

# MIND MATTERS





# **SESSION 1**

## **The Amazing Power of the Brain**

7H15 M3554G3  
53RV35 7O PR0V3  
H0W 0UR M1ND5 C4N  
D0 4M4Z1NG 7H1NG5!  
1MPR3551V3 7H1NG5!  
1N 7H3 B3G1NN1NG  
17 WA5 H4RD BU7  
NOW, 0N 7H15 LIN3  
YOUR M1ND 1S  
R34D1NG 17  
4U70M471C4LLY  
W17H 0U7 3V3N  
7H1NK1NG 4B0U7 17,  
B3 PROUD! 0NLY  
C3R741N P30PL3 C4N  
R3AD 7H15.

# The Computer

**250 000  
PICTURES**



**20 000  
SONGS**

**HUNDREDS OF  
MOVIES**



<https://youtu.be/cLqjK3ddSy0>



# The Brain

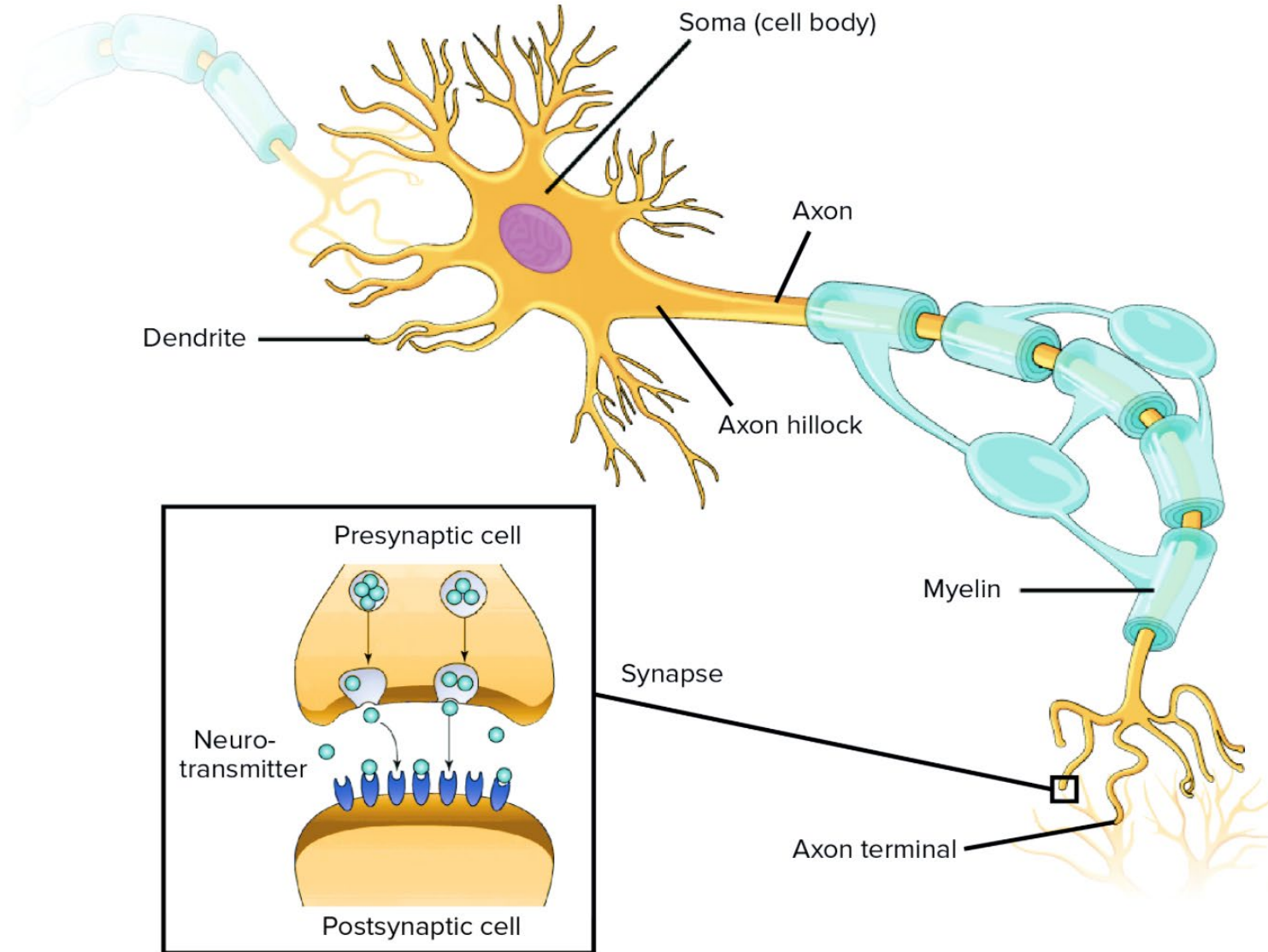


**10 000 000 000 000 000**

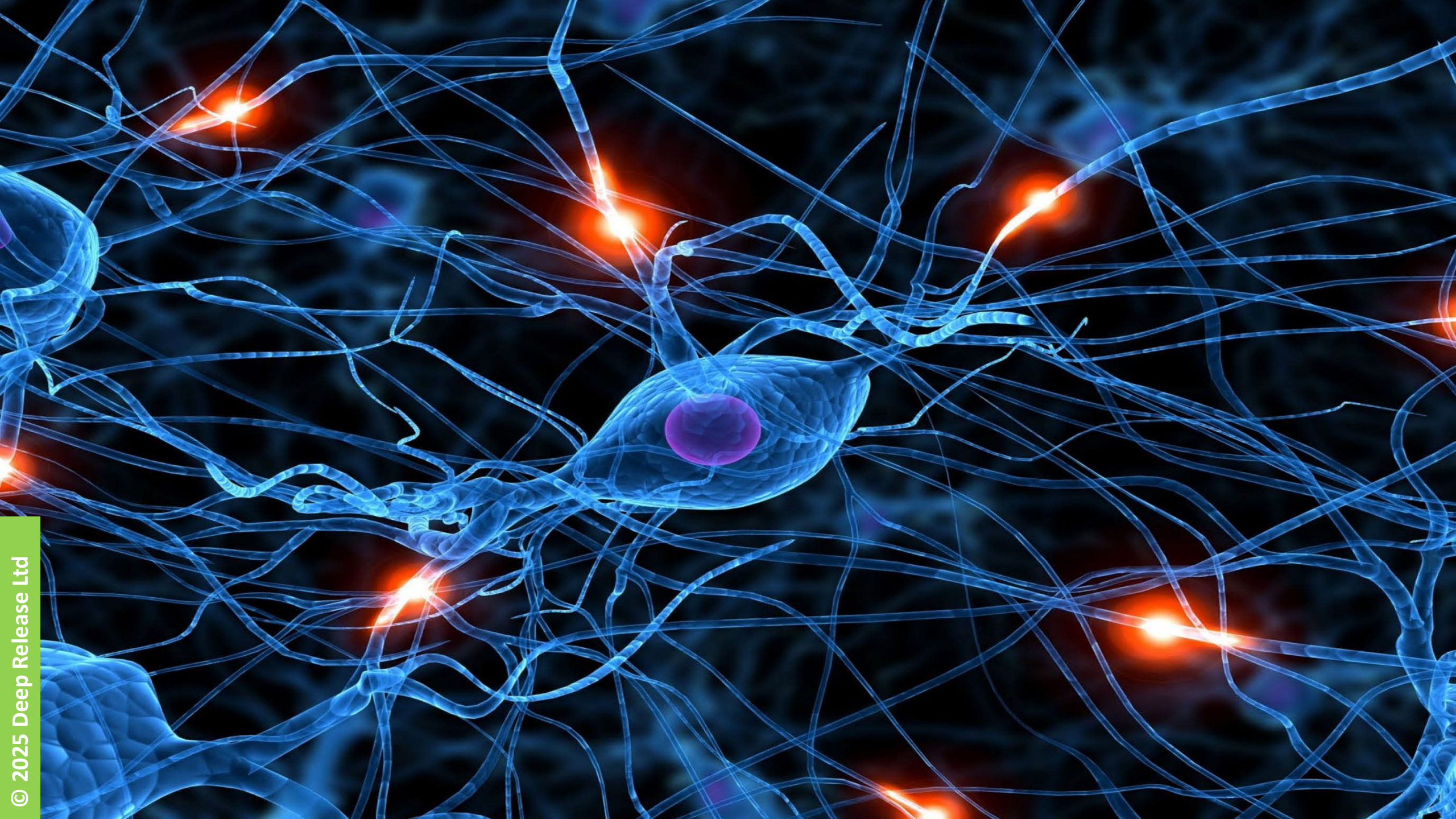
**10 quadrillion operations per second!**

<https://youtu.be/cLqjK3ddSy0>

# Brain Cells





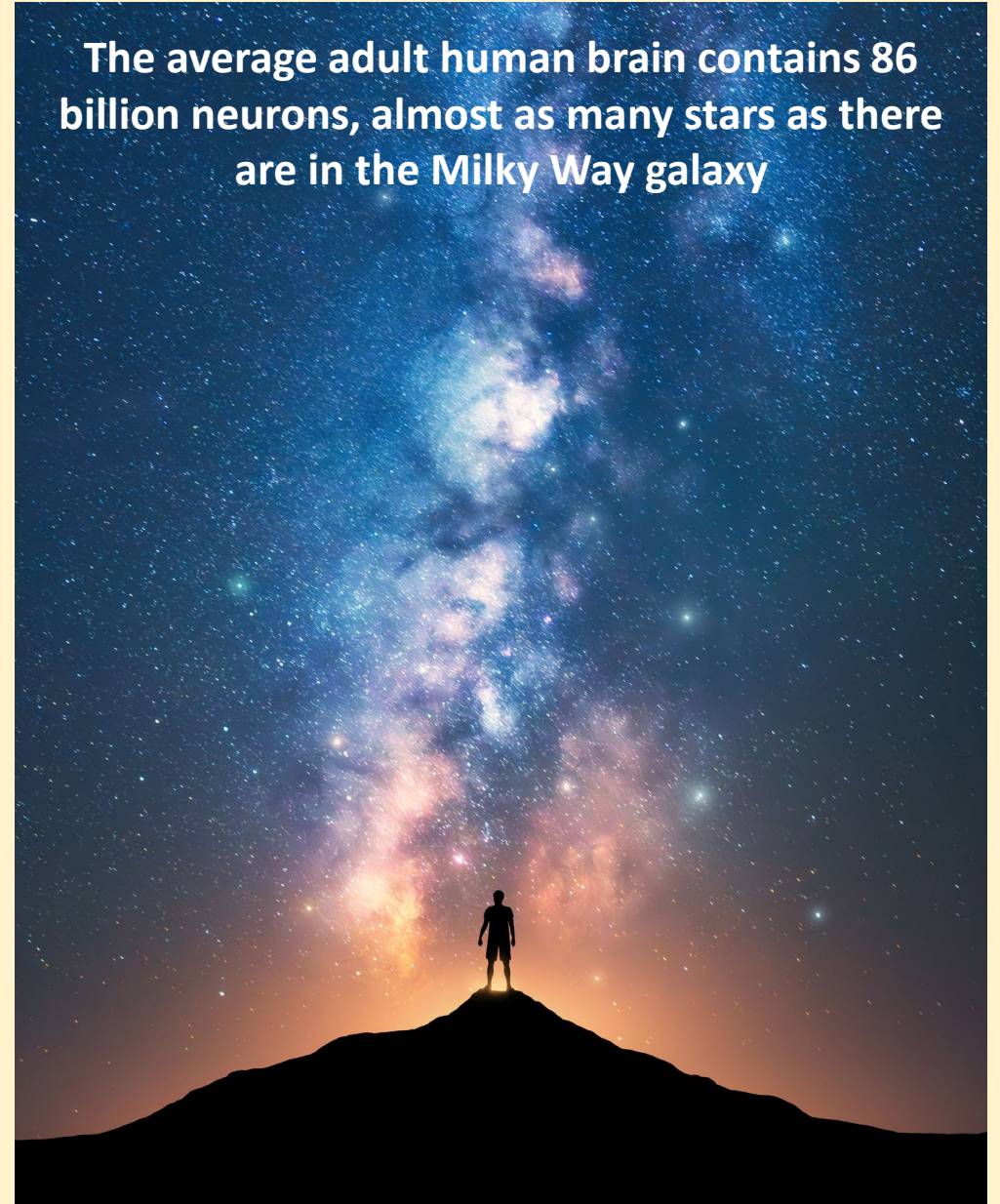




# The Brain is our most complex Organ

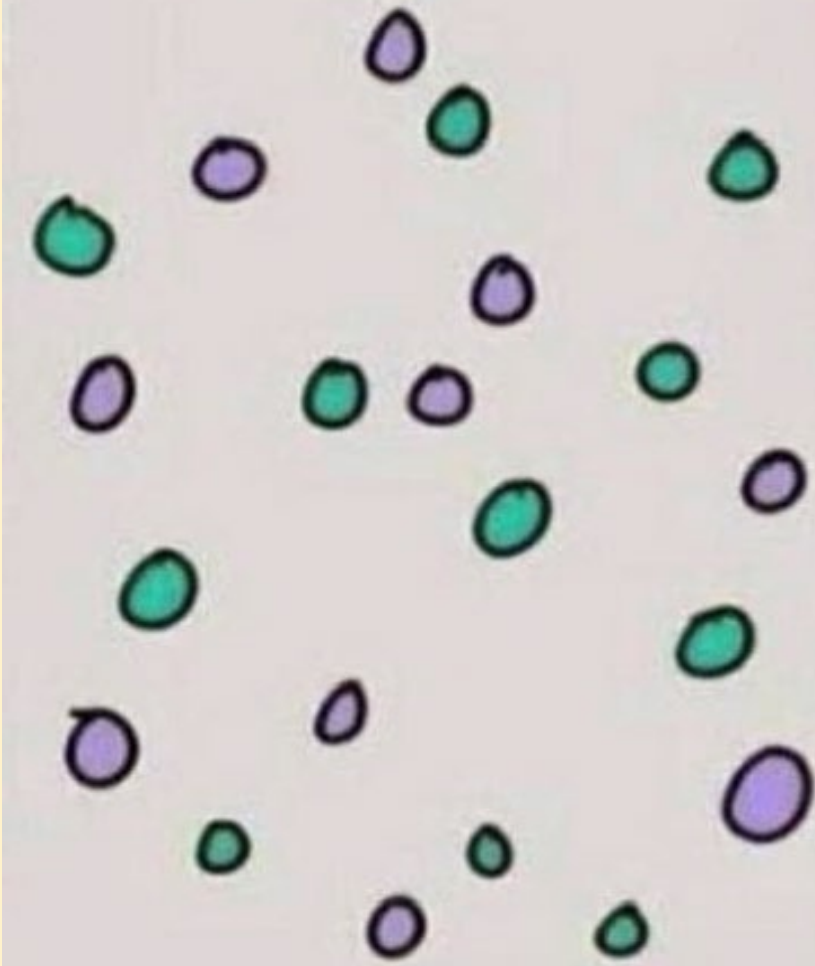
- 86 billion nerve cells – up to 10,000 individual connections between cells
- Information in your brain travels at 268mph
- The brain is 2% of the body's weight, but uses 20-30% of the calories you consume
- We lose an average of 85,000 brain cells per day
- You can accelerate or decelerate the aging process with your behaviour!

The average adult human brain contains 86 billion neurons, almost as many stars as there are in the Milky Way galaxy

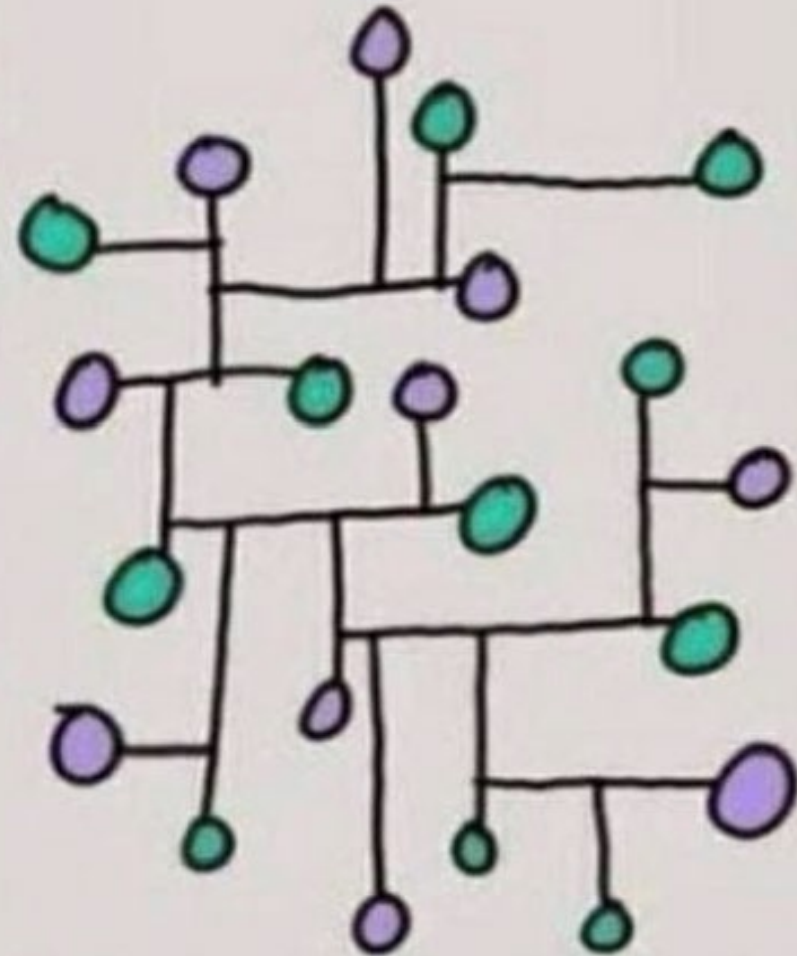


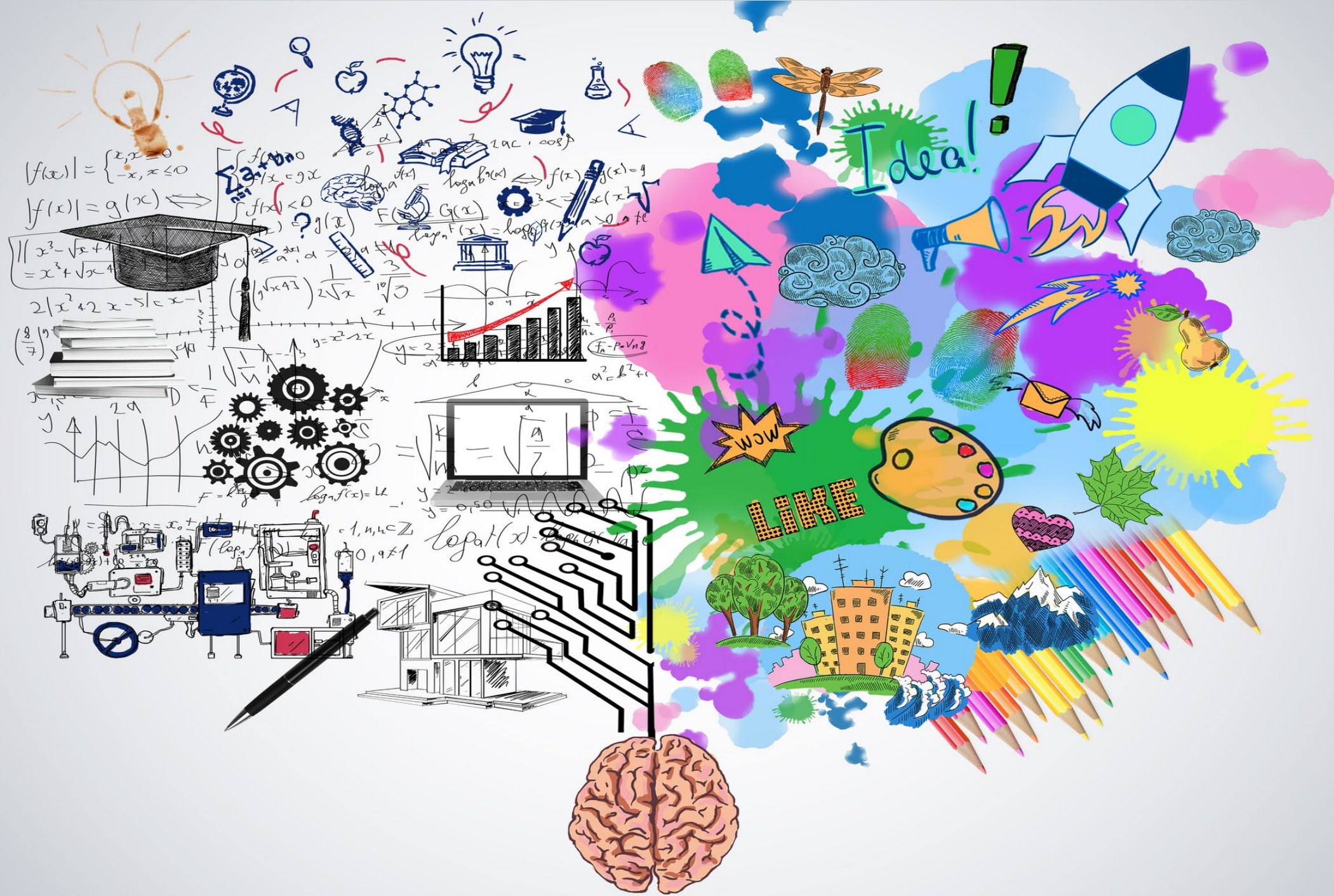


information:

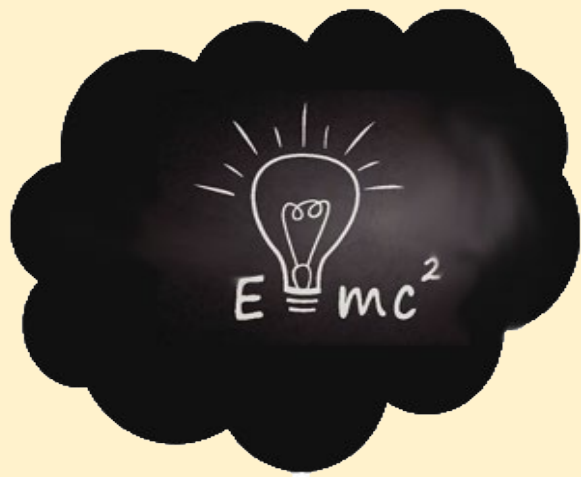


knowledge:

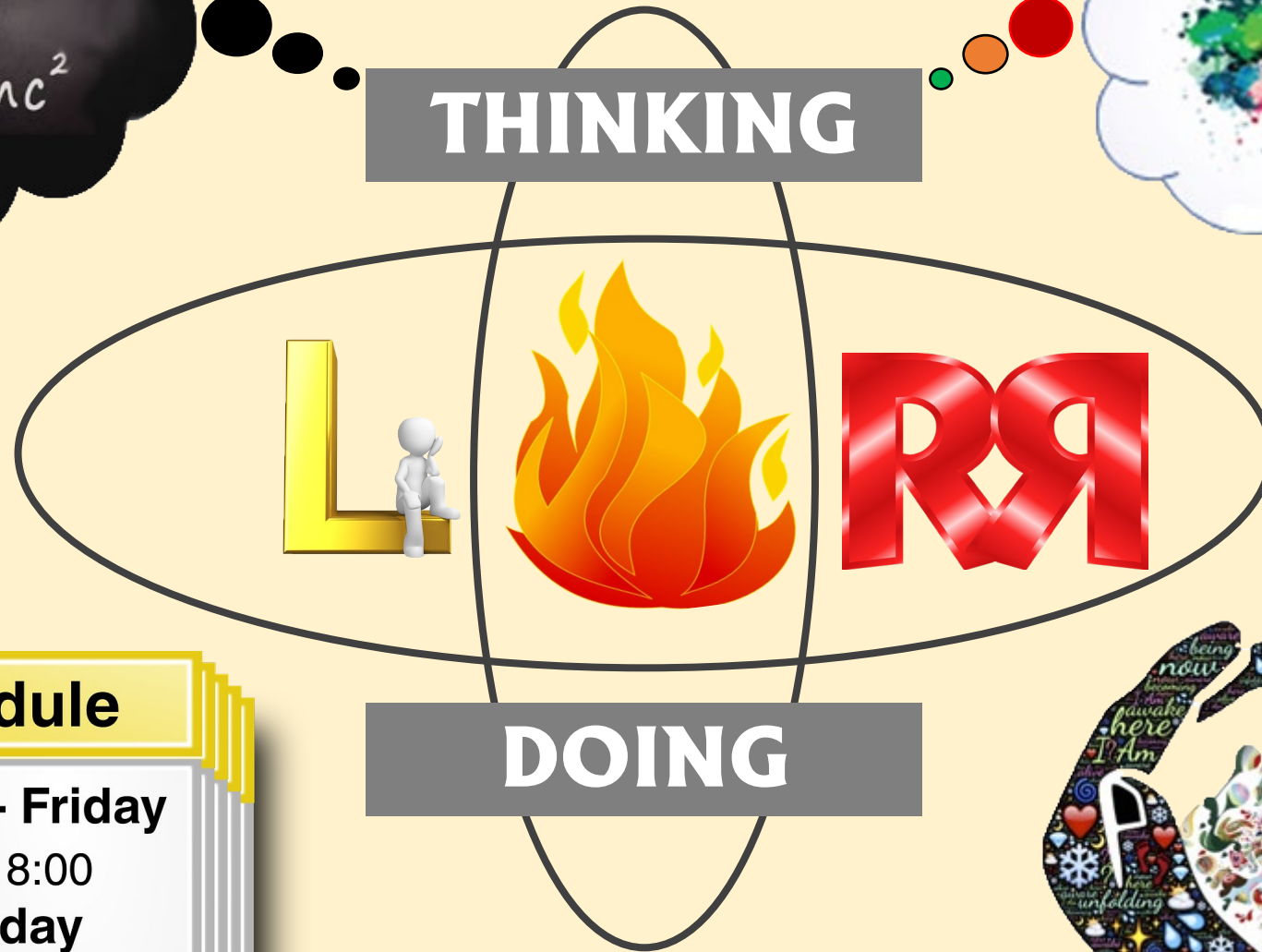








# THINKING



# Schedule

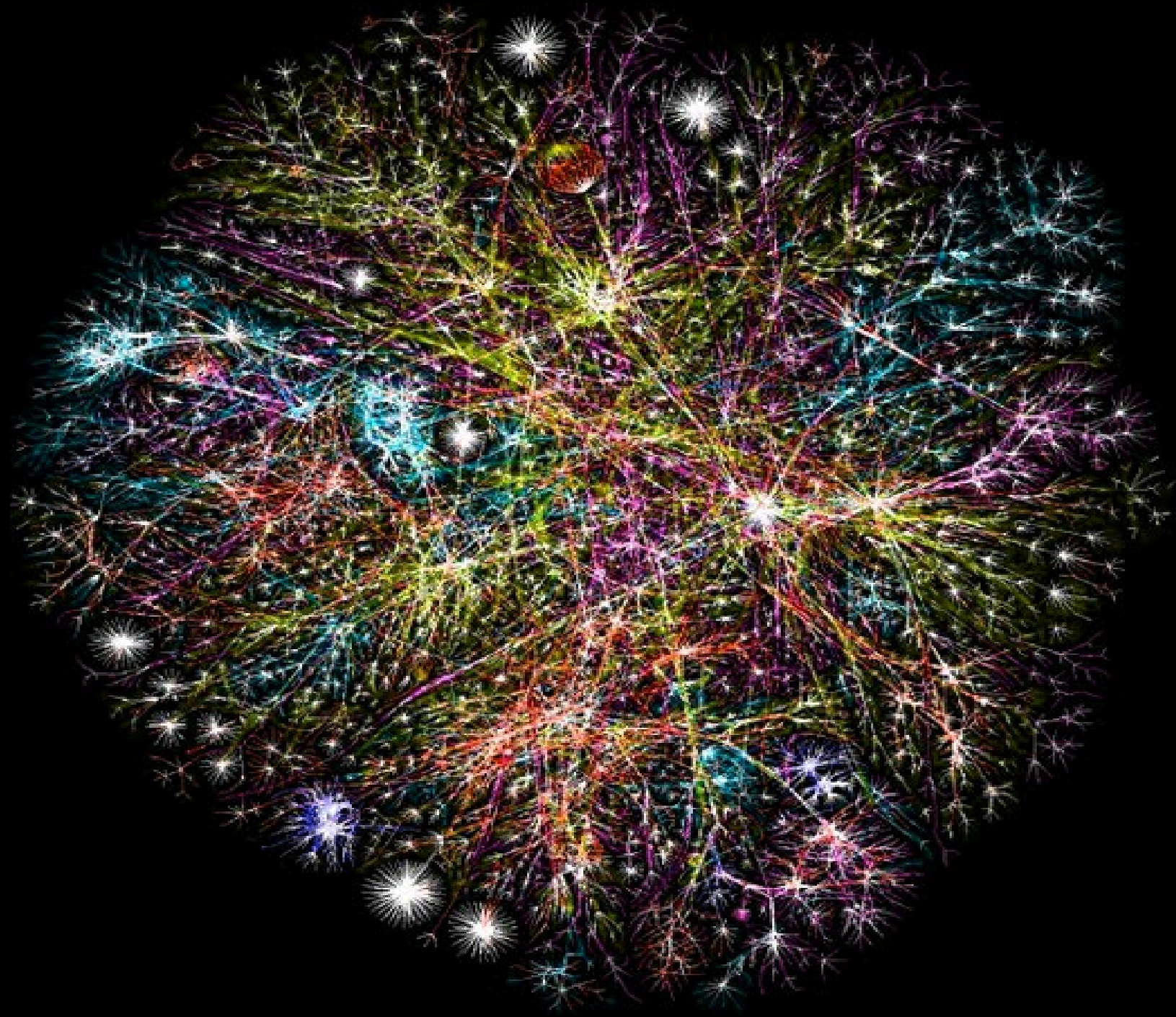
## Monday - Friday

8:30 - 18:00

## Saturday

8:30 - 13:30







# Brain Fibres – White Matter



# Buddy Groups

*Meet your buddies,  
sort out any boundaries,  
and check in with each  
other.*

*What are you thinking  
about the teaching so  
far?*

**5 minutes**







# **SESSION 2**

## **What Damages our Brain Health?**

# Daniel Amen: Change Your Brain, Change Your Life

**Standard  
American  
Diet**

**Drugs**

**Alcohol**

**Obesity**

**Smoking**

**High BP**

**Enviromental  
Toxins**

**Lack of  
Exercise**

**Diabetes**

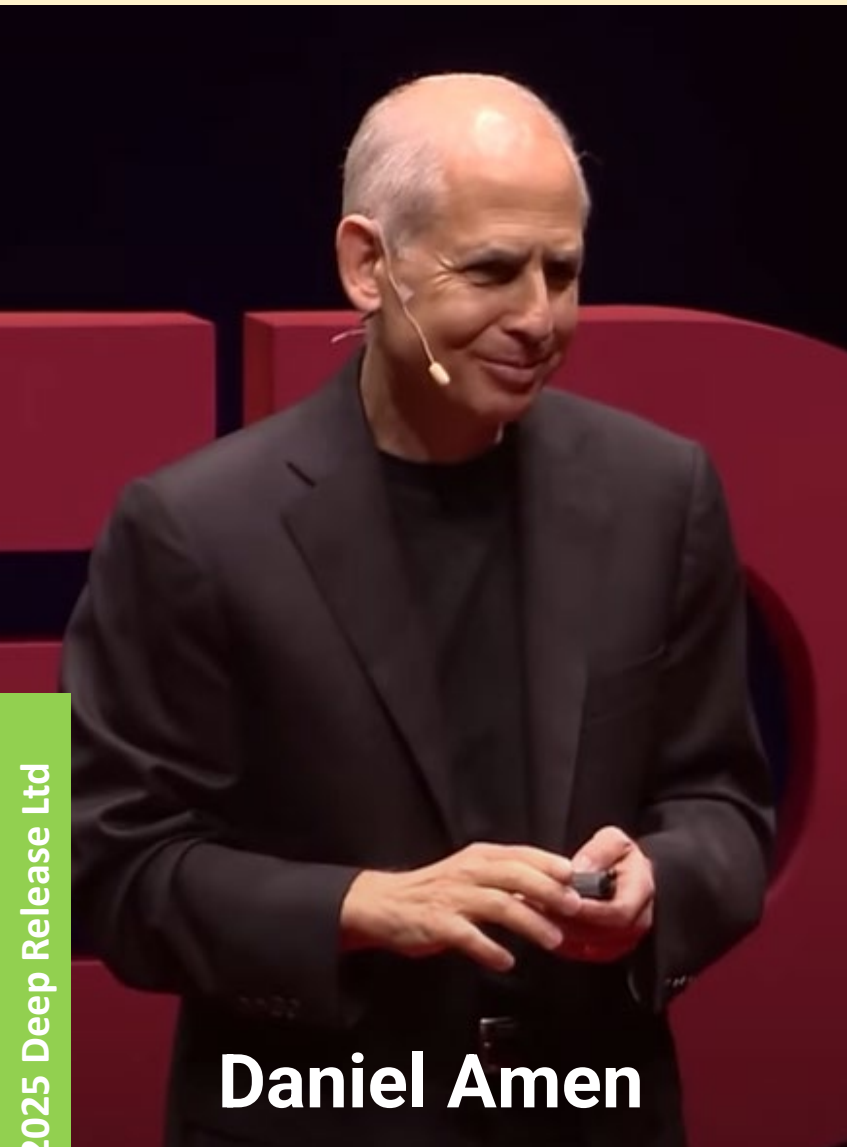
**Automatic  
Negative  
Thoughts**

**Physical /  
Emotional  
Trauma**

**Genetics**



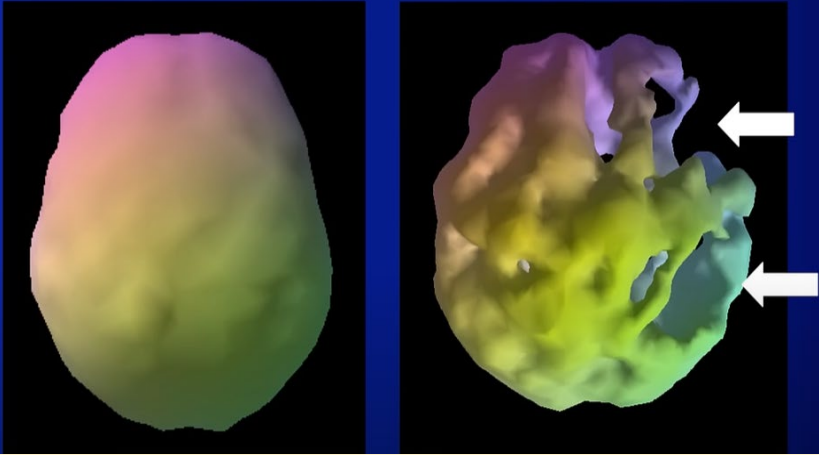
# Single Photon Emission Computed Tomography (SPECT)



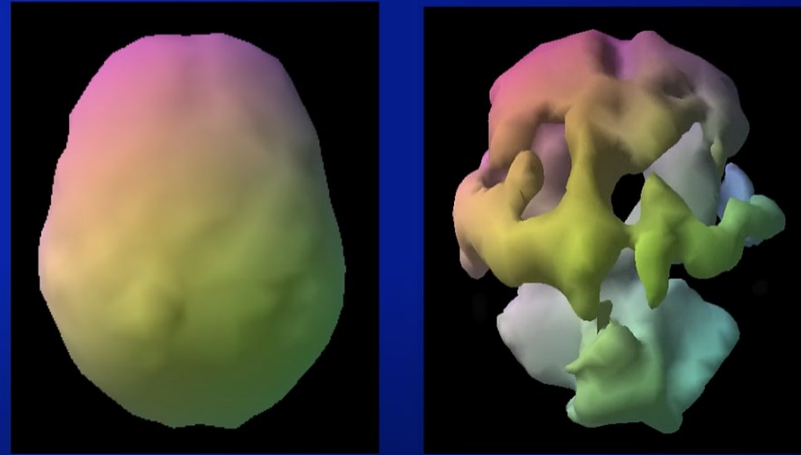
- SPECT is a nuclear medicine study that looks at brain flow and activity, at how your brain works
- Since 1989, SPECT has been building the world's largest ever database of functional brain scans, to examine the behaviour of patients from over 90 countries, assessing:
  - Good brain activity
  - Too little brain activity
  - Too much brain activity

**Watch: "The Most Important Lesson from 83,000 brain scans" TED TALK *[It's now over 250,000!]***

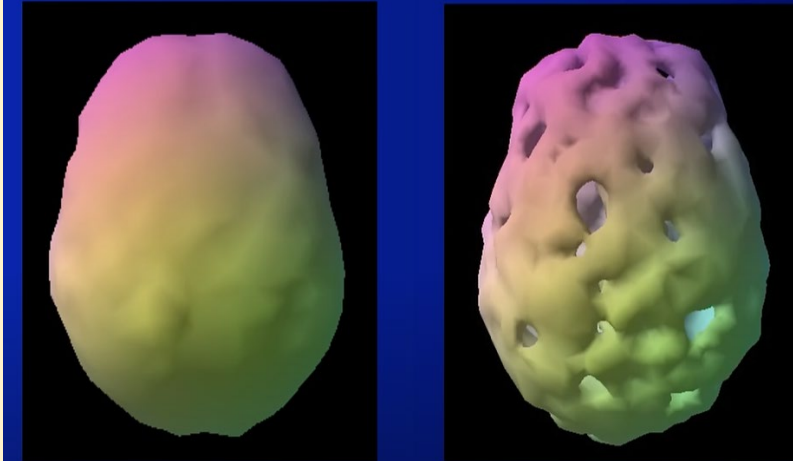
**Healthy vs 2 Strokes**



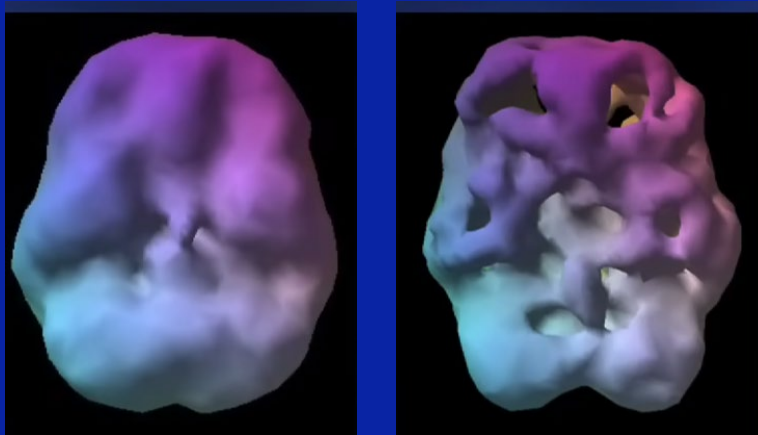
**Healthy vs Alzheimer's Disease**



**Healthy vs Drug Abuse**

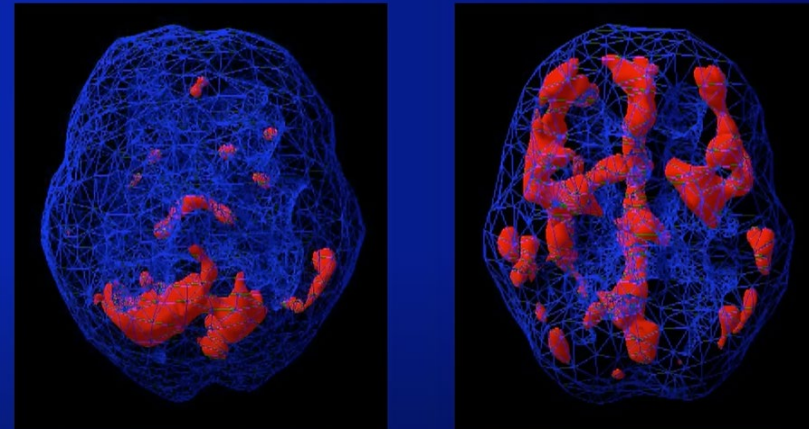


**Healthy vs Alcoholic**



**Alcohol is toxic to brain function**

**Healthy vs OCD**

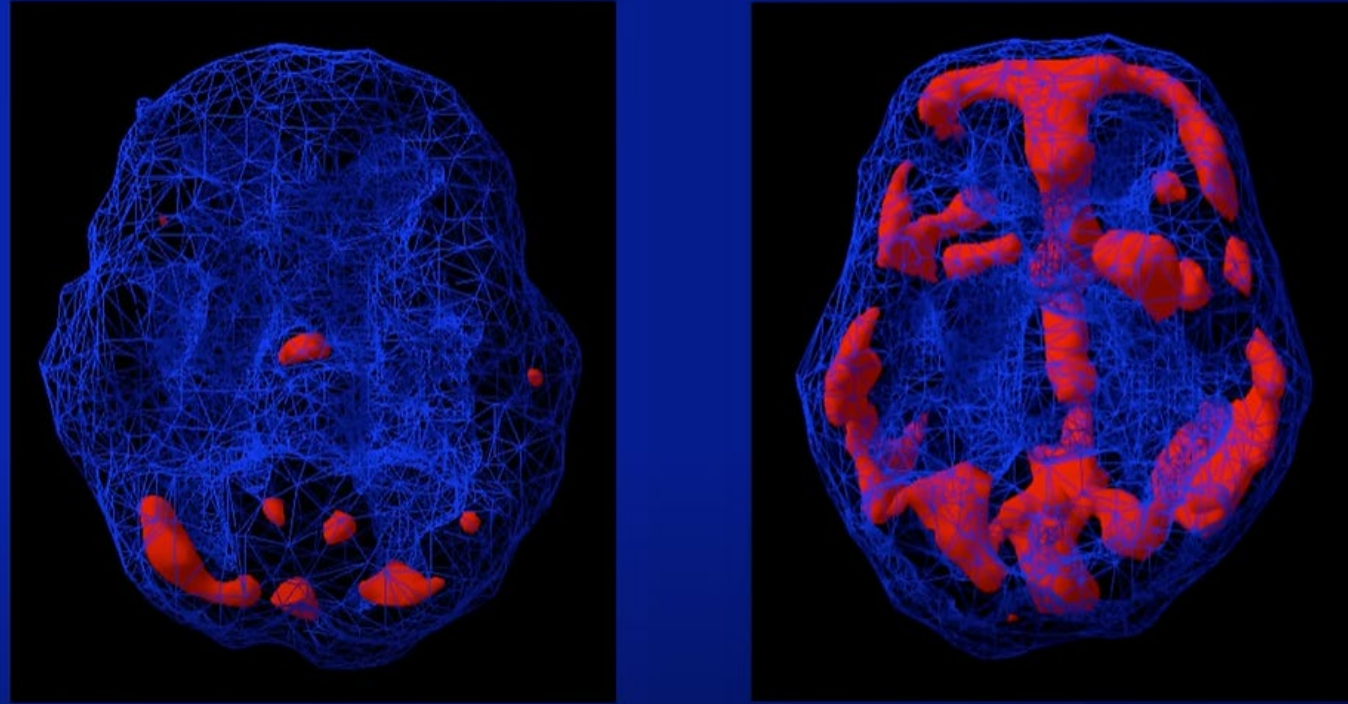


**In OCD, the front part of the brain works too hard, so people can't turn off their thoughts**



# Two Patients diagnosed with Depression

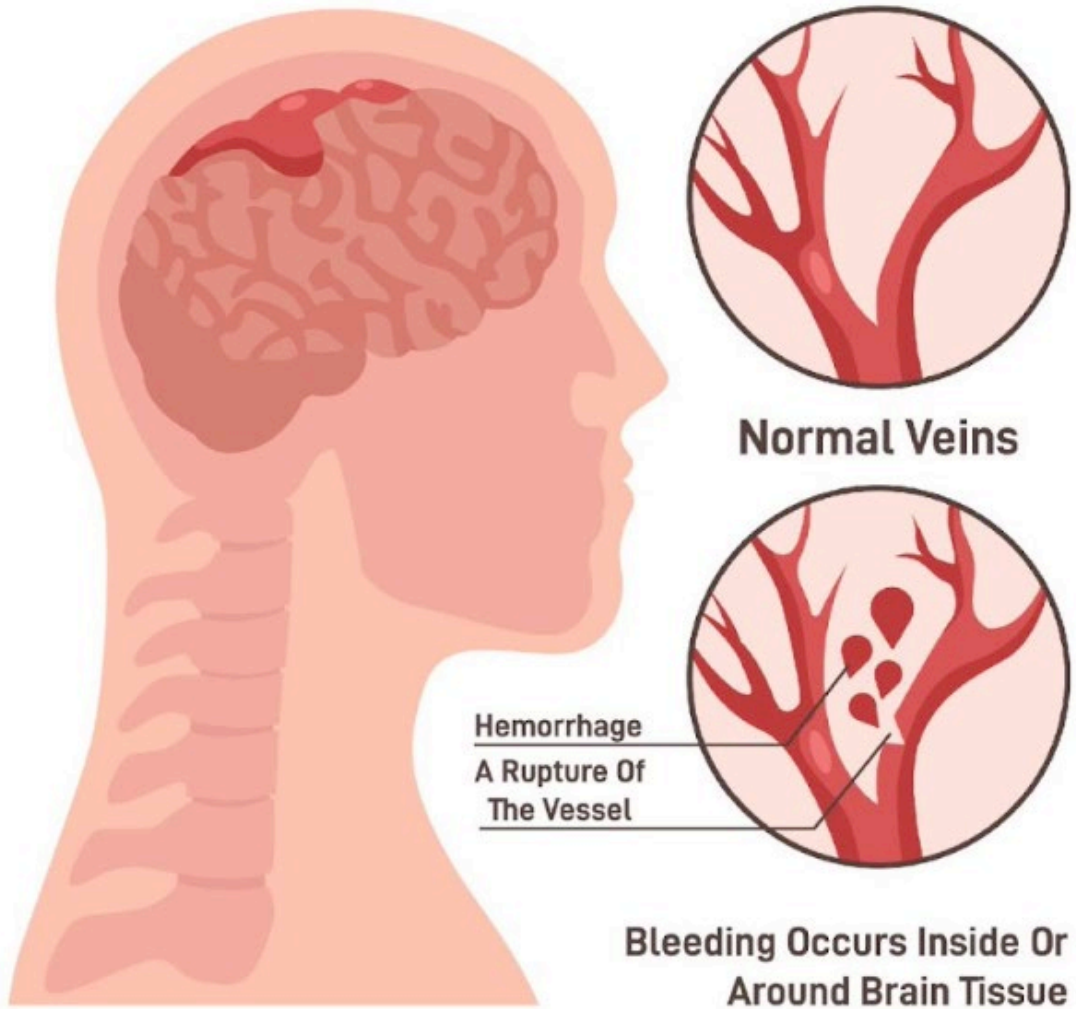
## Two Patients with Depression



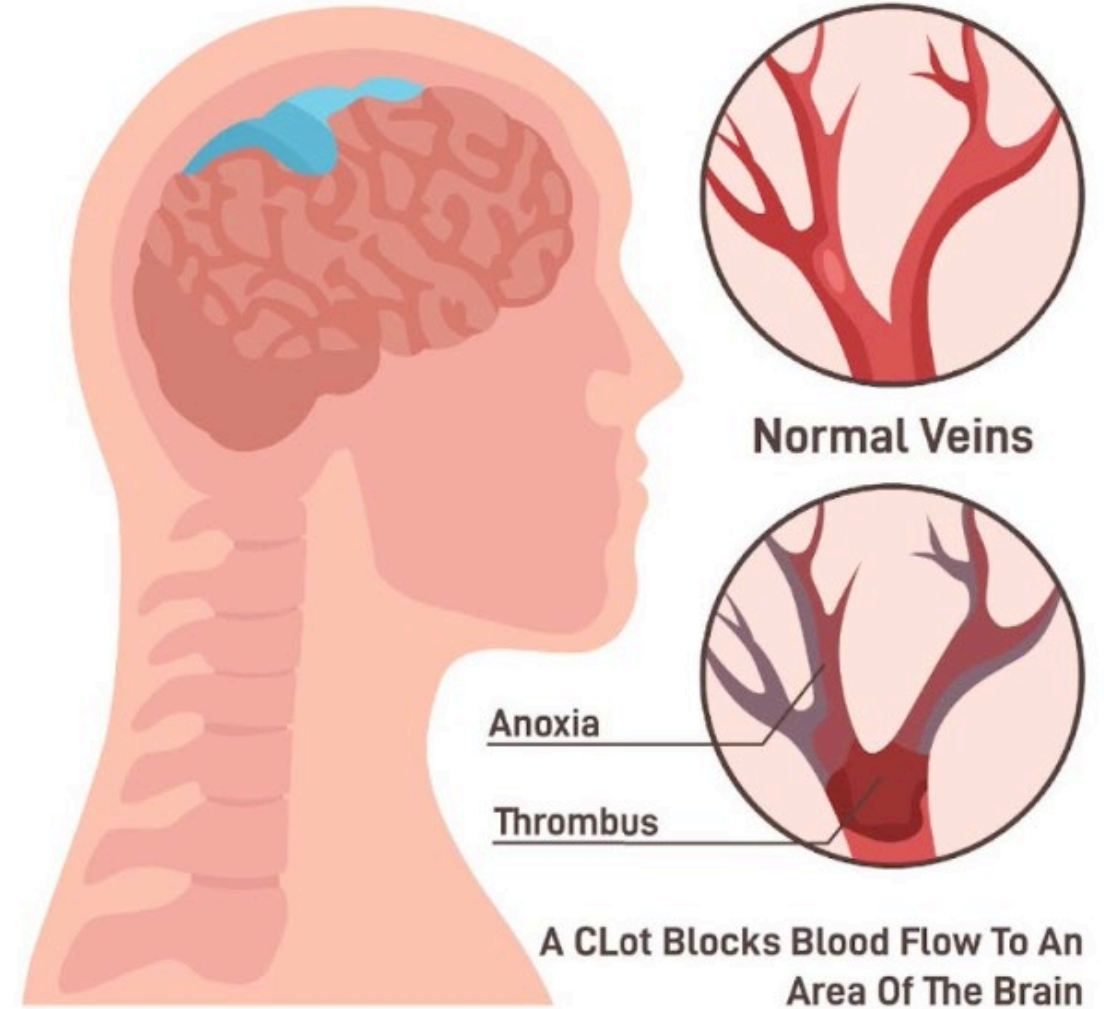
Many different types of disorders in the brain, eg depression, ADHD, Anxiety, Addictions, have the same symptoms, but different brain activity!  
Don't assume we know what's going on!

# Types of Stroke

## Hemorrhagic Stroke



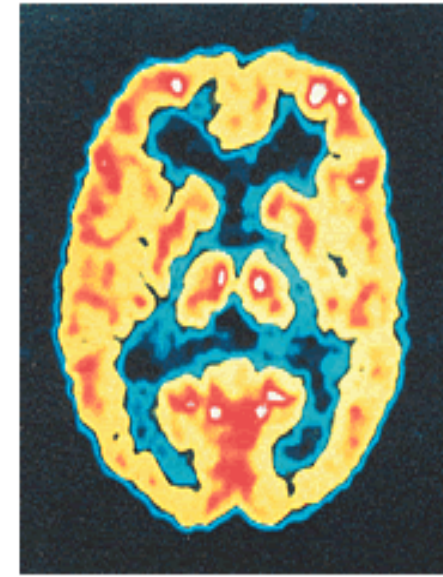
## Ischemic Stroke



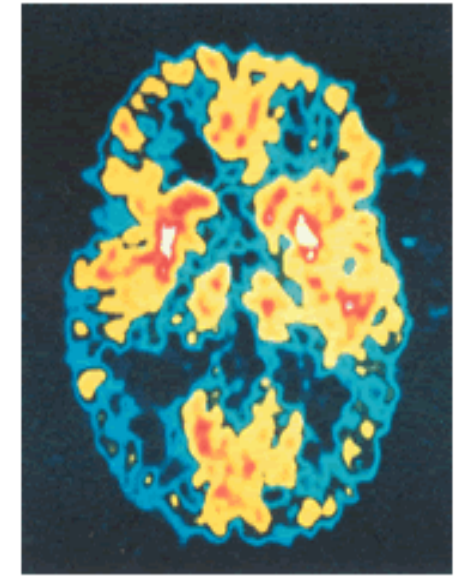


# Dementia

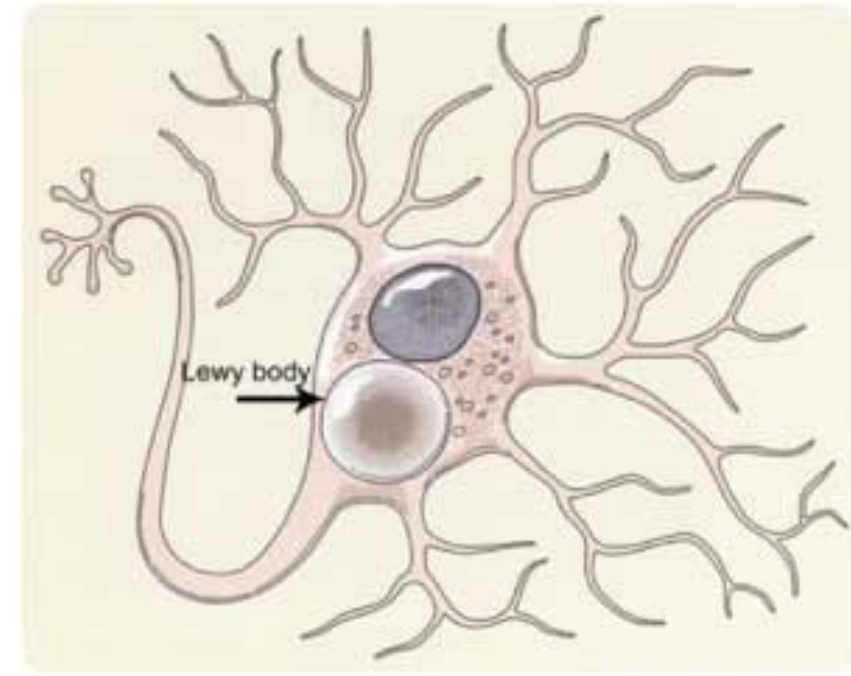
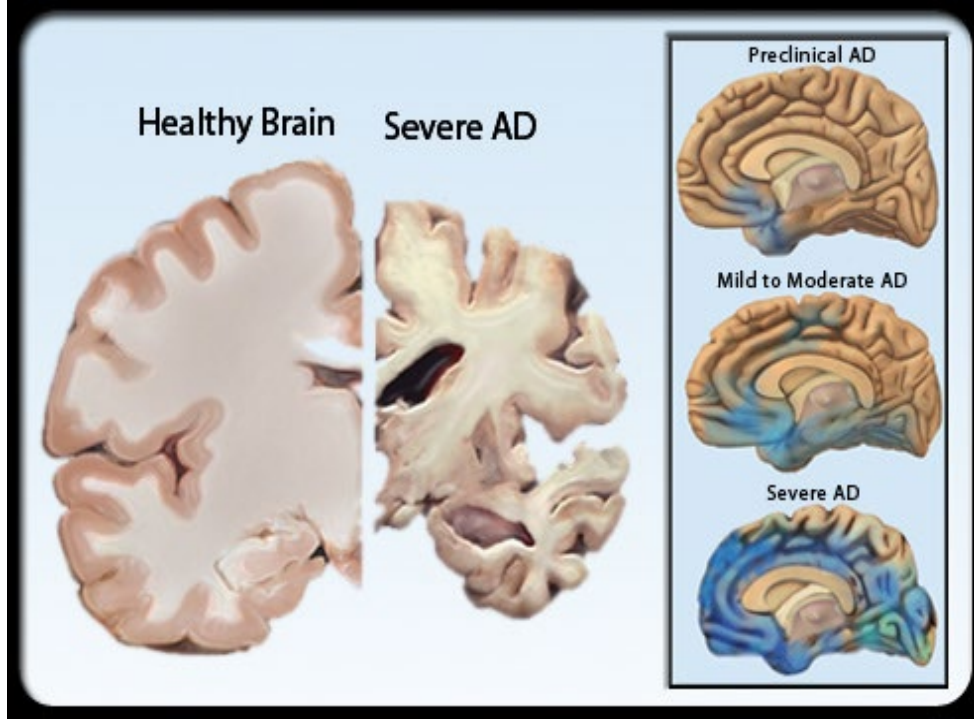
- Alzheimers Dementia
- Cerebro-vascular Dementia
- Lewy Body Dementia – tiny deposits of protein in the nerve cells



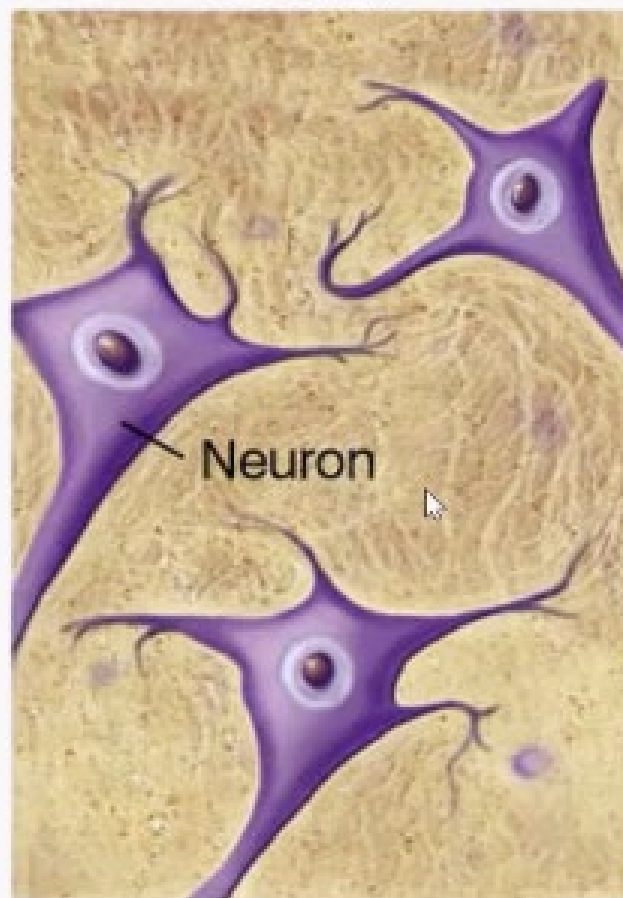
NORMAL



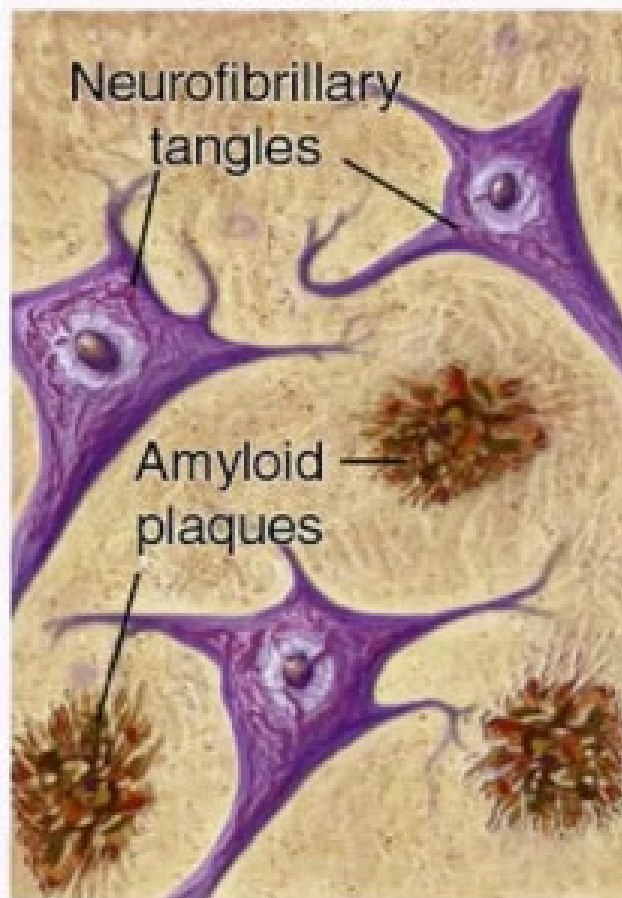
ALZHEIMER'S



Normal



Alzheimer's



From:

[https://www.youtube.com/watch?v=l7SlnfQtJvw&ab\\_channel=BannerHealth](https://www.youtube.com/watch?v=l7SlnfQtJvw&ab_channel=BannerHealth)



# 1 0 F O R M S O F D E M E N T I A



**ALZHEIMER'S  
DISEASE**



**VASCULAR  
DEMENTIA**



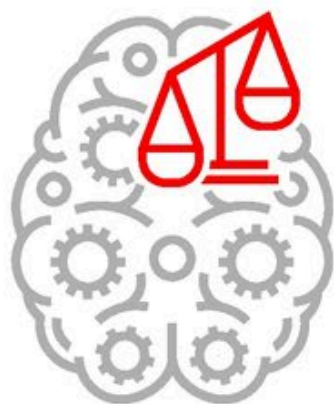
**LEWY BODY  
DEMENTIA**



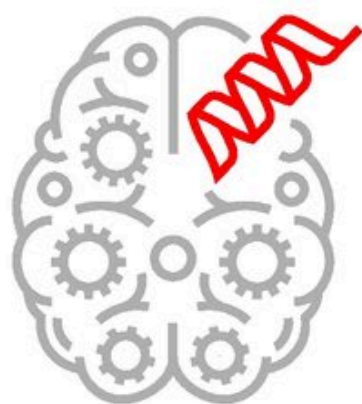
**NORMAL PRESSURE  
HYDROCEPHALUS**



**FRONTOTEMPORAL  
DEMENTIA**



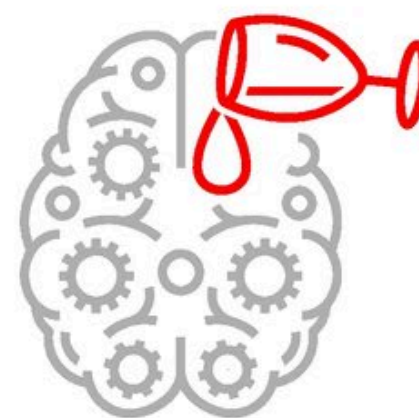
**PARKINSON'S  
DISEASE**



**CREUTZFELDT-JAKOB  
DISEASE**



**HUNTINGTON'S  
DISEASE**



**WERNICKE-KORSAKOFF  
SYNDROME**



**MIXED  
DEMENTIA**

# DEMENTIA

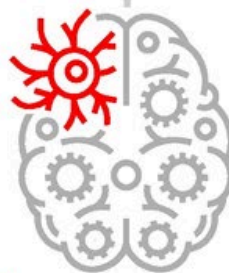
IS AN UMBRELLA TERM FOR LOSS OF MEMORY  
& OTHER THINKING ABILITIES SEVERE ENOUGH TO INTERFERE  
WITH DAILY LIFE



ALZHEIMER'S  
DISEASE



VASCULAR  
DEMENTIA



LEWY BODY  
DEMENTIA



FRONTOTEMPORAL  
DEMENTIA



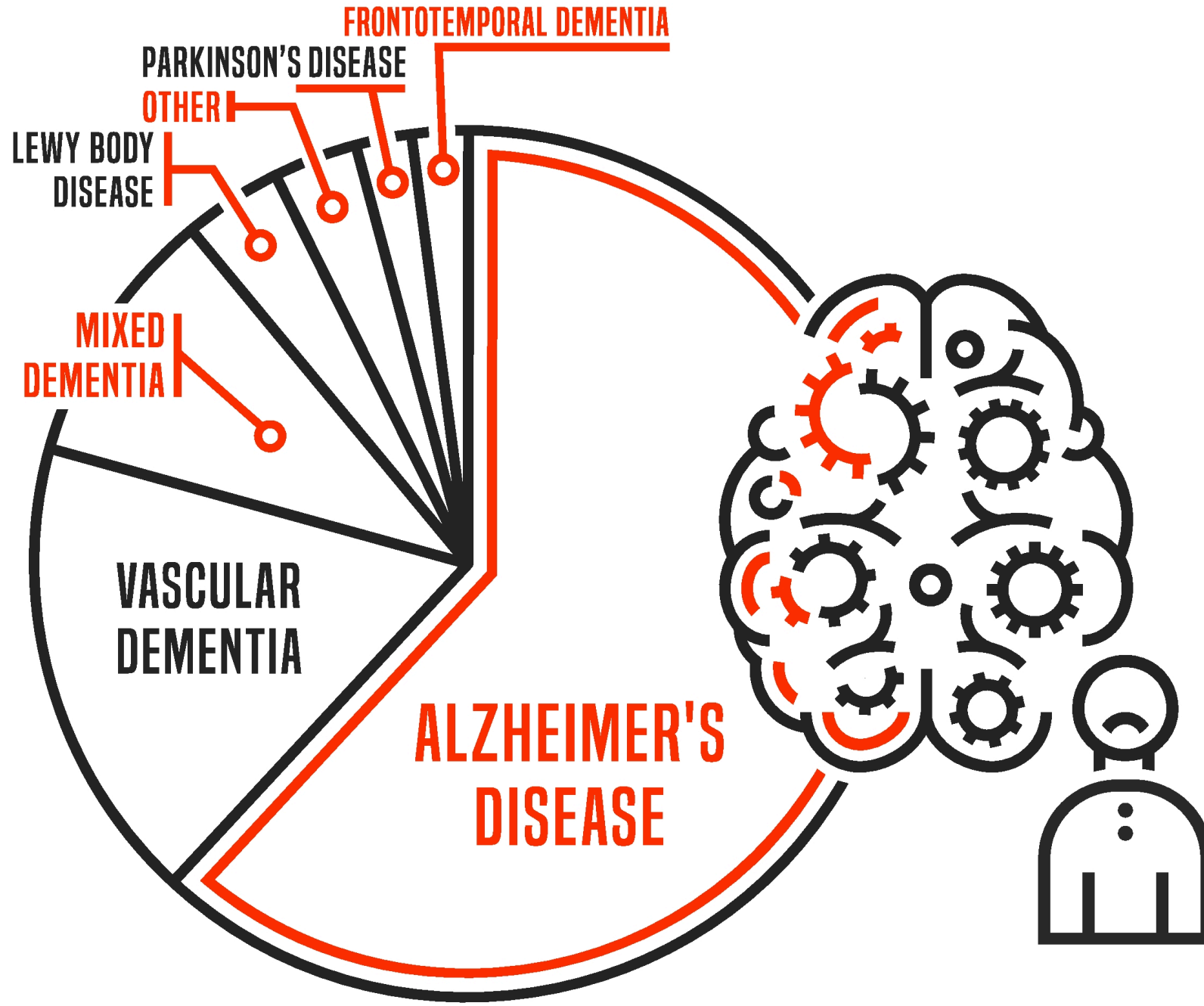
OTHER, INCLUDING  
HUNTINGTON'S DISEASE



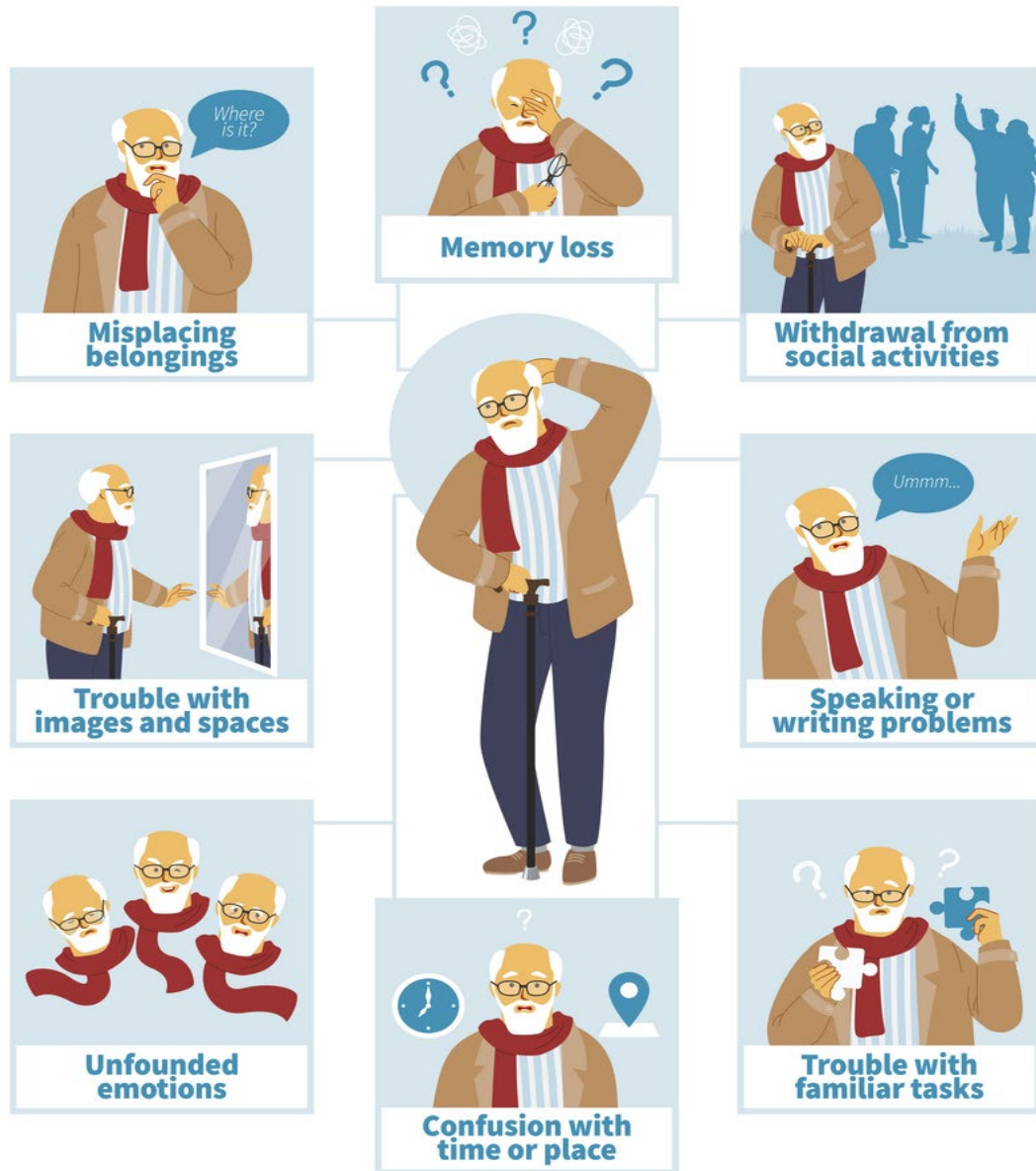
MIXED  
DEMENTIA

T Y P E S O F D E M E N T I A





# Alzheimer's Symptoms





# Buddy Groups

*Share your feelings about the teaching, including brain health, and any experience you have of dementia, personally or professionally.*

15 minutes





Take a break! 5 minutes



5:00

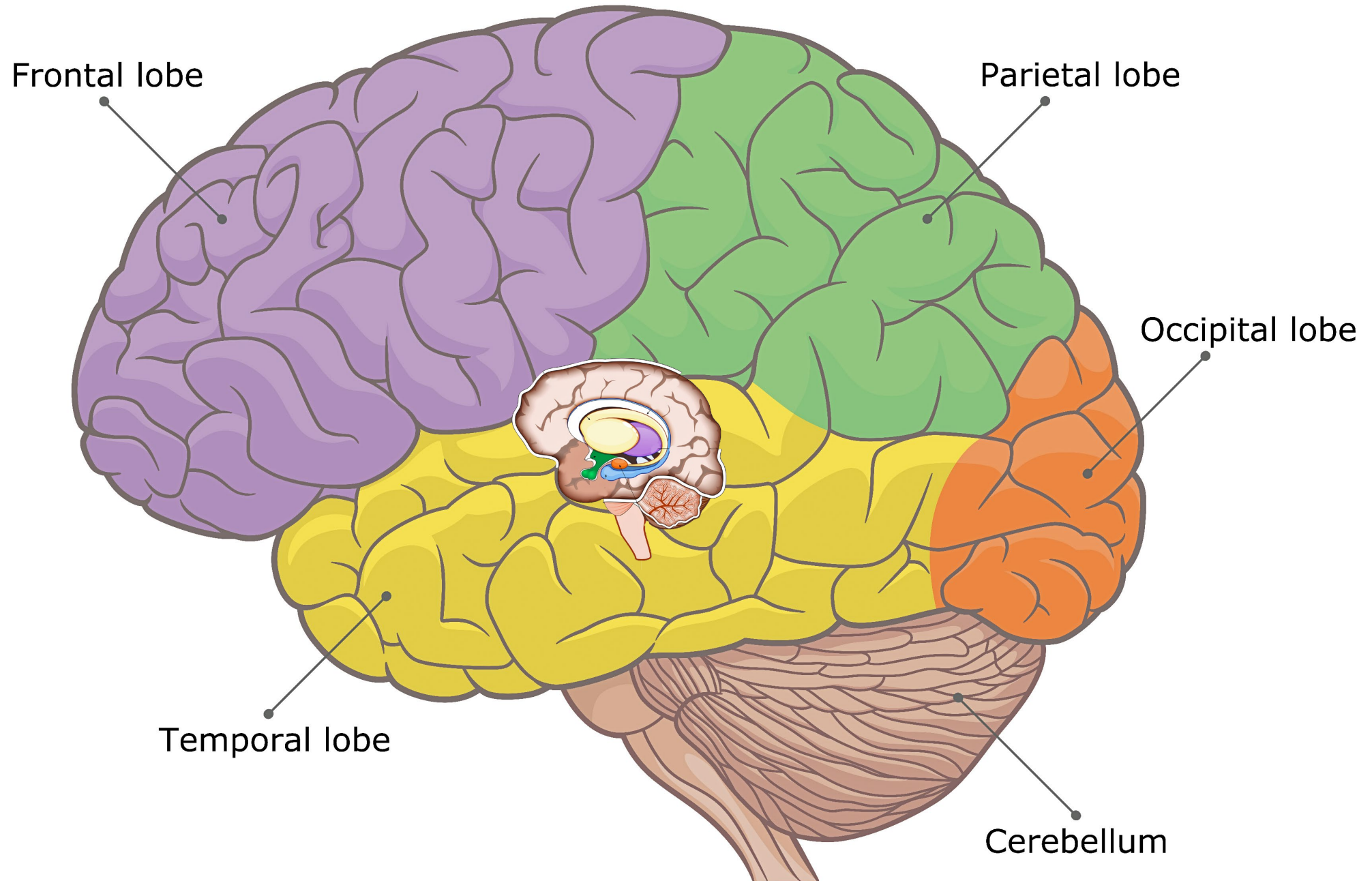


# **SESSION 3**

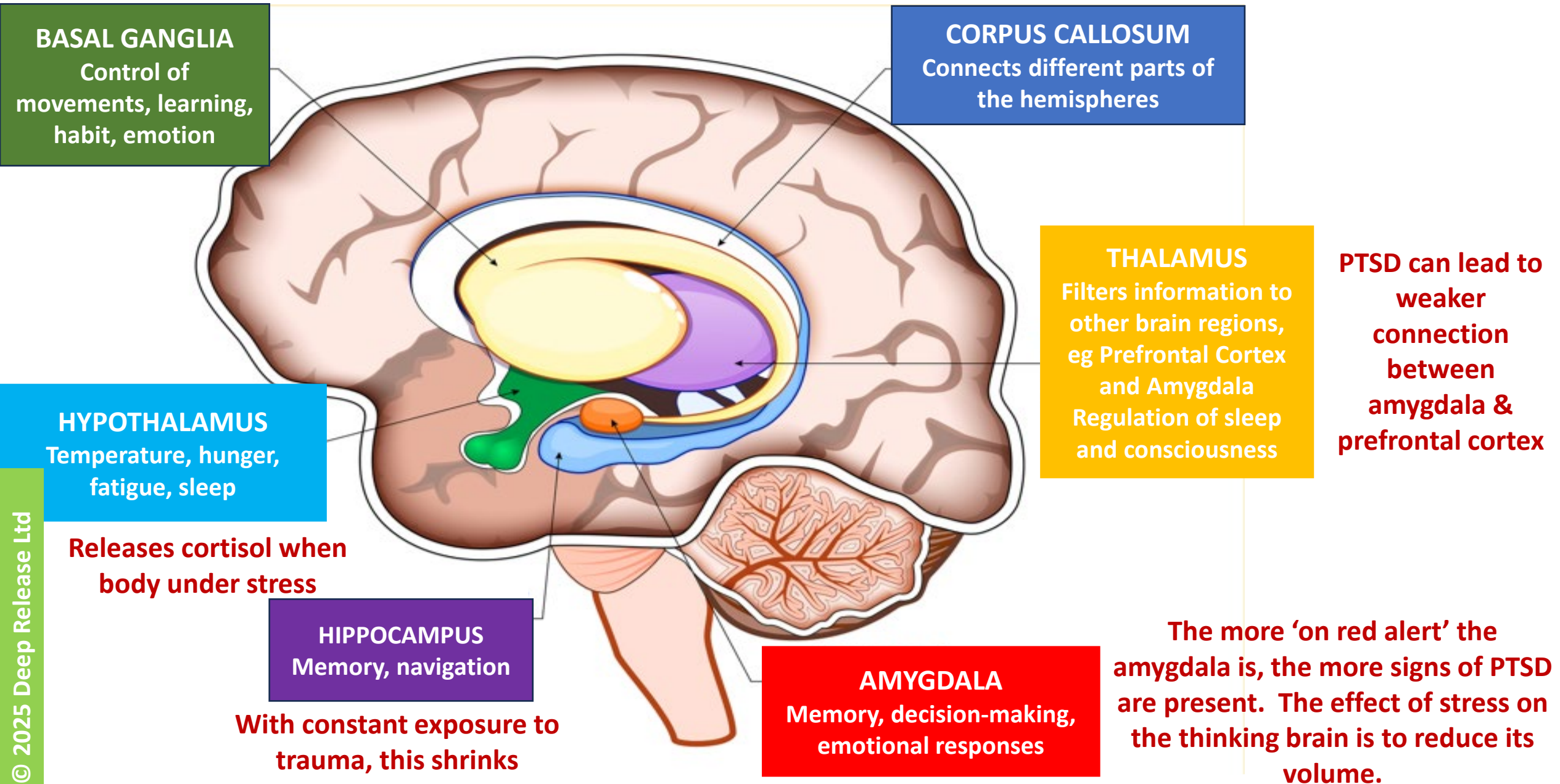
## **The Brain, Trauma and Memory**



# Brain Functions



# The Limbic System under Stress



# The Brain's response to Threat/Danger

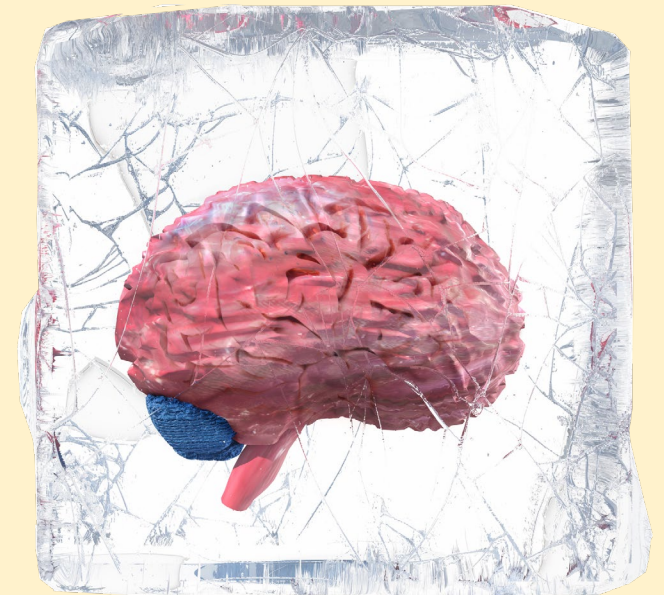
- Faced with threat or danger, **the brain and nervous system *shift from a sense of safety to a state of activation***
- This is the ***fight-or-flight*** response
- When neither is possible, the brain can go into a state of ***freeze***



**Fight**



**Flight**



**Freeze**



# The Brain's FREEZE response to Threat/Danger

- The brain and nervous system shut down, numb, and are mentally or emotionally detached from the current experience
- This is a protective altered state of consciousness which helps defend against pain and suffering you can't escape
- In this state, memory isn't stored in the same way – it is focused on survival and doesn't process information in an orderly manner
- Dissociative Amnesia



# Memory and Trauma

- Memories are closely connected to our emotions at the time of an event – these can be different between family members
- They can be created to ‘fill in gaps’ to produce the story we tell ourselves about the event

**They are based on ‘*beliefs, feelings, intuitions, guesses and memory fragments*’**

**Stephen Jay Lynn**



[https://youtu.be/D5sk504Yc94?si=XU\\_BpeDLw3WJNpcu](https://youtu.be/D5sk504Yc94?si=XU_BpeDLw3WJNpcu)

[https://www.youtube.com/watch?v=K--dPi2EurM&t=517s&ab\\_channel=TherapyinaNutshell](https://www.youtube.com/watch?v=K--dPi2EurM&t=517s&ab_channel=TherapyinaNutshell)



# Pattern Matching



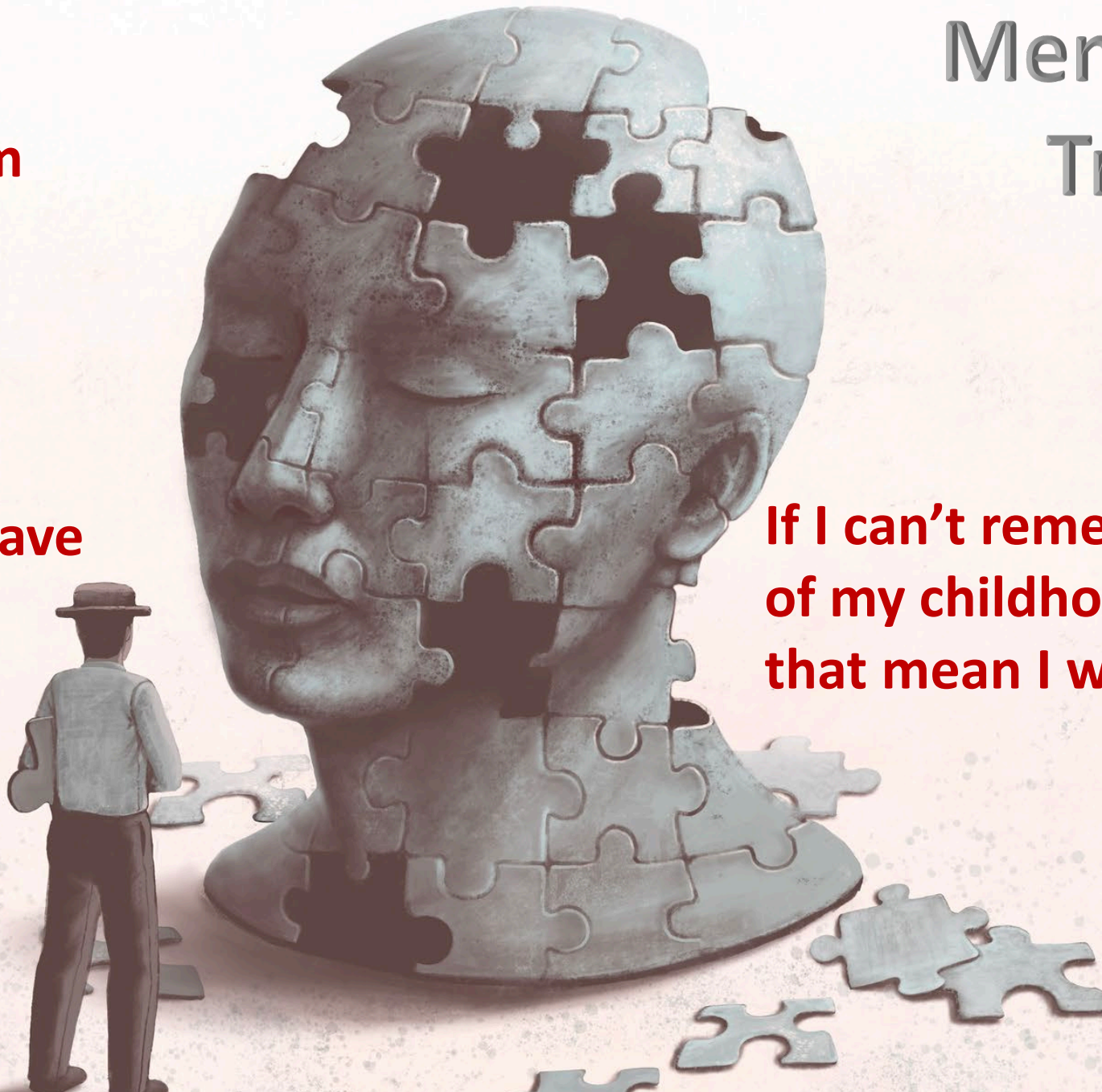


# Memory and Trauma

**How do you heal from trauma if you can't remember it?**

**Is it possible to have no memory of something so important as trauma? (Yes!)**

**If I can't remember parts of my childhood, does that mean I was abused?**



# Are my Memories Real?

- Memories may be retrieved in a situation where you are reminded of how you felt
- Another hypothesis is that the brain walls off the memory until you have the safety and skills to process it

## Things clients bring up:

- *“Are my memories even real?”*
- *“Someone told me it happened, but I have no memory of it”*
- *“I don’t have any signs that I experienced trauma or abuse... it can’t be true?”*
- **We never assume or suggest that abuse took place**
- **Nor is it our job to doubt another person’s experience : the default is to believe them**





# Implanted Memories

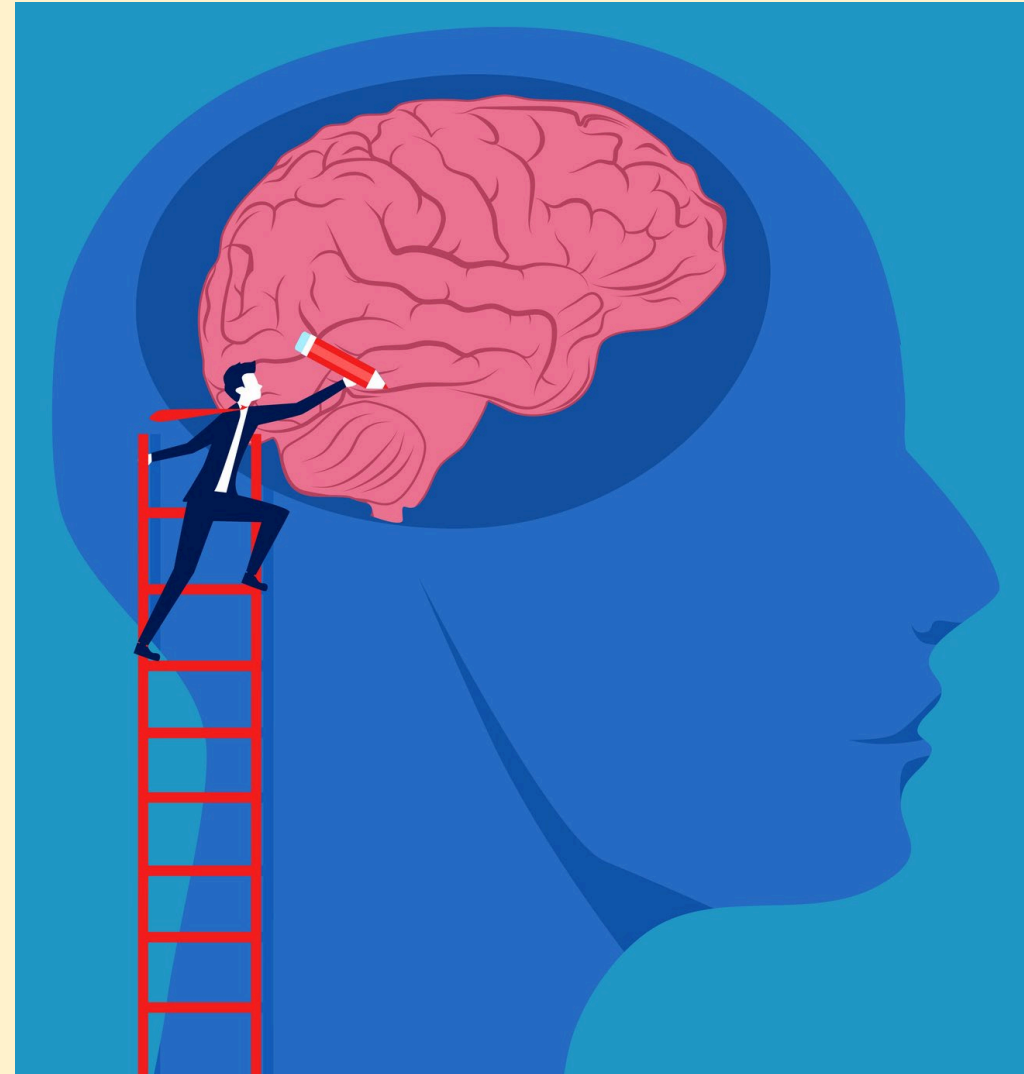
- 1990s – False Memory Syndrome - counsellors suggesting to the client that trauma had happened
- Huge controversy, bringing our profession into disrepute

BUT

- clients do remember trauma they have previously forgotten

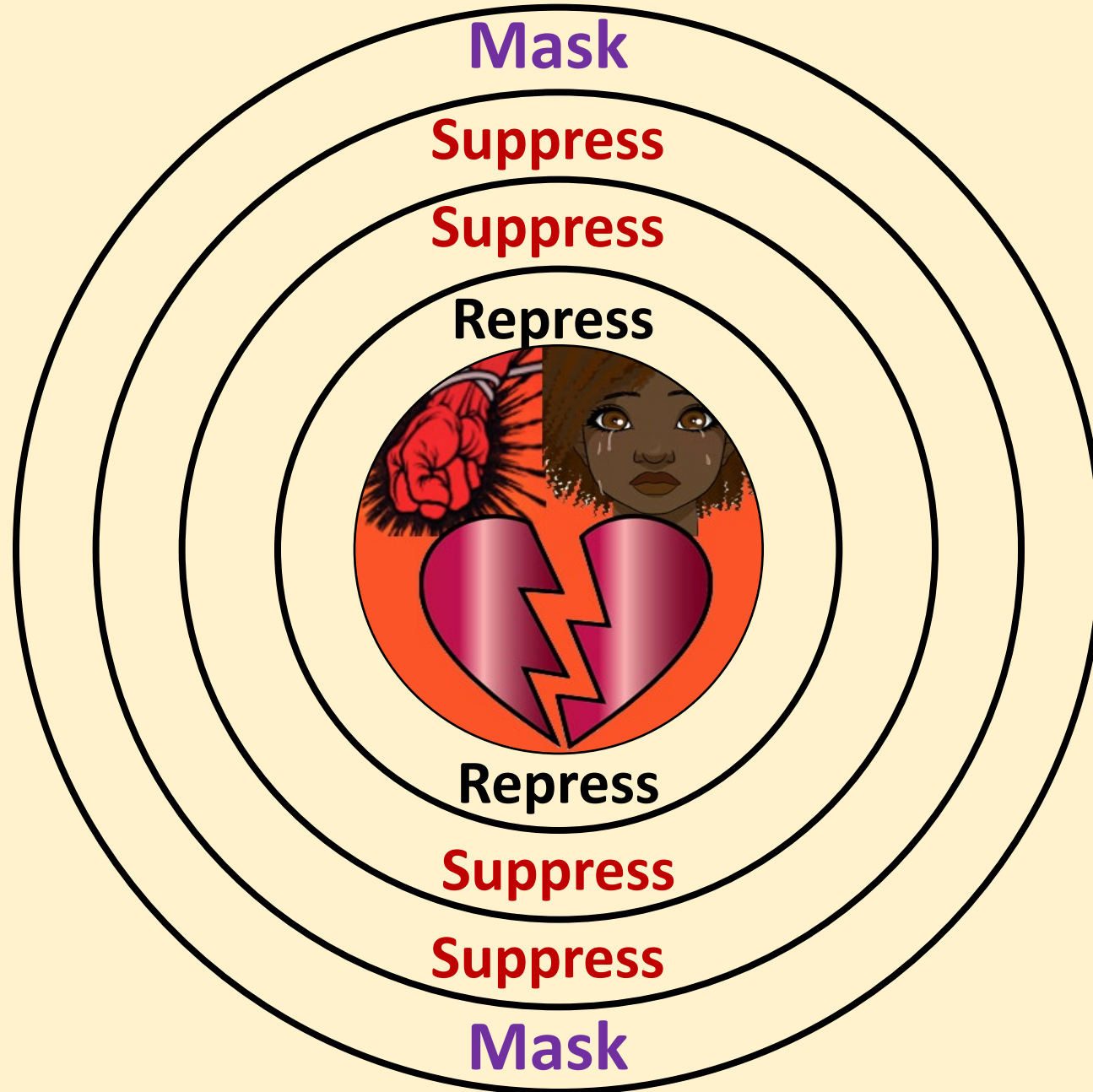
AND

- our work must be strictly professional in not pushing clients in a specific direction, but let memories come up naturally from the client





# Layers of Defences



# Implanted Memories



**How good a witness would you be if you saw a crime taking place?**

- 1. Have a pen ready!**
- 2. Listen to the list read out.**
- 3. Write down what you can remember**

<https://youtu.be/5yA1sF7nspg?si=1HXk-uSV4CibrEGD>



# Buddy Group

*Share how you  
got on in the  
memory exercise,  
and the whole  
issue of memories  
in therapy.*

15 minutes





Take a break! 5 minutes



5:00





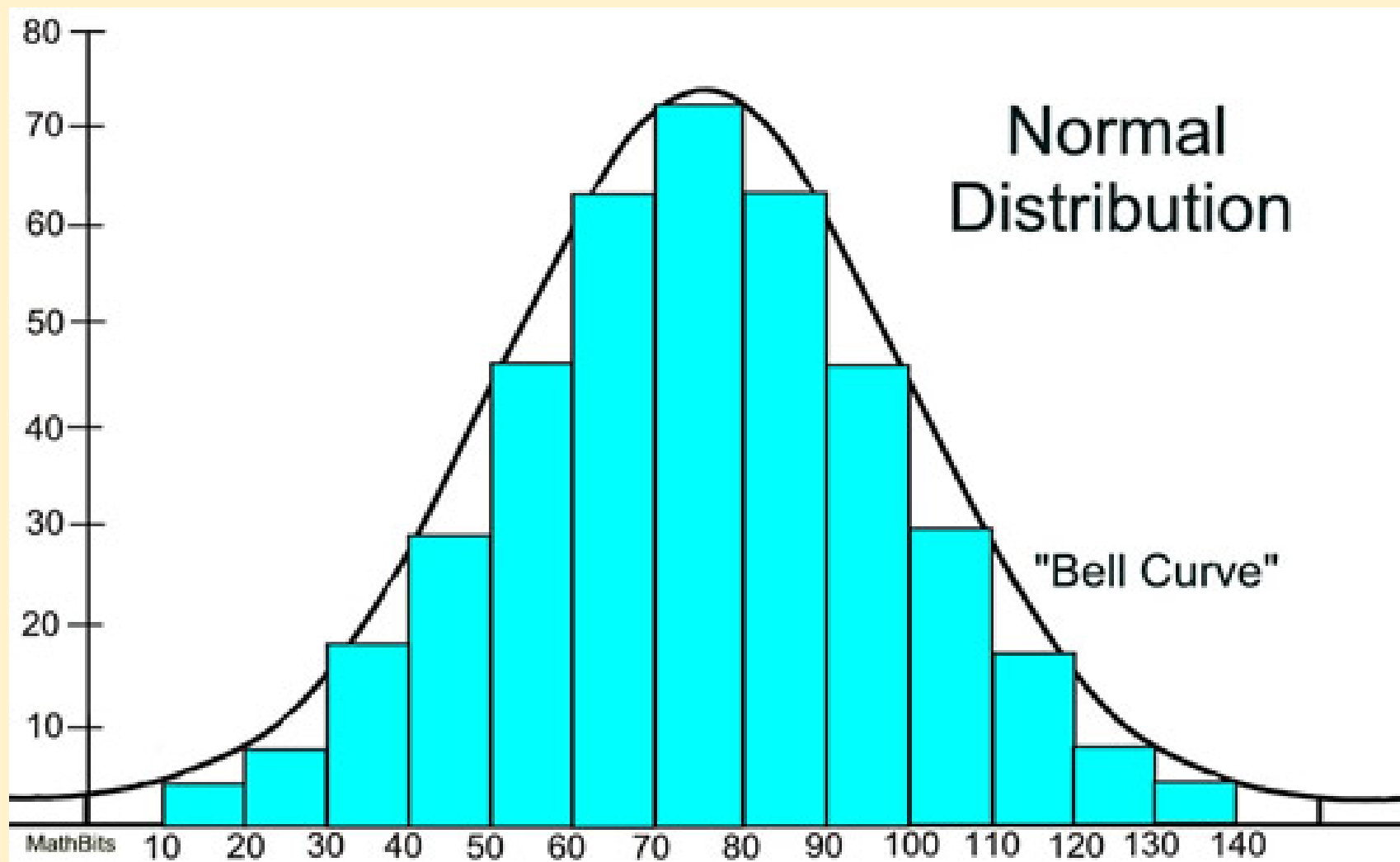
**Questions  
Comments  
Discussion**



# SESSION 4

## Neurodivergence





# See Dyslexia Differently

Yo u m a y  
f i n d t h i s  
h a r d t o r e a d .  
I m a g i n e  
i f e v e r y t h i n g  
y o u r e a d l o o k e d  
l i k e t h i s .



Shown with permission from the British Dyslexia Association

<https://youtu.be/11r7CFIK2sc?si=3B--WmmFsRDeMl6b>

<https://www.learningsuccessblog.com/blog/dyslexia/dyslexia-hope-episode-06-video>





A portrait of a woman with curly brown hair, smiling, wearing a dark blue top. The background is a light, textured grey.A solid orange horizontal bar.

## Understanding Neurodivergence with Kate Mendez

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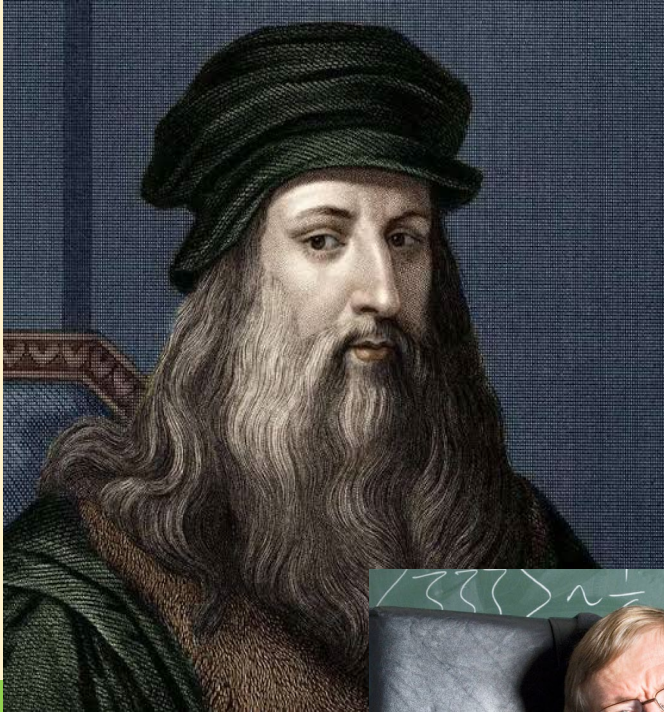
Drawing on her research  
into counsellors working  
with autistic clients



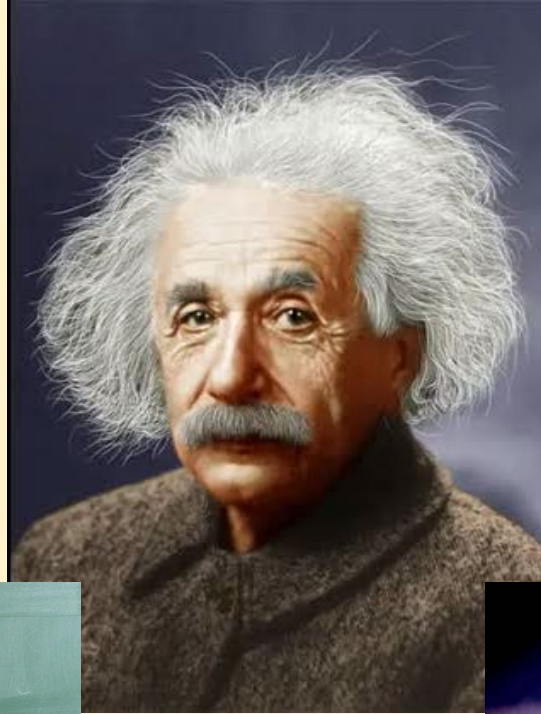


# Famous Men thought to have ADHD and/or Autism

**Leonardo da Vinci**



**Albert Einstein**



**Walt Disney**



**Stephen  
Hawking**



**Elon  
Musk**





# Famous Women thought to have ADHD and/or Autism

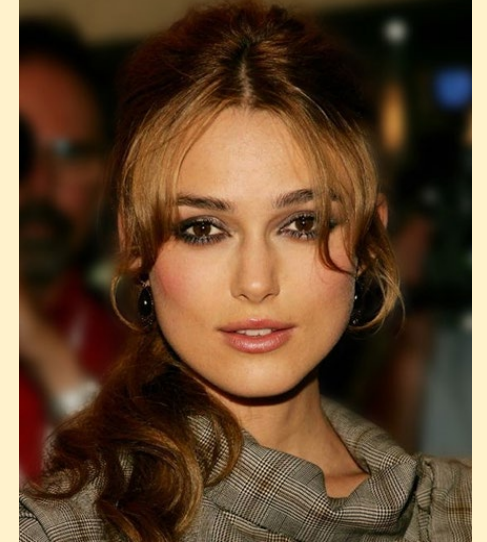
**Emma Watson**



**Simone Biles**



**Keira Knightly**



**Susan Boyle**



**Nadia Sawalha**





## The remarkable mind of Daniel

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# Buddy Group

*Share your  
personal and  
professional  
experience of  
neurodivergence*

10 minutes







# **SESSION 5**

## **How can we Help our Brains?**

# What can you do to help your brain?



## ***“Switch on Your Brain”, Dr Caroline Leaf***

**According to researchers, the vast majority of the illnesses that plague us today are a direct result of our thought life.**

**What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different hormones!**

**Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses.**



[drleaf.com](http://drleaf.com)

Dr Leaf is a communication pathologist, audiologist and clinical neuroscientist specialising in psychoneurobiology. She has published 19 bestselling books in 24 languages, has over 50 million downloads on her award winning podcast *Cleaning up the Mental Mess*, and over 9 million downloads on YouTube



- You can literally change people's brains and change their lives!
- You are not stuck with the brain you have! You can make it better!

❖ **Question and challenge negative thoughts!**

❖ **Positive Motivational Anxiety!**

❖ **Make good decisions today and you can start to improve your brain within 2 months**

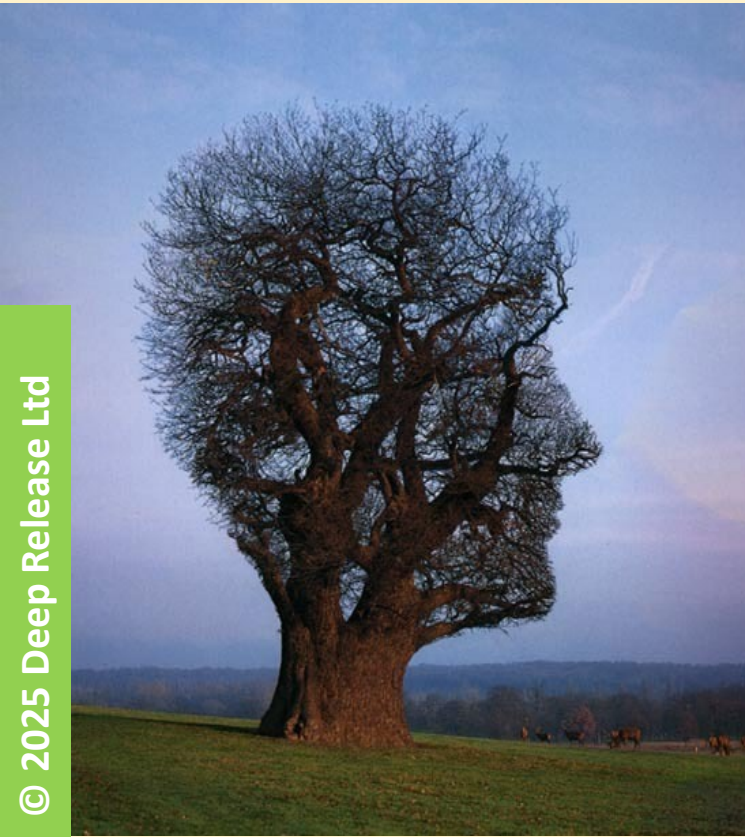


# Neuroplasticity

**Stress, depression and trauma have all been shown to reduce the neuroplasticity of the brain**

**The good news is that once stress is reduced the synapses are replaced!**

**The brain can not only regenerate neural connections but the neurons themselves!**



# Ways to Exercise your Brain!

**Although some functions may decline you can maintain the networks and form new ones by exercising your brain.**





# Maximising Brain Power





# Gardner's Multiple Intelligences

- Verbal - Linguistic
- Logical/Mathematical
- Nature
- Intrapersonal
- Visuo-Spatial
- Musical
- Bodily/Kinesthetic
- Interpersonal
- Imaginal
- Spiritual



# Maximising Brain Power

## Focused Learning and Memory Techniques

- Creating a positive, optimal learning environment, using as many modalities as possible
- Regularly review material to increase long-term retention
- Test yourself repeatedly
- Chunking – grouping information into manageable chunks, eg a phone number in segments
- Use Mnemonic devices, eg acronyms, rhymes, songs





A is for Alpha  
B is for Bravo  
C is for Charlie  
D is for Delta  
E is for Echo  
F is for Foxtrot  
G is for Golf  
H is for Hotel  
I is for India  
J is for Juliet  
K is for Kilo  
L is for Lima  
M is for Mike

N is for November  
O is for Oscar  
P is for Papa  
Q is for Quebec  
R is for Romeo  
S is for Sierra  
T is for Tango  
U is for Uniform  
V is for Victor  
W is for Whiskey  
X is for X-ray  
Y is for Yankee  
Z is for Zulu





<https://www.facebook.com/reel/1401010707885748>



I before E, except after C, when the sound is EE



Richard Of York Gave Battle In Vain

Red – Orange – Yellow – Green – Blue – Indigo - Violet



**Notes on the lines of the treble Clef: *Every Good Boy Deserves Favour***

**Notes on the spaces of the treble Clef: F A C E**



**My very educated mother just served us noodles**

<https://science.howstuffworks.com/planets-in-order.htm>

Make it into a song to memorise it more easily!





Take a break! 5 minutes



5:00



# Maximising Brain Power

## Creativity - Art

- When words are not enough, or hard to find
- Adrian Hill – WWI patients got better more quickly when they did art work – he coined the term 'Art Therapy'
- Associate pictures to what you're memorising – create a story chain of linked images to remember a list
- Create pictures linked to people's names
- Doodling can improve focus, memory, creativity and stress levels - it is thought to calm the amygdala
- Picture Cards



The Creative Counsellors Community





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Studies during the past decade have shown that art is a **whole brain** activity that stimulates storytelling.

Research with children indicates that **drawing while talking** about an emotional event can actually stimulate **two to three times as much narrative** as just talking alone.

Cathy Malchiodi, *“What Art Therapy Learnt from September 11th”*



# Creativity and the Brain

*“A massive shock to the system, whether physical, psychological or both, elicits powerful feelings for which words are inadequate, yet image, sound, movement and story can offer a welcome release.”*

*The arts help both  
to **express** and to  
**contain** otherwise  
overwhelming  
emotions...”*

*Judith Rubin, University of Pittsburgh*





# Creativity - Music

- Music activates multiple areas of the brain at once – hearing, feeling, moving, making associations, decision-making –
- Memories are deeply embedded
- Classical pieces like Mozart or Bach can improve focus and concentration, and are helpful for learning (the ‘Mozart Effect’)





# Creativity - Writing

- Regular journaling can help lower stress, improve mood, and enhance immune function
- Writing helps organize chaotic experiences into coherent narratives, which can be especially healing for those who have experienced trauma or loss
- Creative Note-Taking

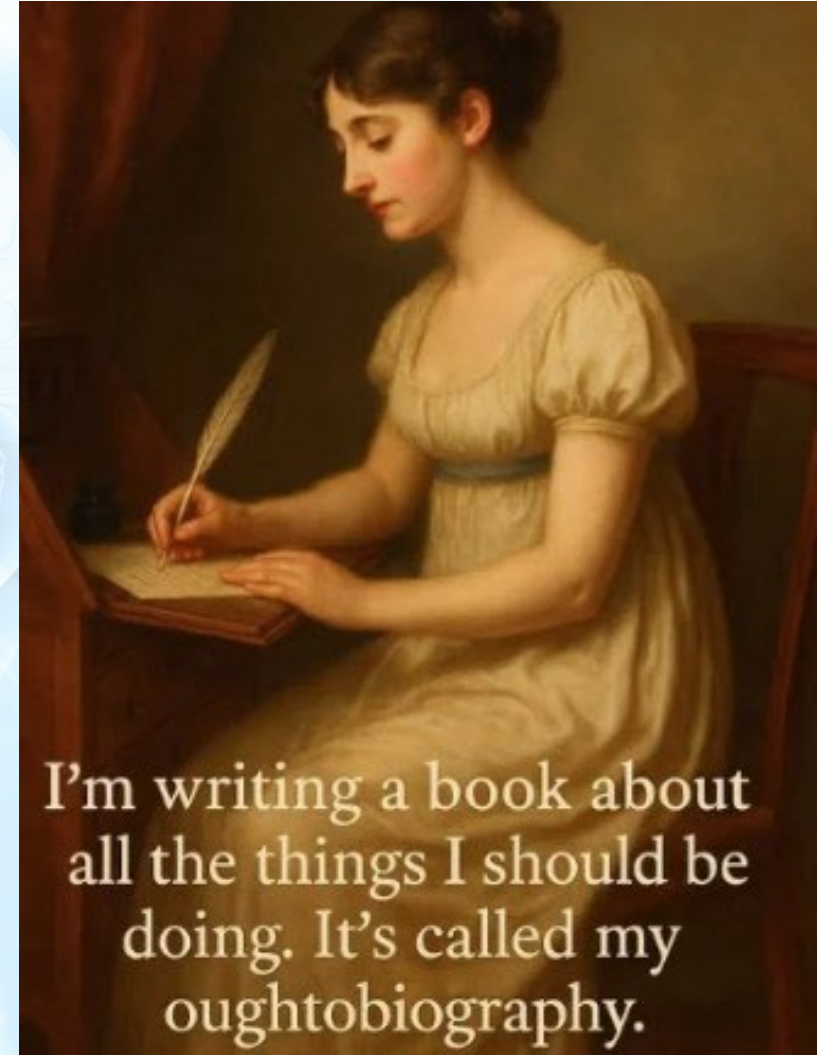


As the number of studies increased, it became clear that writing was a far more powerful tool for healing than anyone had ever imagined.

— James W. Pennebaker —

AZ QUOTES

**James W Pennebaker**  
American Social Psychologist and researcher



I'm writing a book about all the things I should be doing. It's called my oughtobiography.



# Maximising Brain Power

## Digital and Other Tools for Cognitive Training

- Online games for mental alertness, memory improvement, attention and problem-solving (Lumosity, Elevate – Brain Training Games)
- Duolingo or Memrise – learn a new language
- Virtual Reality

**Prefrontal Cortex** Language games (eg Scrabble, Boggle, Wordle, Crossword Puzzles)  
Strategy Games (Chess)  
Meditation

**Temporal Lobes** Memory games  
Learning to play new music instruments

**Parietal Lobes** Maths games (eg Sudoku)  
Juggling

**Cerebellum** Map Reading  
Coordination games (eg table tennis)  
Yoga, Tai Chi

Spend 15 mins a day learning something new. Einstein said, if you do that, you'll be an expert in a year; in 5 years you'll be a national expert!



Daniel Amen

Online courses at  
[amenuniversity.com](https://www.amenuniversity.com)

# Health Overview

## Biological

- Brain Health
- Physical Health
- Nutrition
- Exercise
- Sleep
- Hydration
- Hormones
- Blood Sugar Level
- Supplements
- Genetics (Family History?)
- Trauma/Injuries
- Allergies
- Toxins (environment: Mould, drugs, excessive caffeine, alcohol, smoking)
- Infections
- Physical Illness
- Medication

## Psychological

- Self Talk
- Self Concept
- Body Image
- Upbringing
- Development
- Past Emotional Trauma
- Past Successes
- Past Failures
- Generational Histories and Issues (eg immigrants, survivors of trauma, children or grandchildren of addicts)
- Grief/Loss
- Hope
- Sense of Worth
- Sense of Power or Control

## Social

- Quality of current environment
- Sense of connection to family, friends and community
- Health Habits of friends and family
- Relationships
- Stresses
- Health
- Finances
- Work/School
- Current Successes or Failures

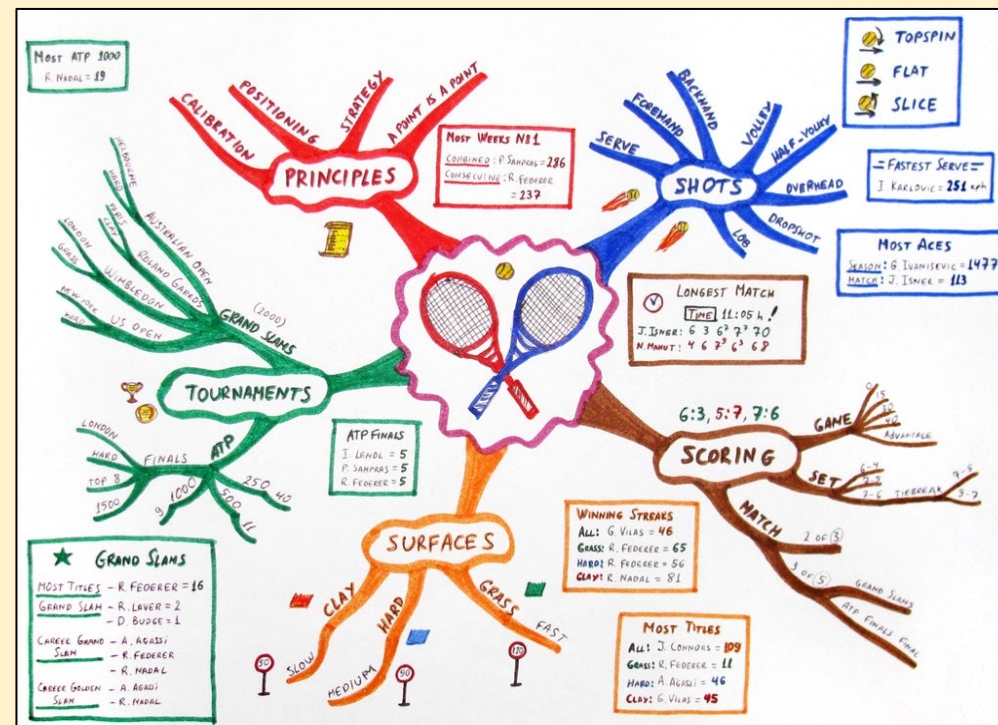
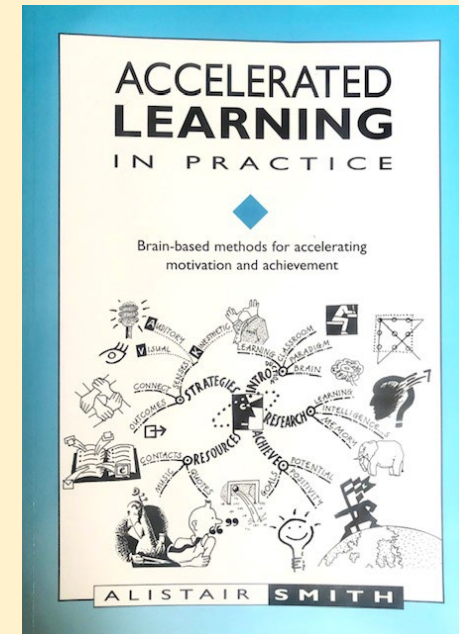
## Spiritual

- Sense of Meaning and Purpose
- Why does my life matter?
- Connection to Higher Power
- Who am I accountable to?
- Connections to past generations
- Connections to future generations
- Connections to the Planet
- Morality
- Values





# The Key Role of Mind Maps

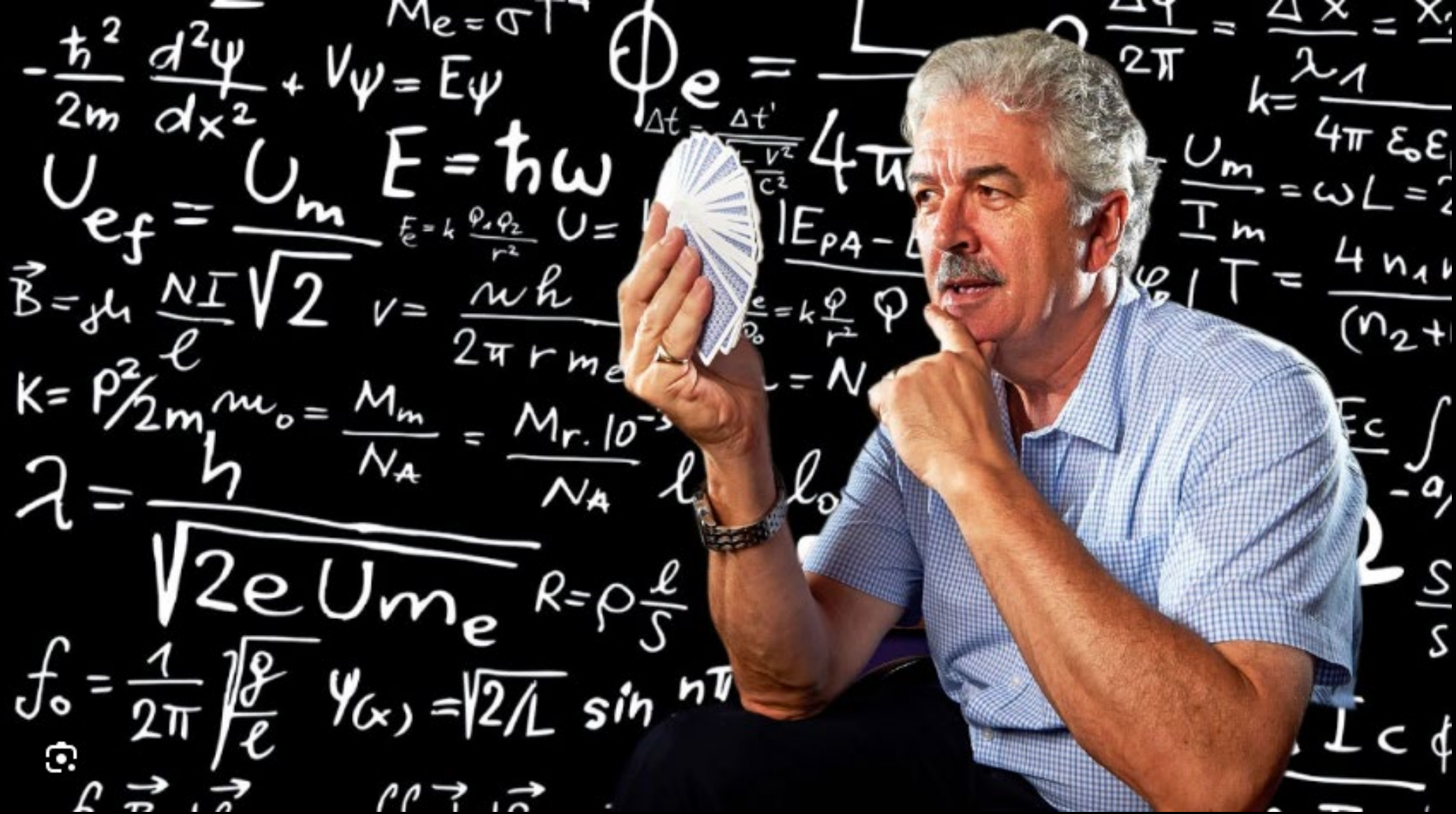




# A Mind-Boggling Mind Map!!

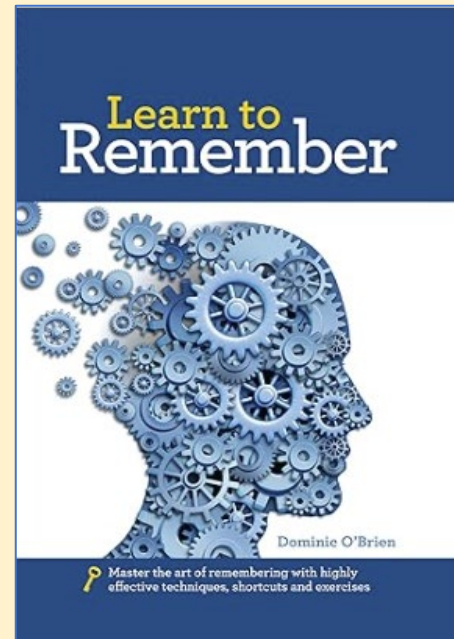
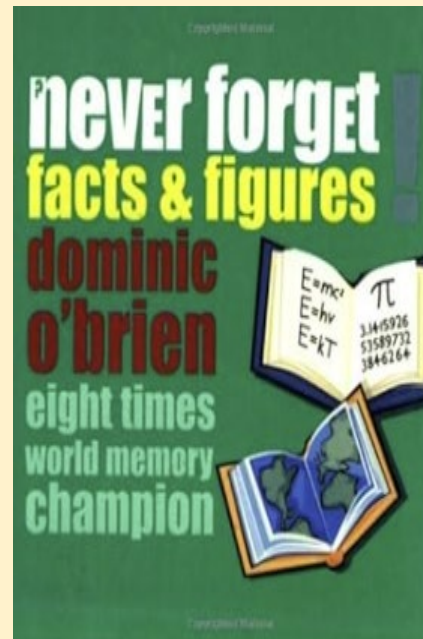
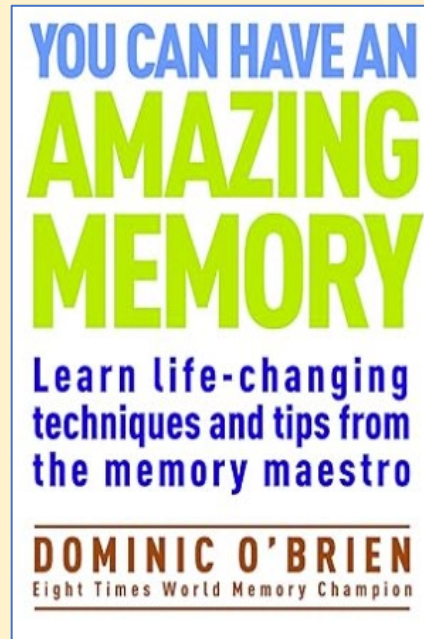
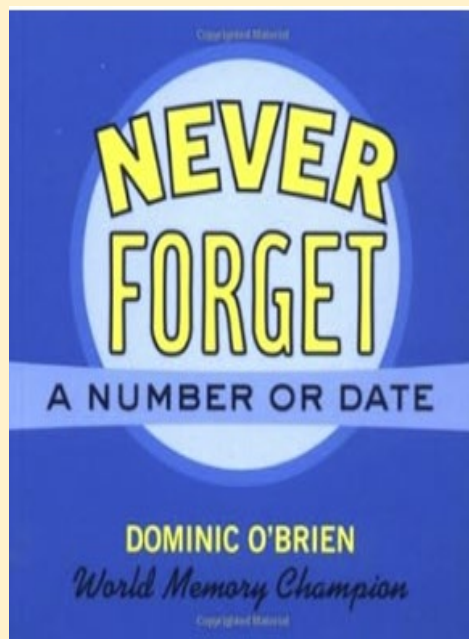
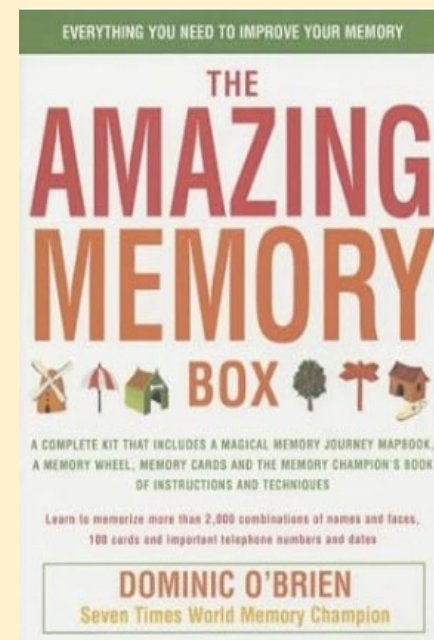
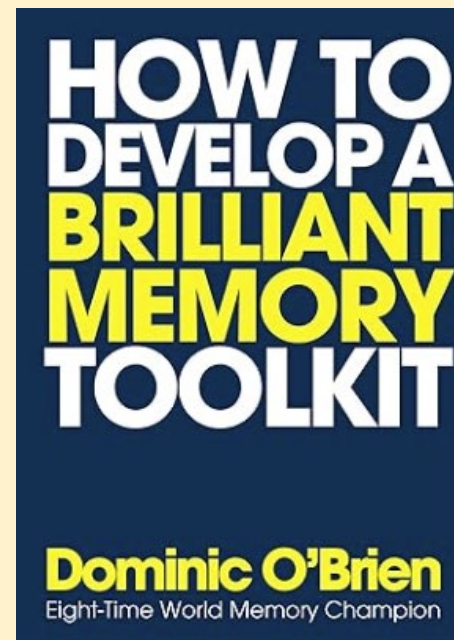
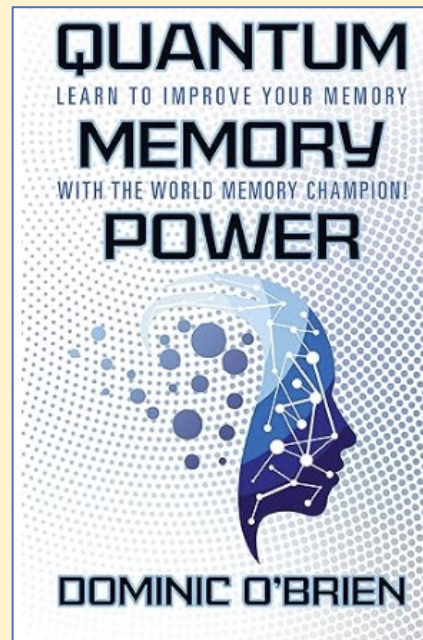
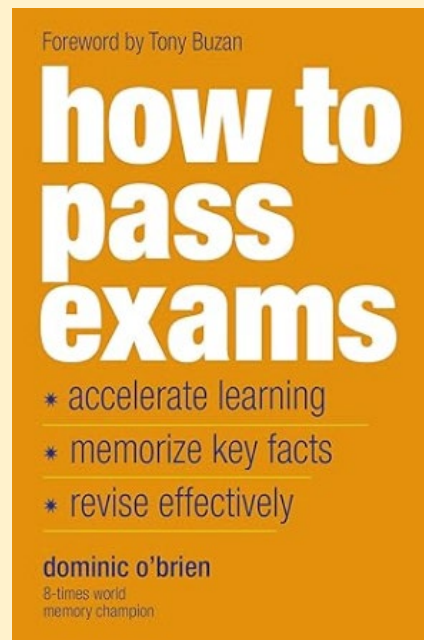
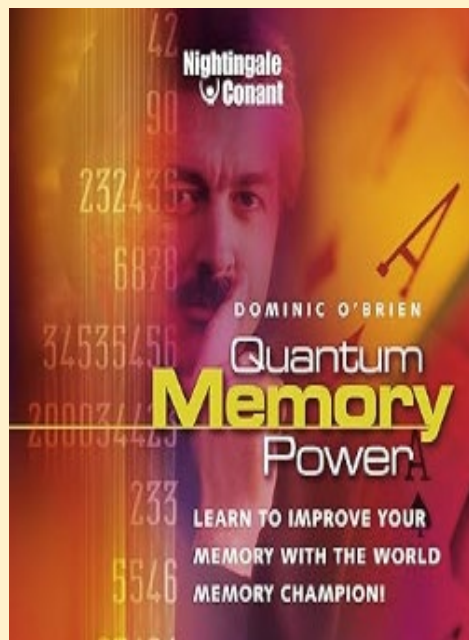




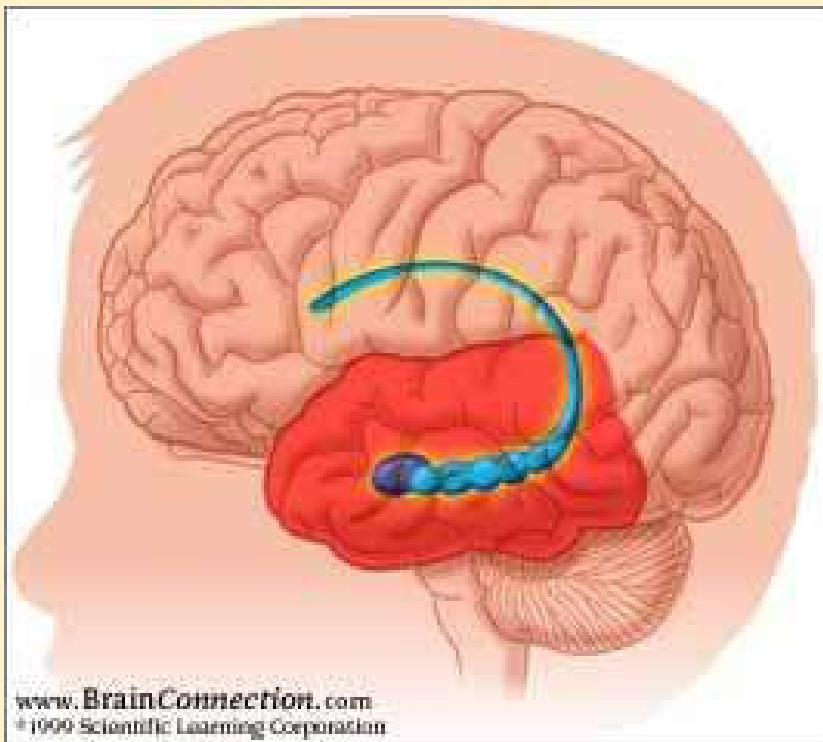


**Dominic O'Brien, 8 times World Memory Champion**









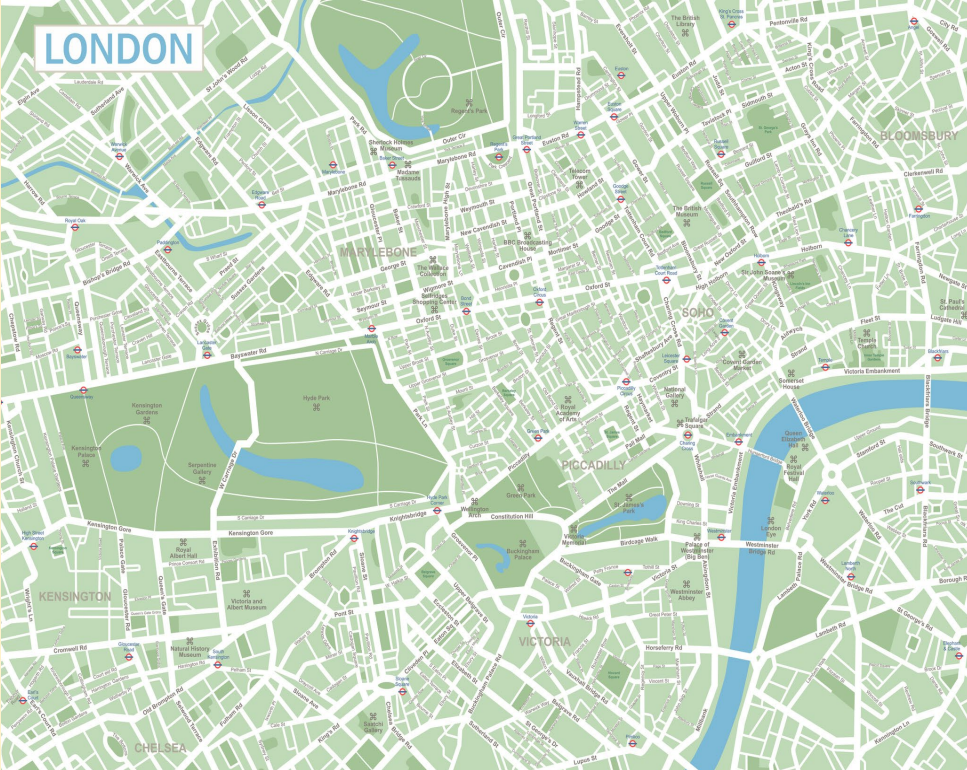
- The Hippocampus is a seahorse-shaped structure in the brain.
- It is crucial for learning and memory formation, especially converting short-term memories into long-term memories, and recovering them.
- It is also important for spacial memory and acquiring new knowledge and skills.



So you'll never  
forget the word  
**HIPPO-CAMP-US!**



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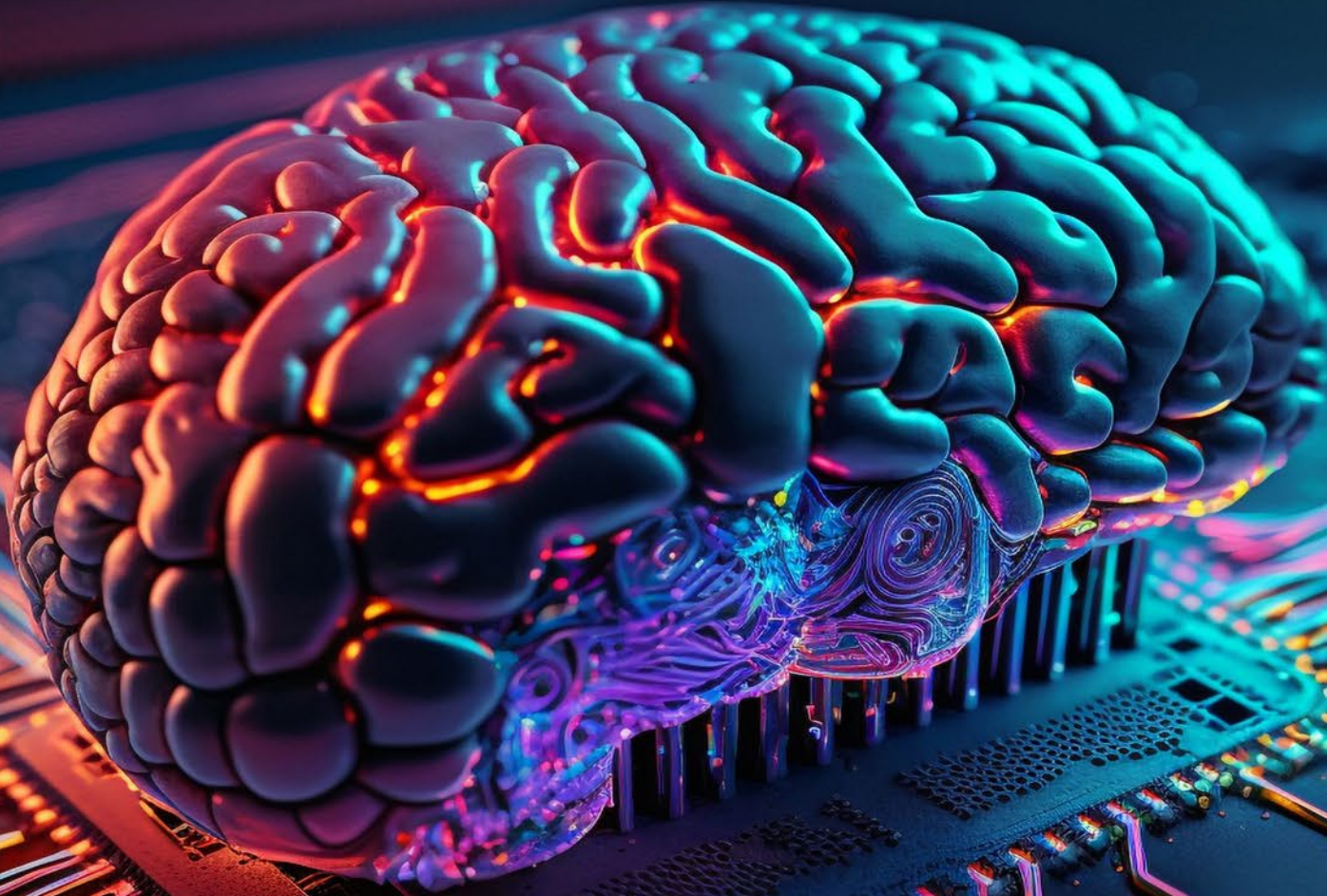


# **SESSION 7**

## **Where is it all Heading?**



# Where is it all heading?



# AI

## Excitement or Fear?





**Questions  
Comments  
Discussion**

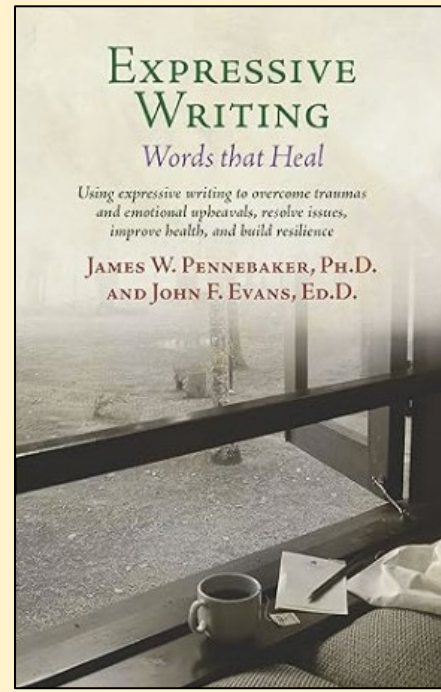
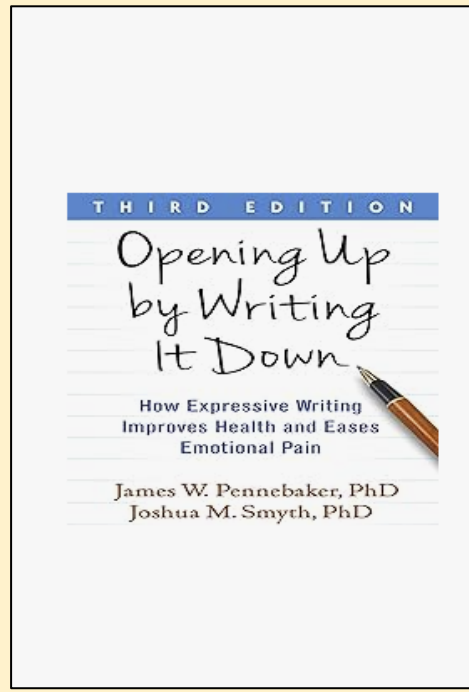
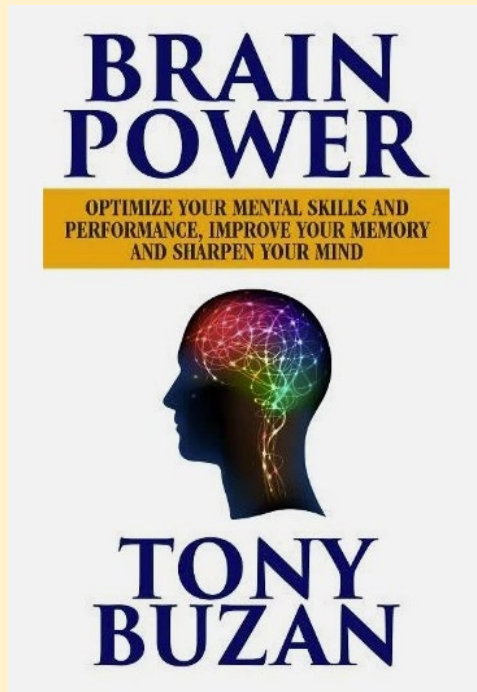
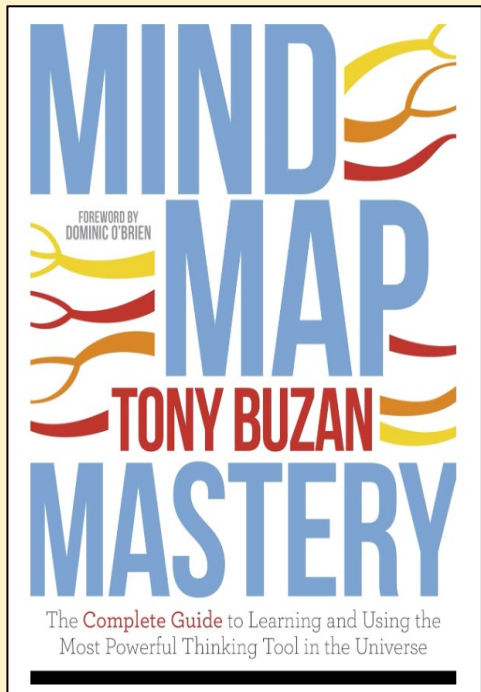
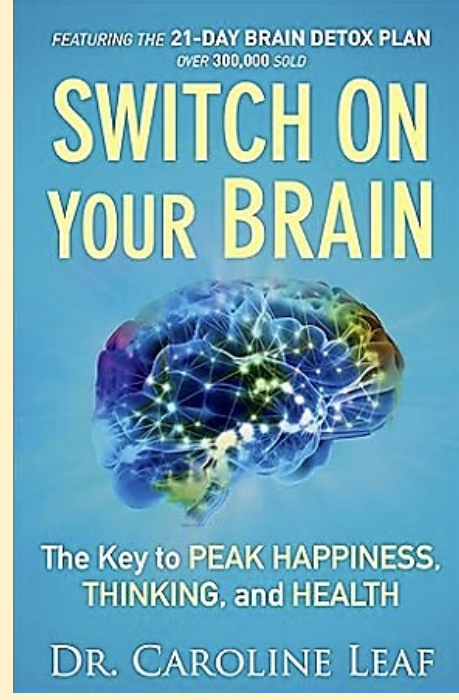
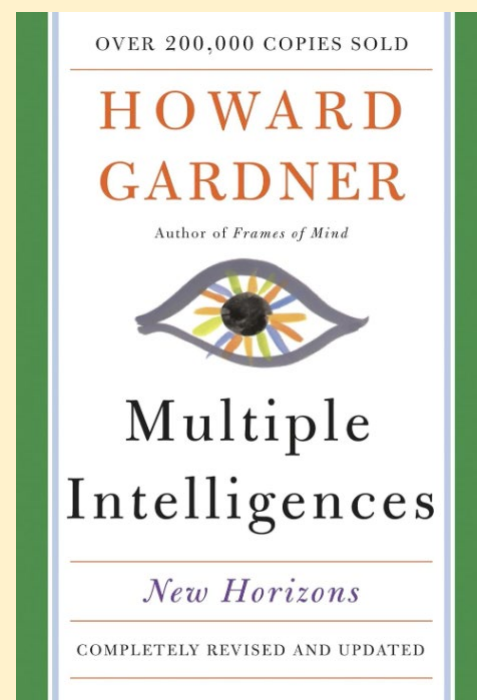
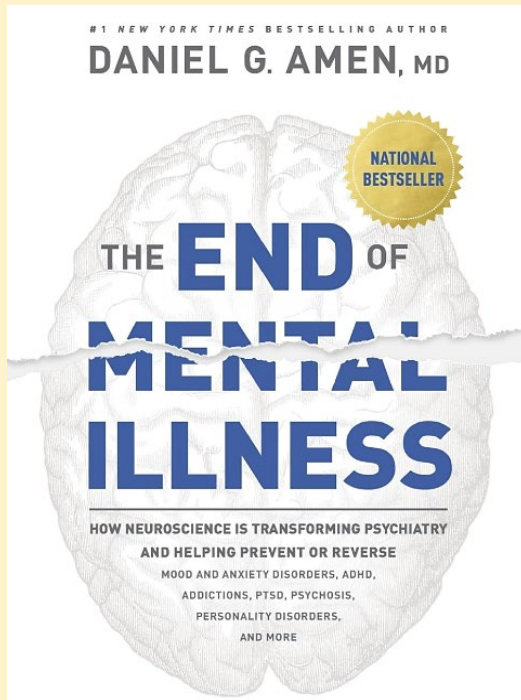
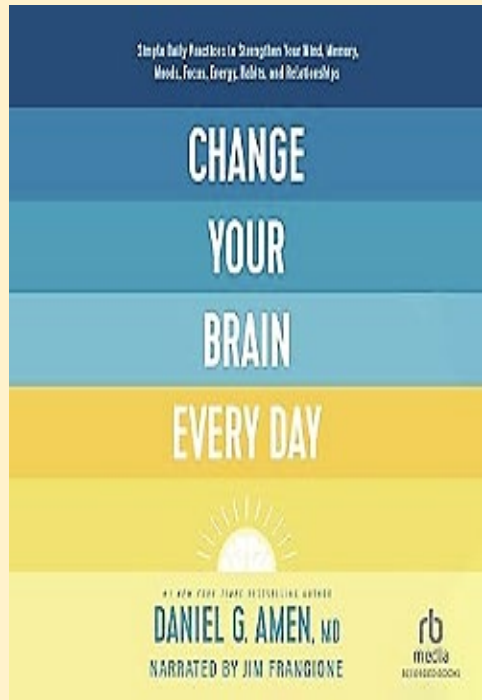
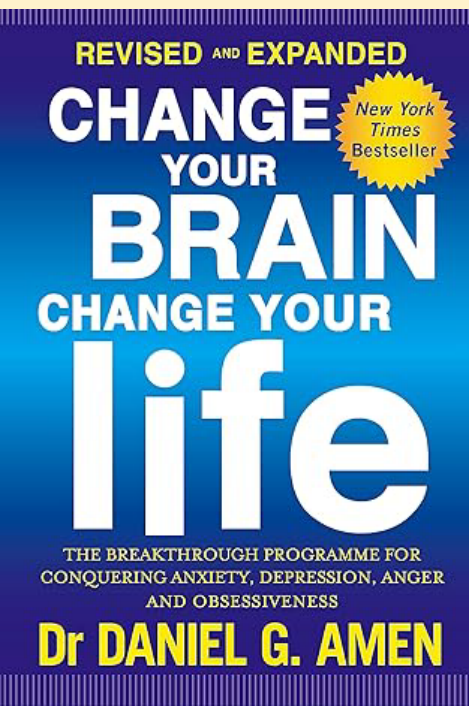
# Buddy Group

*Say Goodbye to  
your Buddies –  
exchange info if  
you want to keep  
in touch*

5 minutes









# Resources

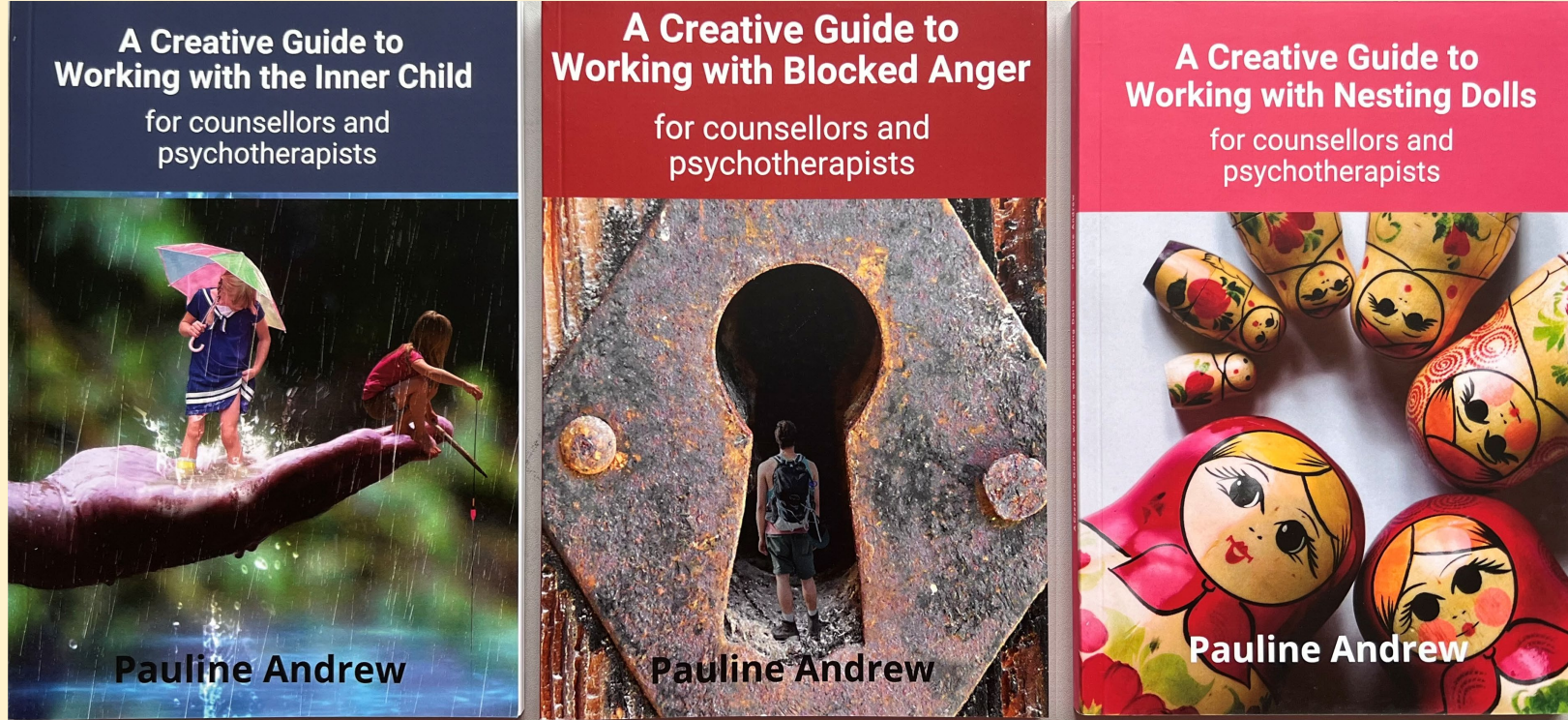
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[PACT-RESOURCES.CO.UK](https://PACT-RESOURCES.CO.UK)

ORIGINAL & CREATIVE  
COUNSELLING RESOURCES

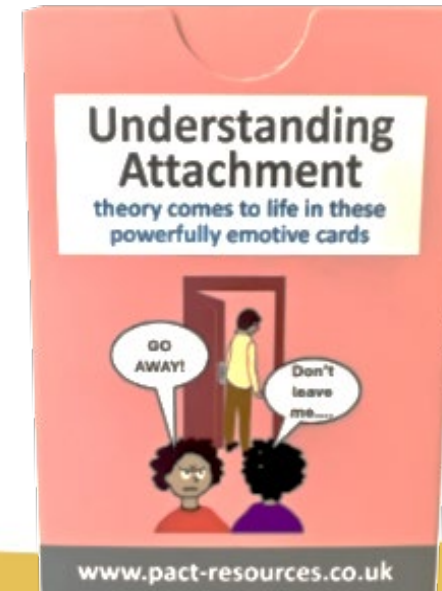
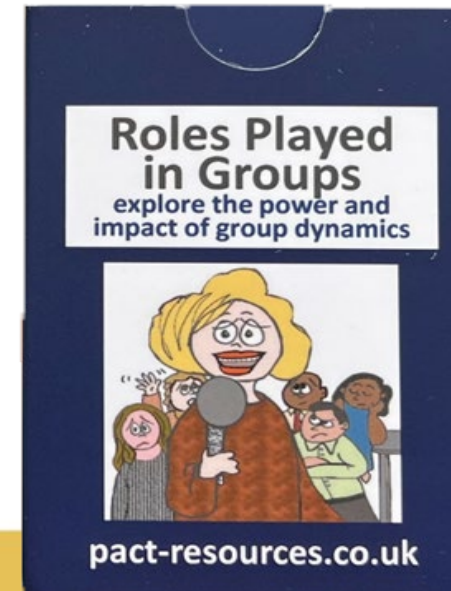
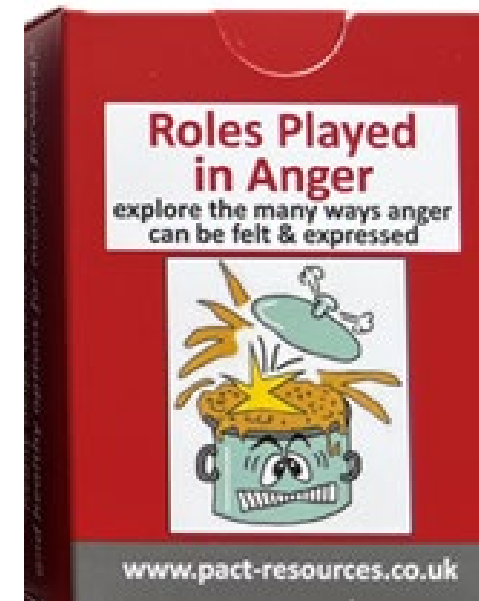
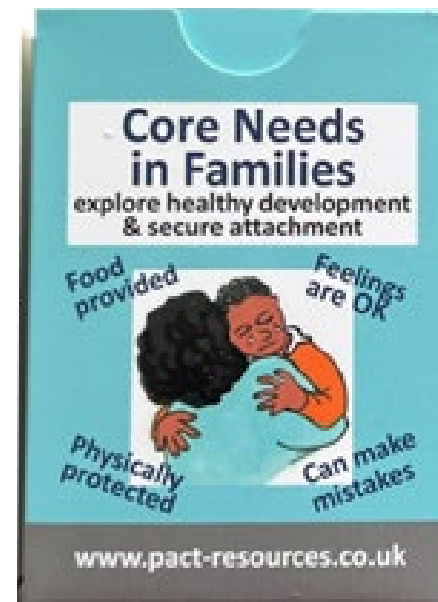
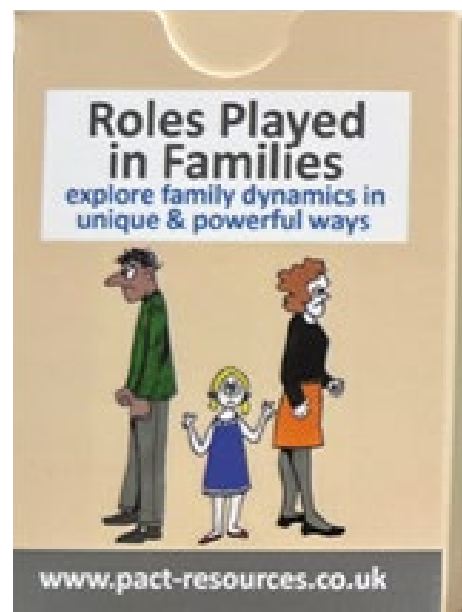


# Books by Pauline Andrew



£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](http://pact-resources-online.co.uk)



**The In-Out  
Model**



**Nesting  
Dolls**



**Understanding  
Attachment**

# e-Resources



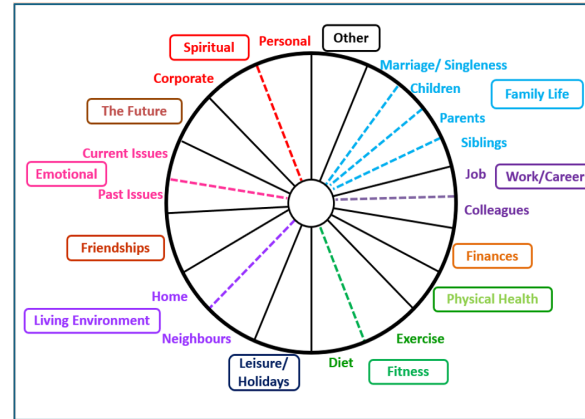
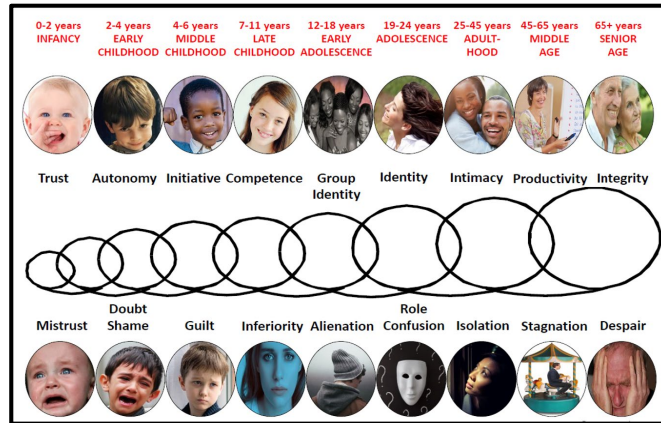
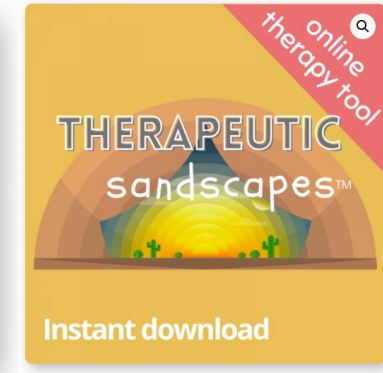
Erikson's Life Stages  
£3.50



Wheel of Life  
£3.50 – £5.00



Working with Animal  
Figures Online Pack



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](http://hardfeelingscards.co.uk)

When the feelings  
are too hard...

And I can't  
tell you...



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## TRAINING VIDEOS

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## Losing the Will to Live: Working with Suicidal Clients with Pauline Andrew 15<sup>th</sup> July



## Working Creatively with the Inner Child in Counselling with Pauline Andrew 30<sup>th</sup> August



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



**LET'S PLAY!**

# NURTURE & RELAX DAY

for counsellors

Eastbrookend Country Park, Romford RM7 0SS  
Sat July 19 09:30am - 3.30pm

-  **Create & play:** have some fun, make some nice things
-  **Gentle guided meditation:** relax, be still, decompress
-  **Embodied nature walk with an Equine therapist:** may include horses!
-  **Friendship & care:** support & a listening ear available



**Big Bird says come & play!**

Please book via the link below  
£65, including materials, complimentary tea & coffee & HOMEMADE CAKE

CPD CERT INCLUDED 

yummm!



**Book your place today! [deeprelease.org.uk](https://deeprelease.org.uk)**



**Moor Hall, Cookham, 12-14<sup>th</sup> September 2025**



# 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!



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Please send us  
your feedback!



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



Thank you so much for joining us and supporting our work! If you have found the day helpful, please would like leave some feedback in the Deep Release Facebook group, or send us an email at [info@deeprelease.org.uk](mailto:info@deeprelease.org.uk). It would mean so much to us! 😊

*Thank you*