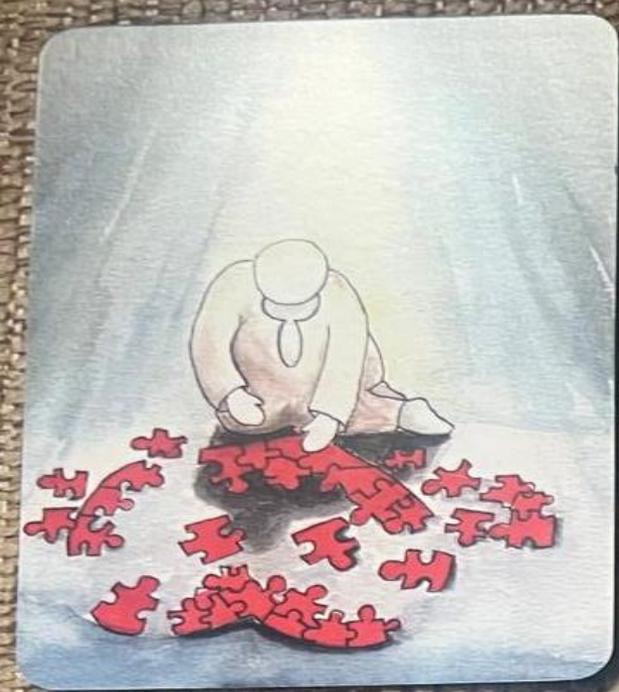




DOWN THROUGH THE LAYERS

“Dare I show you who I am?”





Share in Buddy Groups

Share your responses to the teaching, including the work you did on the Hearts Whisper cards – if it feels safe.

15 minutes



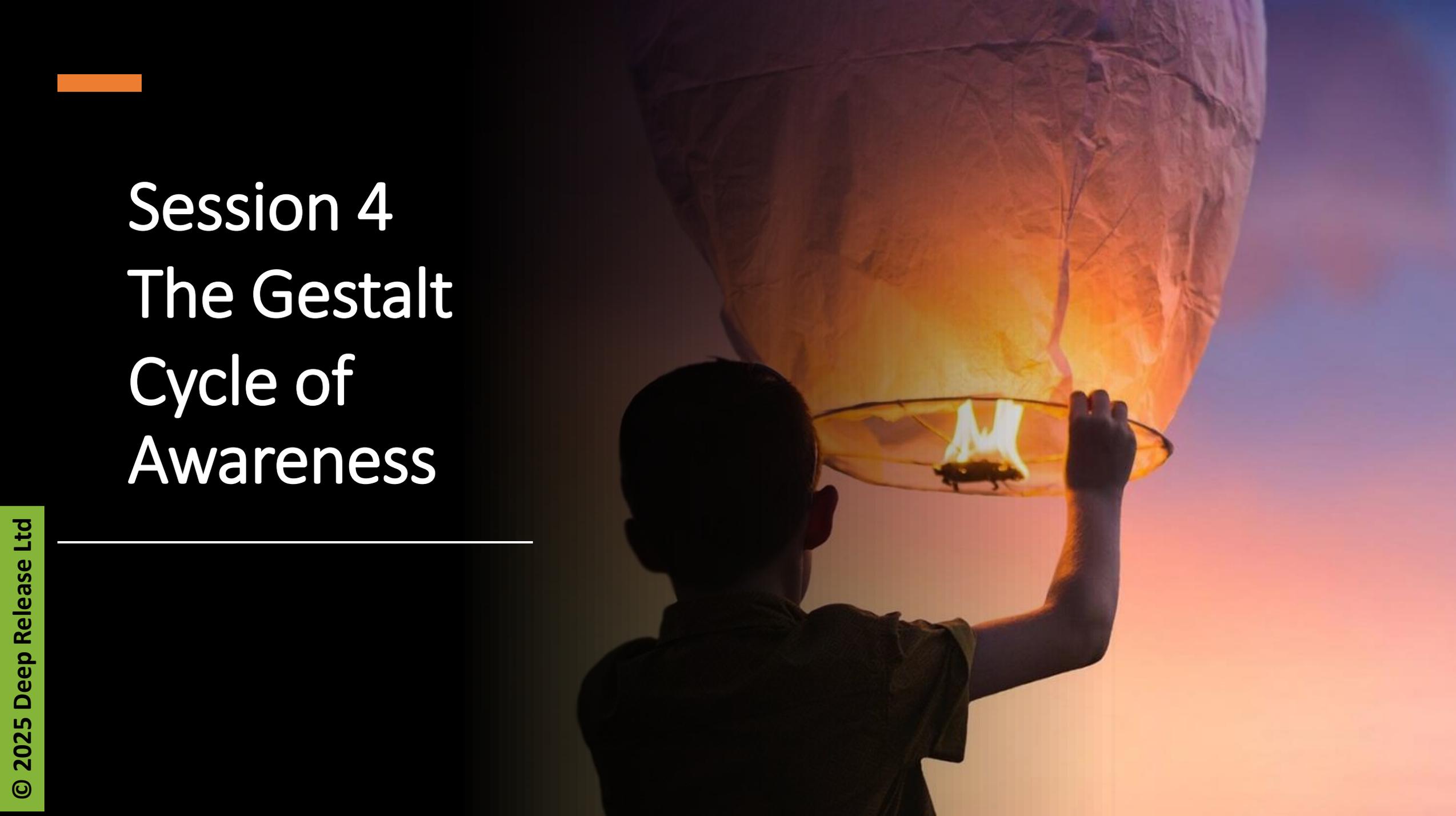
Take a break! 10 minutes



10:00



Questions Comments Discussion

A person is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm, orange light. The person's hand is visible, holding the bottom edge of the lantern. The background is a soft, hazy sky with a gradient of colors from light blue to orange, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Session 4

The Gestalt Cycle of Awareness

What Triggered Me

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
12. I felt I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt lack of passion.
22. I felt uncared for.
23. I felt manipulated.
24. I felt controlled.

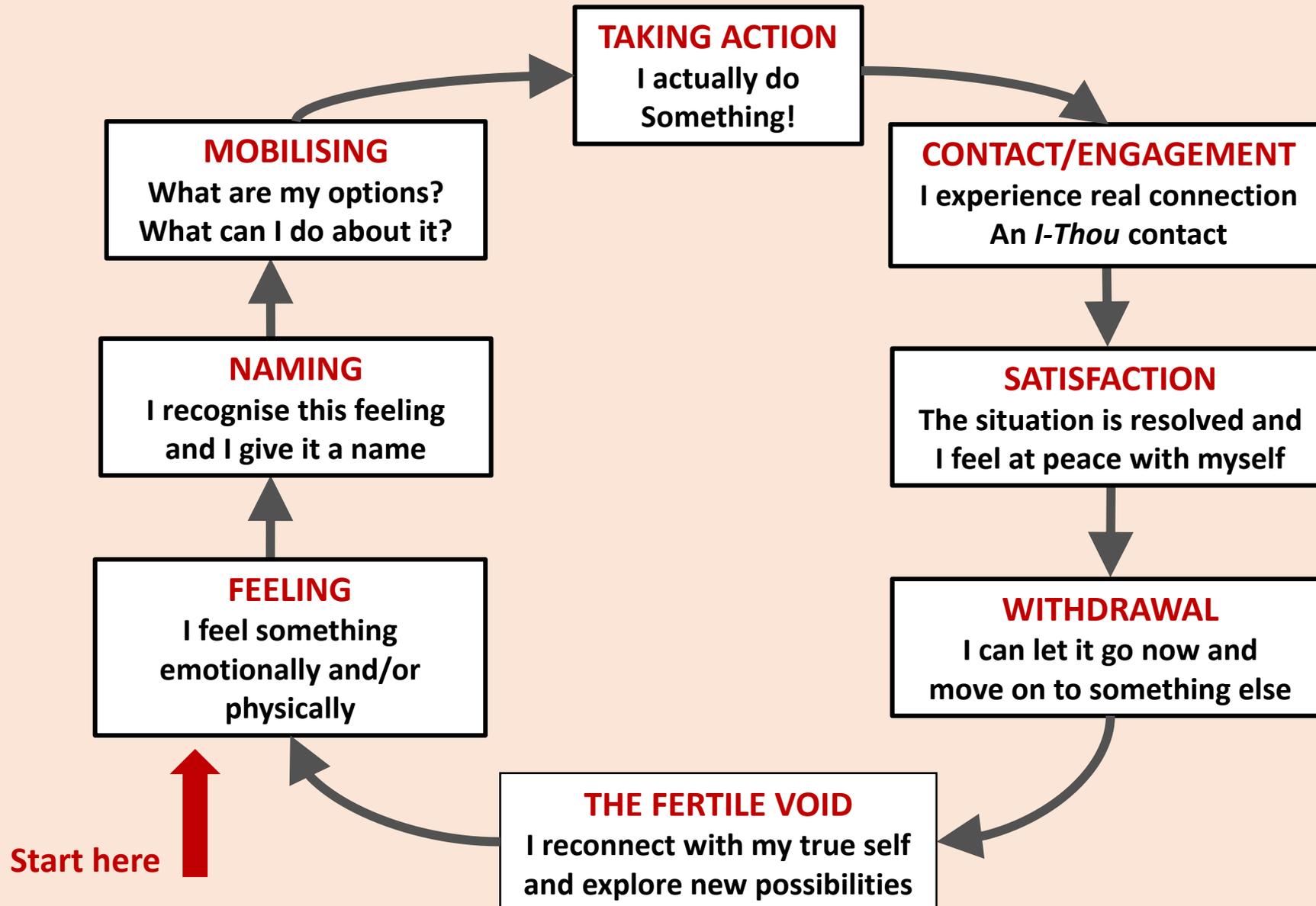
The Gottman Institute

BlessingManifesting

The Gottman Institute

'Blessing Manifesting: Self Love Quotes'

THE GESTALT CYCLE OF AWARENESS





INTERVIEW WITH KATY



A moment of reflection

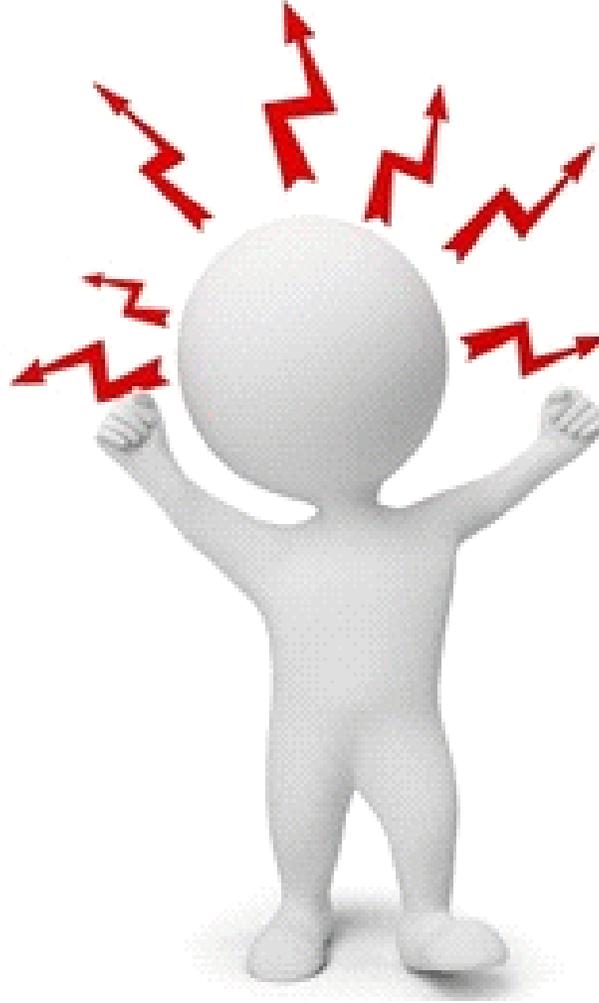


A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm orange and yellow light. The child's silhouette is dark against the bright, colorful sky of a sunset or sunrise. The sky transitions from a deep blue at the top to a soft orange and pink near the horizon. The child is holding the bottom rim of the lantern, which has a small fire burning inside. The lantern is made of a textured, slightly wrinkled paper. The overall mood is peaceful and contemplative.

Session 4

Working with the Body

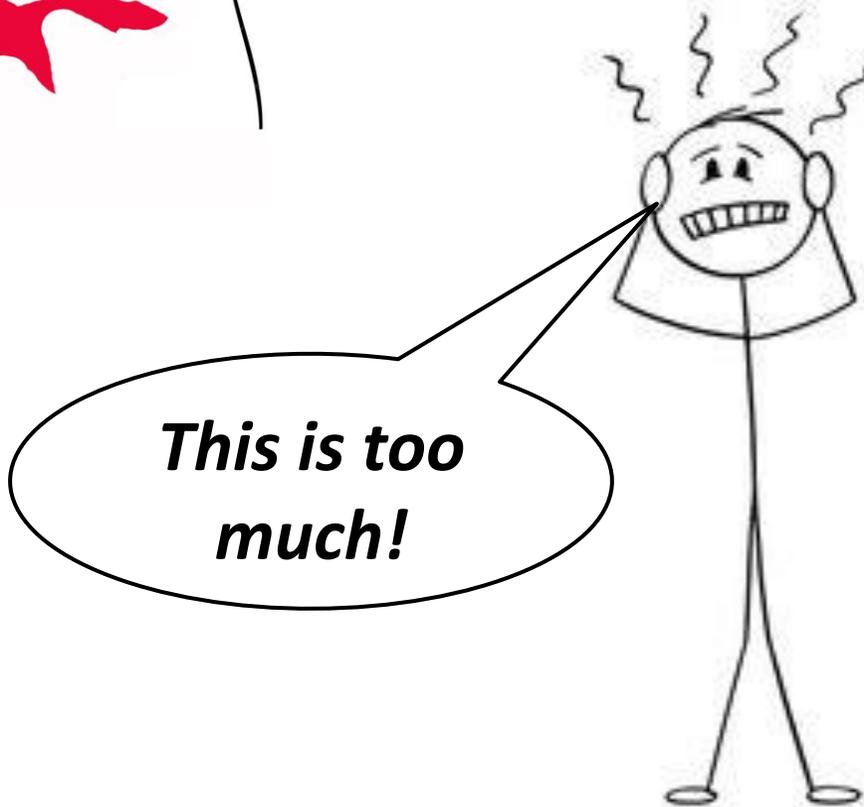
WORKING WITH THE BODY



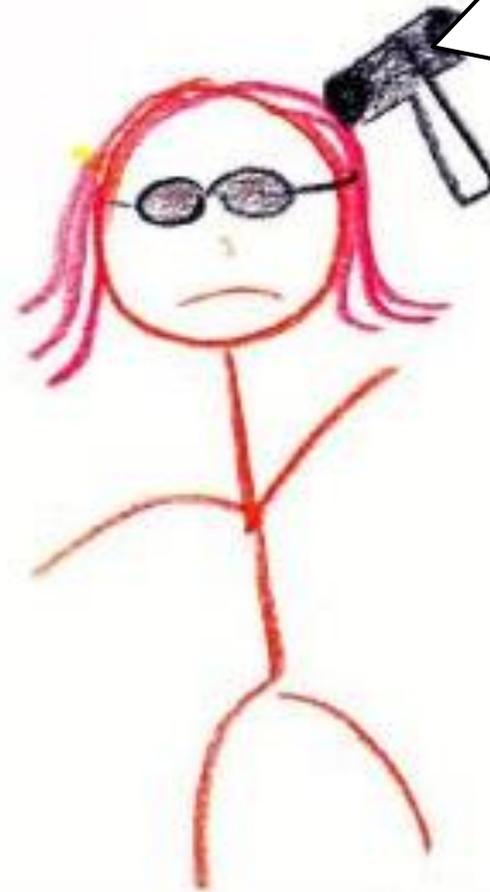
FIND THE VOICE OF YOUR BODY



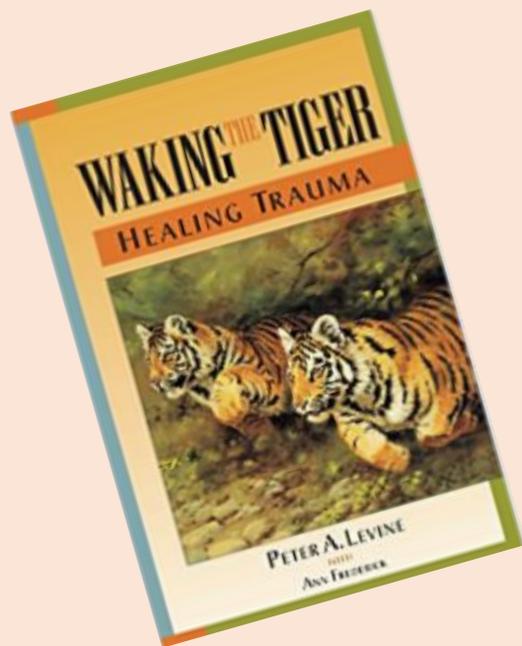
***It hurts to move
but I've got to
keep going***



***This is too
much!***



***You need
some sense
knocking
into you!***



A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, casting a warm orange and yellow light. The child's silhouette is dark against the bright, colorful sky of a sunset or sunrise. The sky transitions from a deep blue at the top to a soft orange and pink near the horizon. The lantern is made of a textured, slightly wrinkled paper. The child's hand is visible, holding the bottom edge of the lantern's frame.

Session 6

Working with Sound



INTERVIEW WITH MASHA



Share in Buddy Groups

Lots to discuss together – share your reactions to the different ways of working!



15 minutes



Questions Comments Discussion

Share in Buddy Groups

Say goodbye

Exchange details if
you wish

5 minutes



Vulnerability and Courage



“I hear the words, the thoughts, the feeling tones, the personal meaning, even the meaning that is below the conscious intent of the speaker. Sometimes too, in a message which superficially is not very important, I hear a deep human cry that lies buried and unknown far below the surface of the person. So I have learned to ask myself, can I hear the sounds and sense the shape of this other person’s inner world? Can I resonate to what he is saying so deeply that I sense the meanings he is afraid of, yet would like to communicate, as well as those he knows?”

Carl Rogers

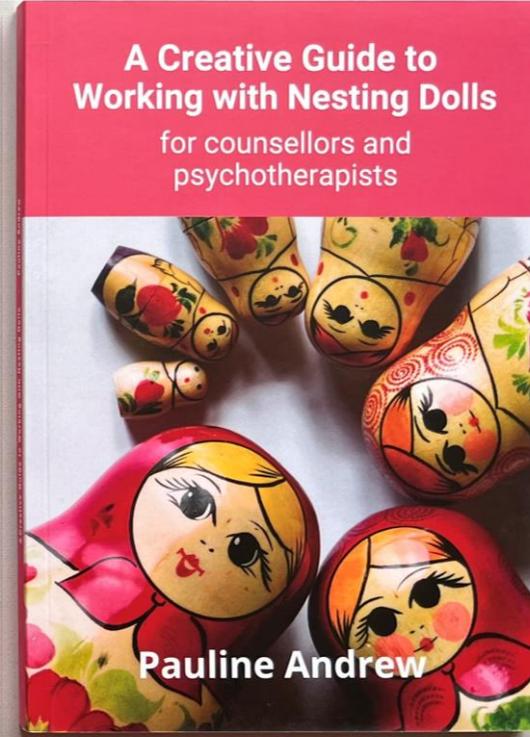
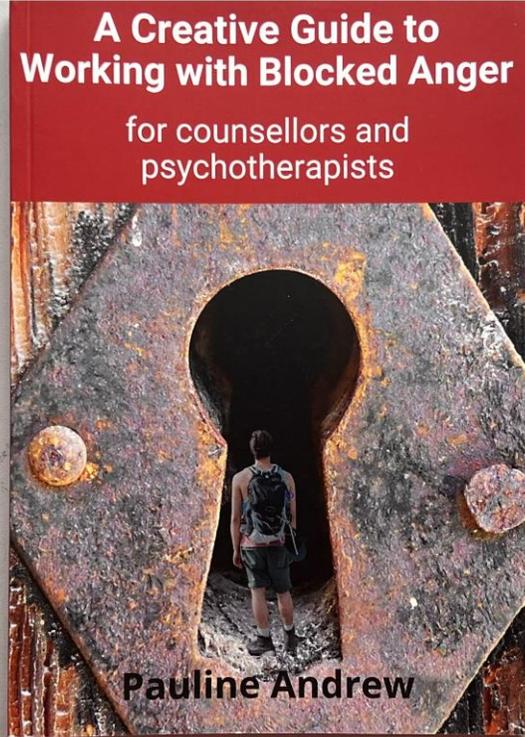
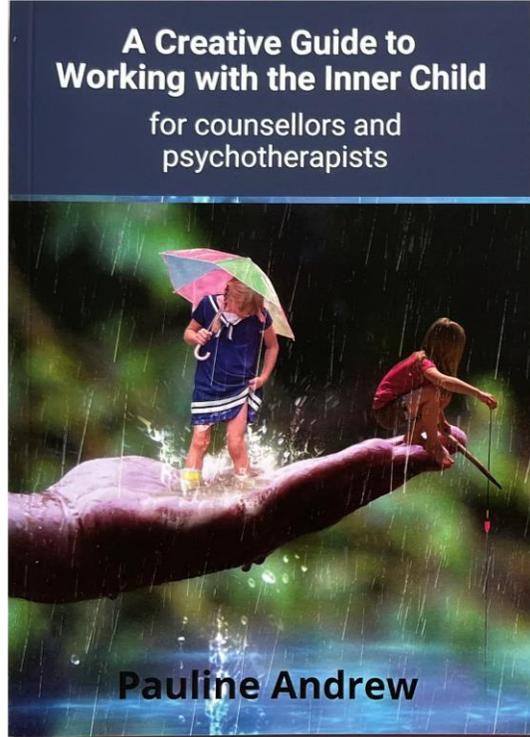


Resources

PACT-RESOURCES.CO.UK

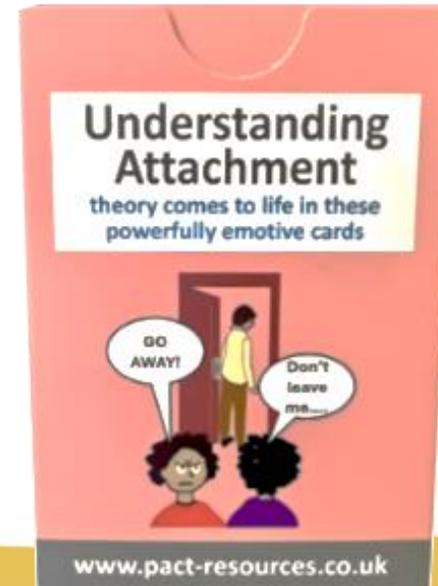
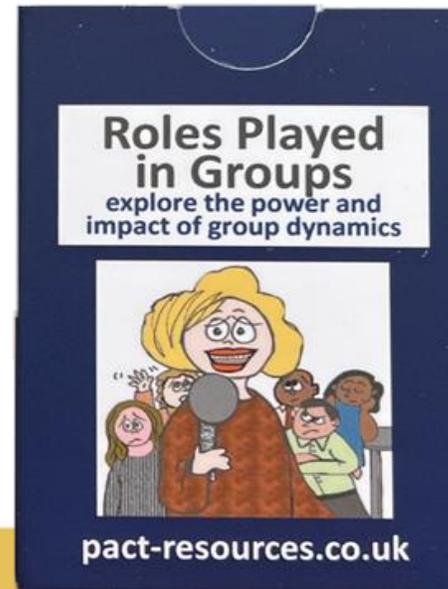
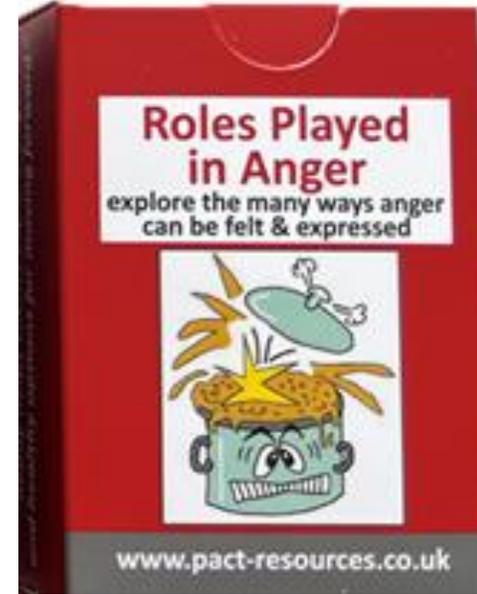
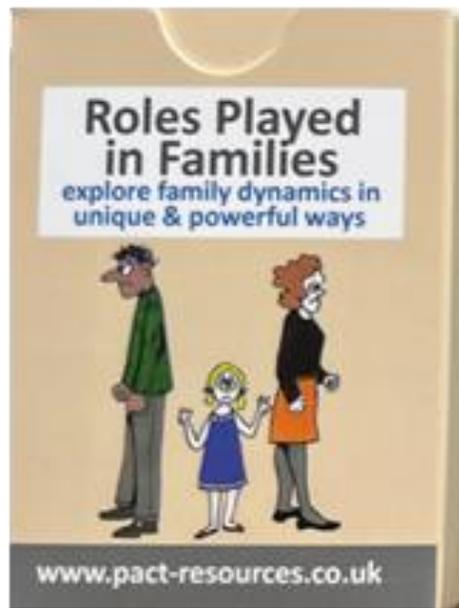
ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Books by Pauline Andrew



£11.50 each
3 for £32 (save £2.50)

Also available on Kindle



pact-resources.co.uk

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
Groups**

pact-resources-online.co.uk



**The In-Out
Model**



**Nesting
Dolls**



**Understanding
Attachment**

e-Resources



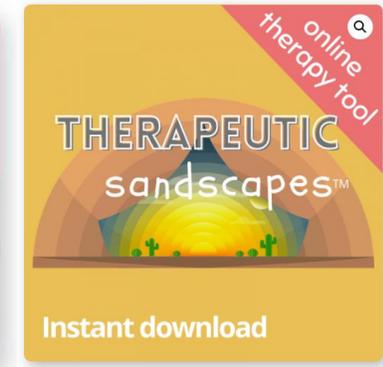
Erikson's Life Stages
£3.50



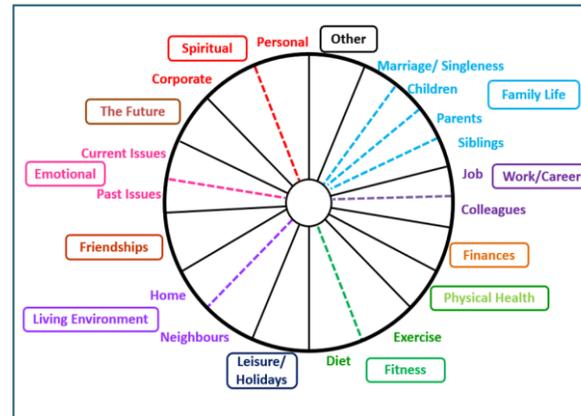
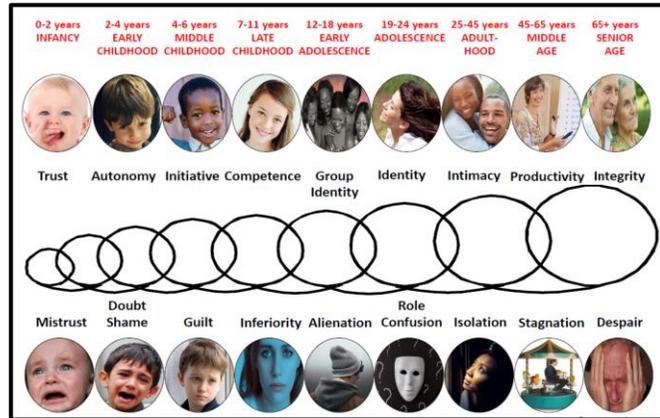
Wheel of Life
£3.50 – £5.00



Working with Animal
Figures Online Pack



Instant download



Use PowerPoint for these e-resources – please also investigate our web apps!



HARD FEELINGS

empathy cards for counsellors

CARDS TO SHARE DIFFICULT EMOTIONS TOGETHER

hardfeelingscards.co.uk

When the feelings are too hard...

And I can't tell you...

Missed a course?

Visit our online training library

- Instant, lifetime access
- CPD cert included

TRAINING VIDEOS

3 for 2 on all videos - discount automatically applied at checkout

THEORY & PRACTICE

CREATIVE

TRAUMA & ABUSE

RELATIONSHIPS

INNER CHILD

COACHING

NEUROSCIENCE

SUPERVISION

PSYCHOEDUCATION

THE SELF

pact-resources.co.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!



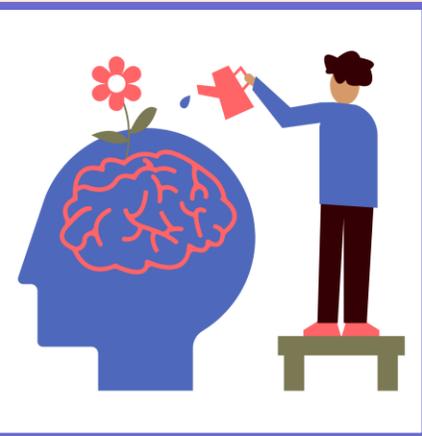
Search 'Brain, Body & Beyond'

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





The Scapegoat & the Golden Child: Healing the Wounds of Family Blame & Favouritism with Katy Bodman
27th June



Mind Matters with Dr Chris and Pauline Andrew
9th July



Losing the Will to Live: Working with Suicidal Clients with Pauline Andrew
15th July



Working Creatively with the Inner Child in Counselling with Pauline Andrew
30th August



Toxic, Tense or just Tough? A Fresh Look at Relationships with Dr Chris & Pauline Andrew
1st November

Book your place today! deeprelease.org.uk



Deep Release
training counselling

COUNSELLORS CONFERENCE

2025

**CREATE
CONNECT
COLLABORATE**

Moor Hall, Cookham, 12-14th September 2025

Please send us
your feedback!



info@deeprelease.org.uk

Thank you

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

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