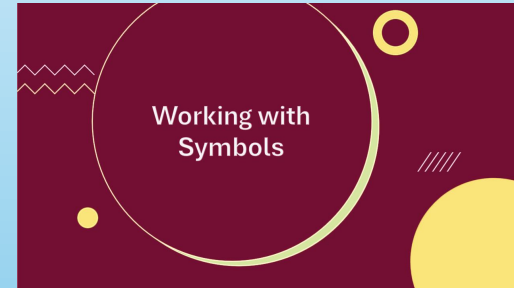
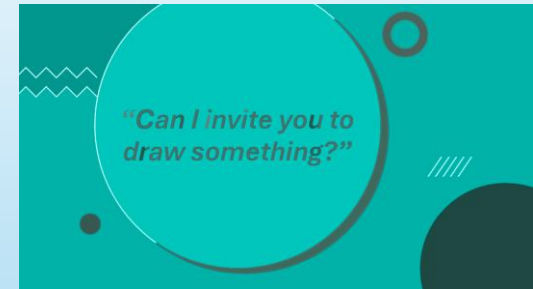


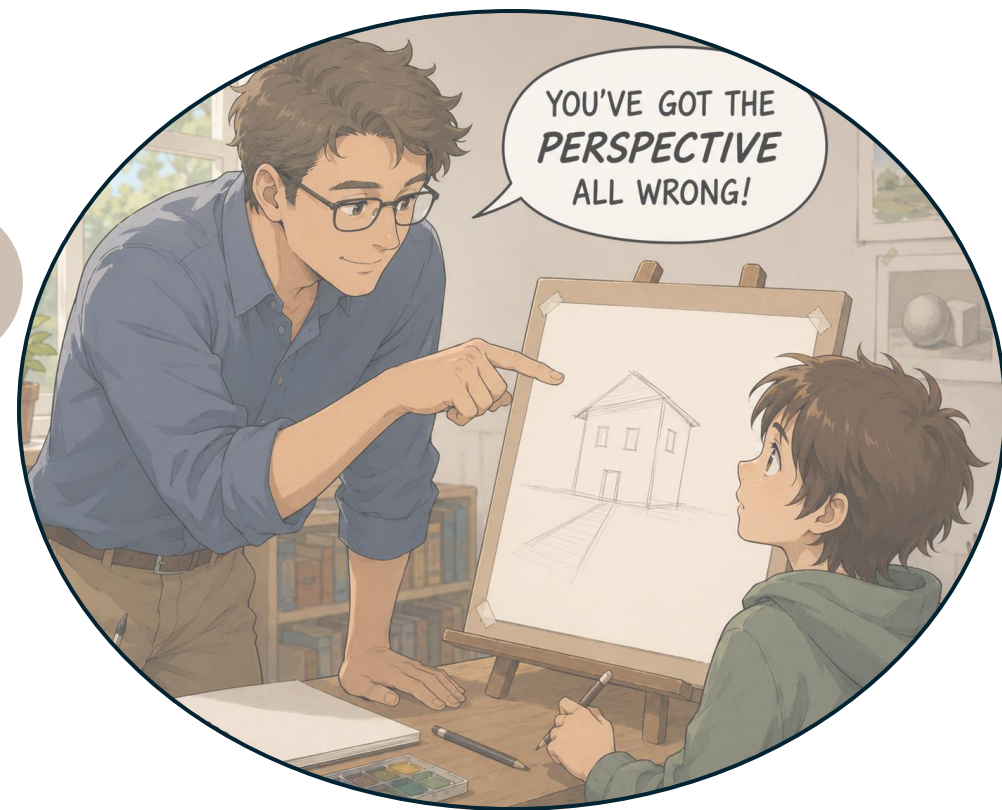
# FIVE WAYS to integrate artwork in counselling





*“Can I invite you to  
draw something?”*

WHY CAN'T I DRAW  
WHAT I SEE IN MY  
HEAD?!



## 1. Fear of Judgement

- Perfectionism
- Shame
- School/home experiences

## 2. Vulnerability and Exposure

- Fear of what might come up
- Unconscious material – scary
- Loss of control

## 3. Fear of Interpretation

- ‘You’ll analyse me!’
- ‘The drawing means something bad
- ‘You’ll see things I want to hide’

## 4. Trauma and Safety

- Safer to talk, stay in head
- Stick to words
- Intellectualising



## 5. Cultural or Family Messages

- Drawing is childish
- Creativity is pointless
- Emotions should stay private

## 6. Experiences growing up

- Being laughed at
- Being compared to siblings
- Having work corrected or micro-managed

## 7. Neurodivergent Factors

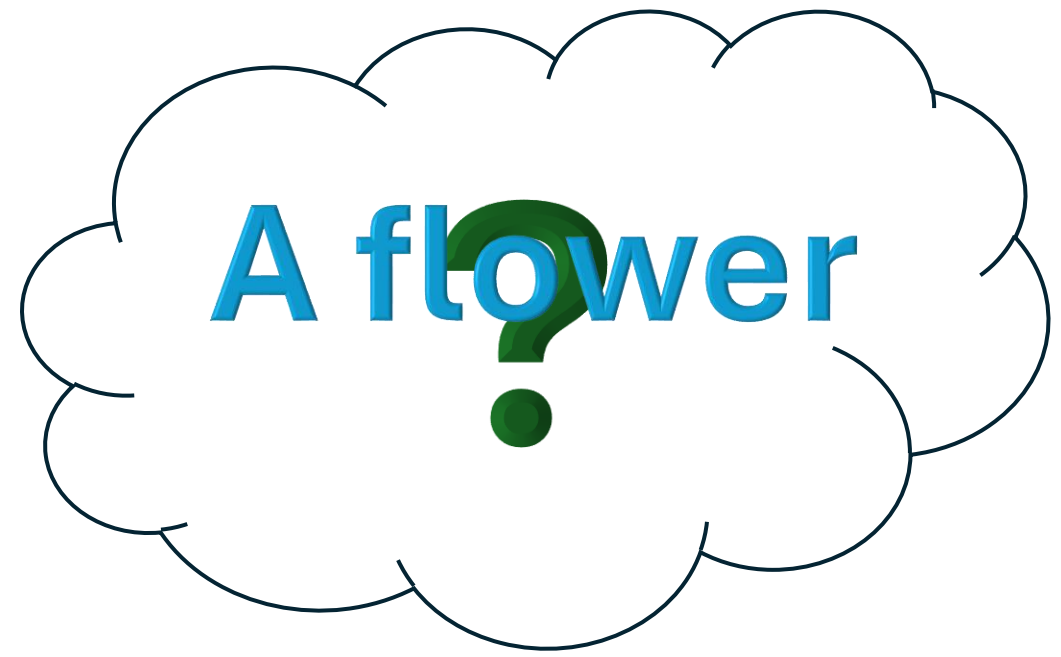
- Open-ended tasks overwhelming
- Sensory experiences difficult
- Symbolic thinking challenging/exhausting





# Working with Symbols

**Close your eyes and  
picture yourself as...**



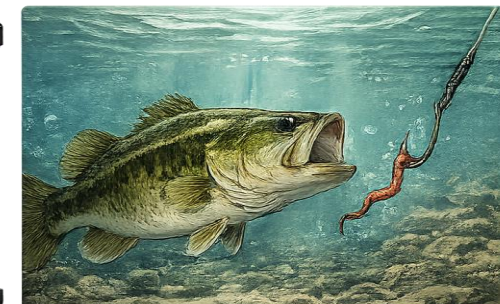
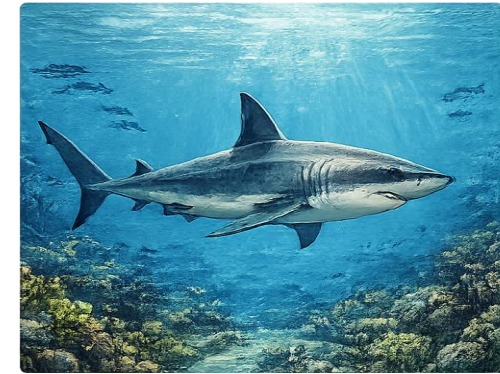
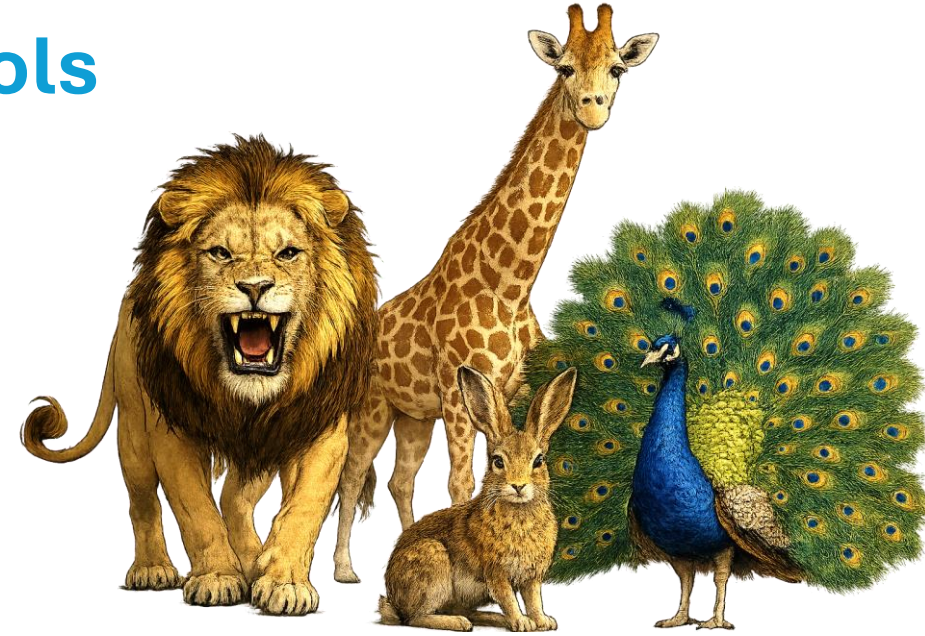
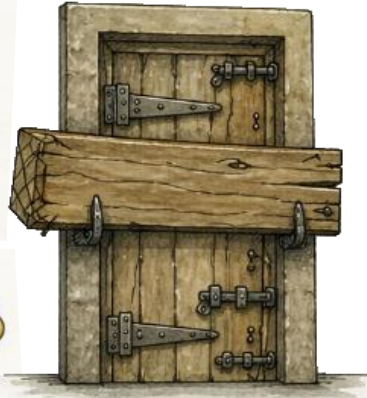
- **What kind?**
- **What size?**
- **Where are you?**
- **Who looks after you?**
  
- **Draw it, very simply**
- **Add feeling words**
- **Add speech bubbles**

# Demonstration



# Working with Symbols

Ref Margot Sunderland  
Draw on Your Emotions



*Find the door/tree/animal/fish to be  
Where are you?  
What are you feeling?  
What are you saying?*

# I'm at/on the Bridge

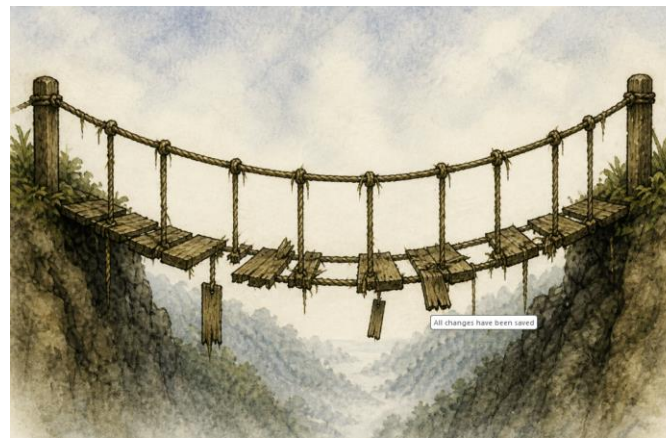
Which bridge speaks to you?

Draw it simply.

Place yourself in the picture.

Write down any feelings that come.

Add speech bubbles.



Time for you to draw!



**10 Minutes**

# Possible Ideas to share in Buddy Groups

- As much as feels safe, share your picture with the group.
- Also discuss how easy or difficult it was to do this exercise.

Send any questions or comments to Hazel.

**15 minutes**



# TAKE A BREAK

**5 minutes**





# Working with Picture Cards



Photos  
4.3M assets



Illustrations  
1.13M assets



Vectors  
160k assets



Music  
240k assets



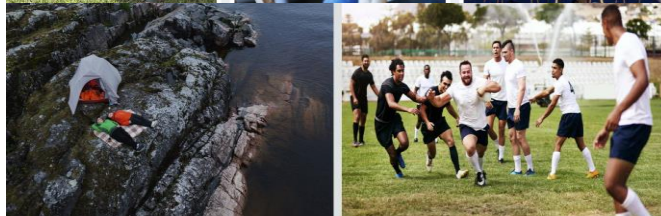
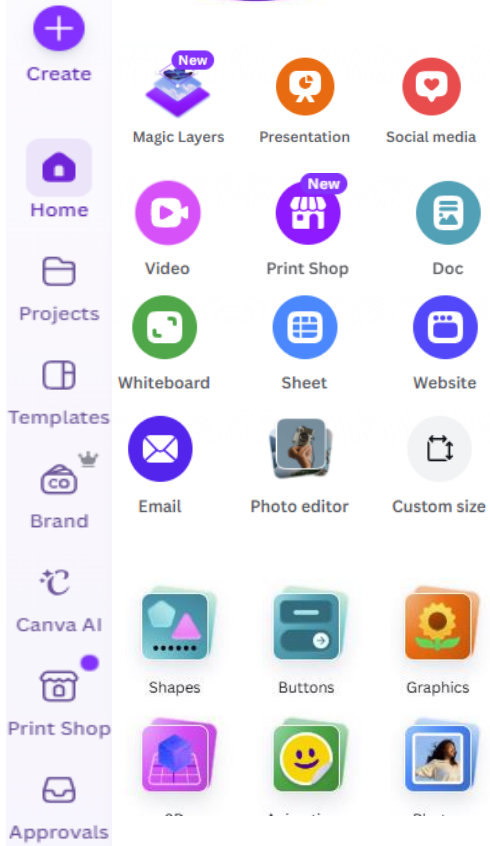
Videos  
220k assets



Sound Effects  
120k assets



GIFs  
12k assets



ChatGPT

Create. Express. Explore.

# ChatGPT

Your Creative Art Partner

AI support for artists, therapists, teachers and creative professionals

♥ Tell me what you need. I'll help you create it.

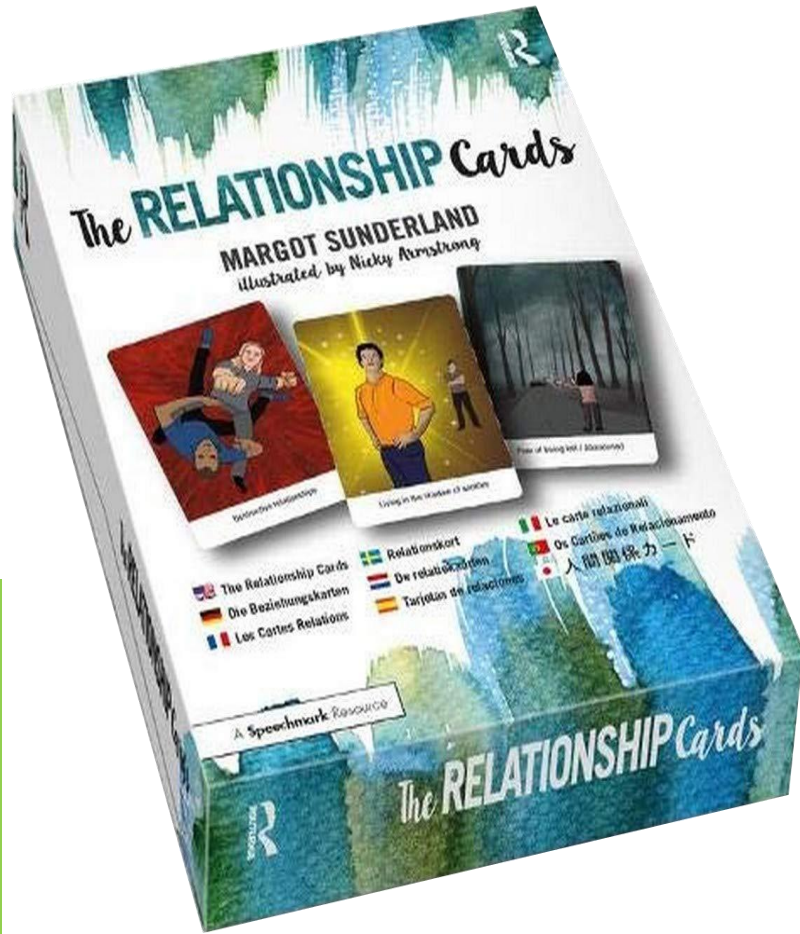
ARTWORK SUPPORT - ENDLESS POSSIBILITIES

<p><b>Create Art</b></p> <p>Original images, scenes and concepts tailored to your ideas</p>	<p><b>Visual Prompts</b></p> <p>Therapeutic &amp; creative prompts with matching artwork</p>	<p><b>Inspire Projects</b></p> <p>Ideas, themes and visuals to spark your next project</p>	<p><b>Develop Concepts</b></p> <p>Character design, story worlds, mood boards &amp; more</p>	<p><b>Refine &amp; Iterate</b></p> <p>Adjust, improve and evolve your artwork until it's just right</p>
<p><b>Learn &amp; Grow</b></p> <p>Art techniques, explanations and creative guidance</p>	<p><b>Therapeutic Use</b></p> <p>Safe, supportive artwork for reflection, exploration &amp; healing</p>	<p><b>Custom Style</b></p> <p>From realistic to whimsical - in the style you need</p>	<p><b>Save Time</b></p> <p>Fast, reliable support so you can focus on your creativity</p>	<p><b>Your Vision, Brought to Life</b></p> <p>You imagine it. I'll help you create it.</p>

# Working with Picture Cards



# Working with Picture Cards



Empowered anger / Finding my 'No'



Too many takers in life and not enough givers



The encouragers



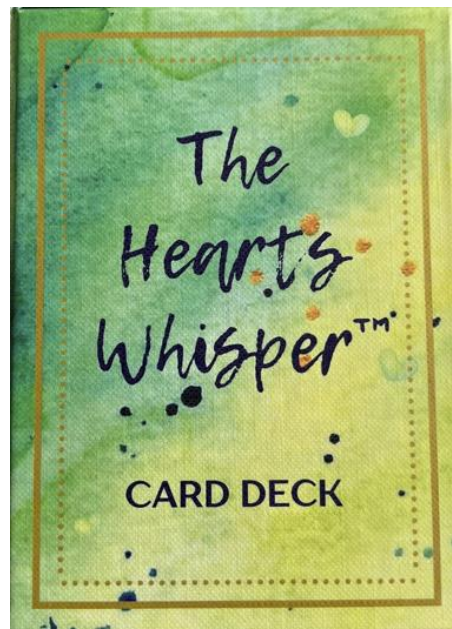
Mistrust



Someone who believes in me

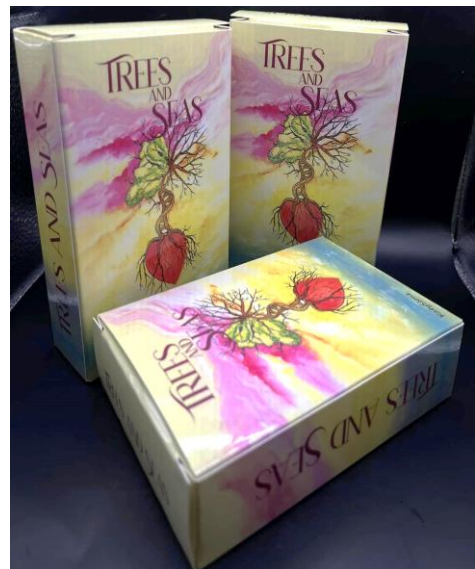


Fear of being myself in case I am too much

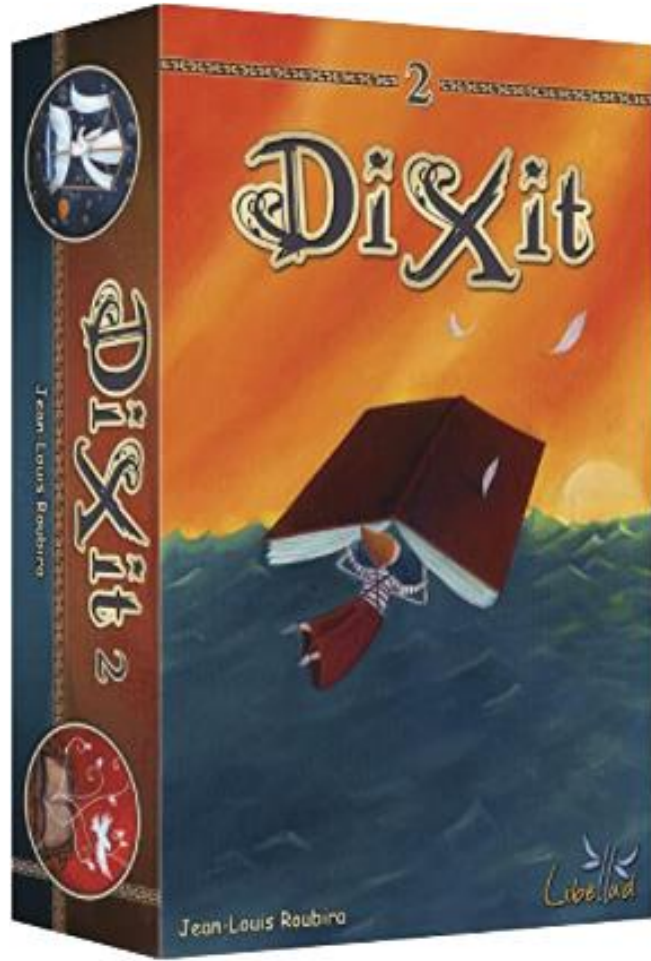


# Cards by Katerina Bolshakova

Катерина Большакова



# Working with Picture Cards



## Dixit 2 Quest



# Working with Picture Cards

Gestalt would suggest  
that we are each part of  
the picture

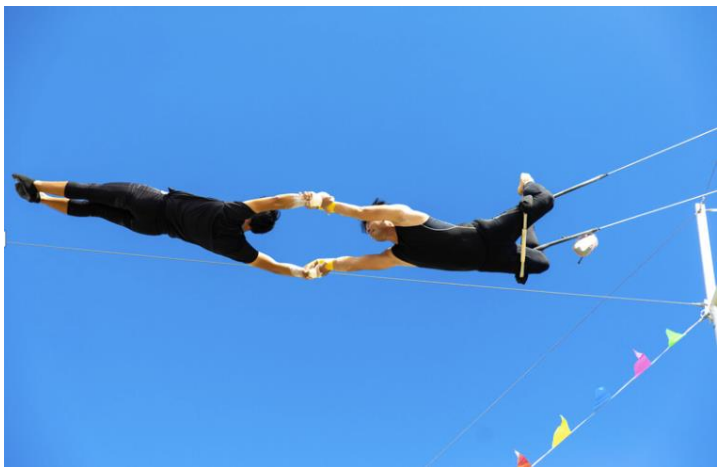


I am the  
risk-taker

I am the  
rescuer



I am the tank restraining  
my own exotic,  
colourful, creative self



# Working with Pictures

Time for you to draw!



- Very simply reproduce the picture that chooses you
- Give the picture a ‘feeling title’
- Write down any feeling words
- Add speech bubbles to different parts of the picture

**10 Minutes**





**Questions  
Comments  
Discussion**

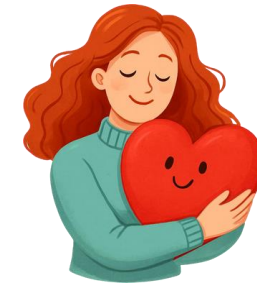
The background is a solid olive green color. It features several abstract elements: a large, thin red circle outline in the center; a smaller red circle outline in the top right; a solid red circle in the bottom left; a large solid red circle in the bottom right; two white zigzag lines on the left side; and four white diagonal lines on the right side.

# Working with Parts of Self

# Configurations (aspects) of self

In Person Centred Therapy *Configurations of self* are the different, organised ways we hold ourselves together psychologically.

Clusters of feelings, beliefs, memories, values, roles and relational experiences that form 'who I am', in different contexts.



# Configurations (aspects) of self

- The competent self
- The invisible self
- The caretaker self
- The rebellious self
- The peacekeeper self
- The creative self
- The ashamed self
- The spiritual self

These are not masks, but genuine emotional organisations developed in response to life.

Not 'bad parts to eliminate, but adaptive attempts at survival, belonging or authenticity.



# Configurations (aspects) of self

**Believes:** I've always been on my own, nobody notices or even cares, I am alone, but safe.  
**Feels:** Nothing and everything  
**Behaves:** Isolates, shuts down, has self-harmed



**isolated me**

**Believes:** Life is good, I love myself and everyone else  
**Feels:** Alive, connected, purposeful, happy, satisfied  
**Behaves:** Reaches out, has compassion for self and others, loves wholeheartedly



**loving me**

# Configurations (aspects) of self

**Believes:** If I don't spot danger I will be in trouble

**Feels:** Anxious, 'cursed' (life is always hard, maybe I'm being punished), shame

**Behaves:** Ruminates, fears the worst, braces for disappointment



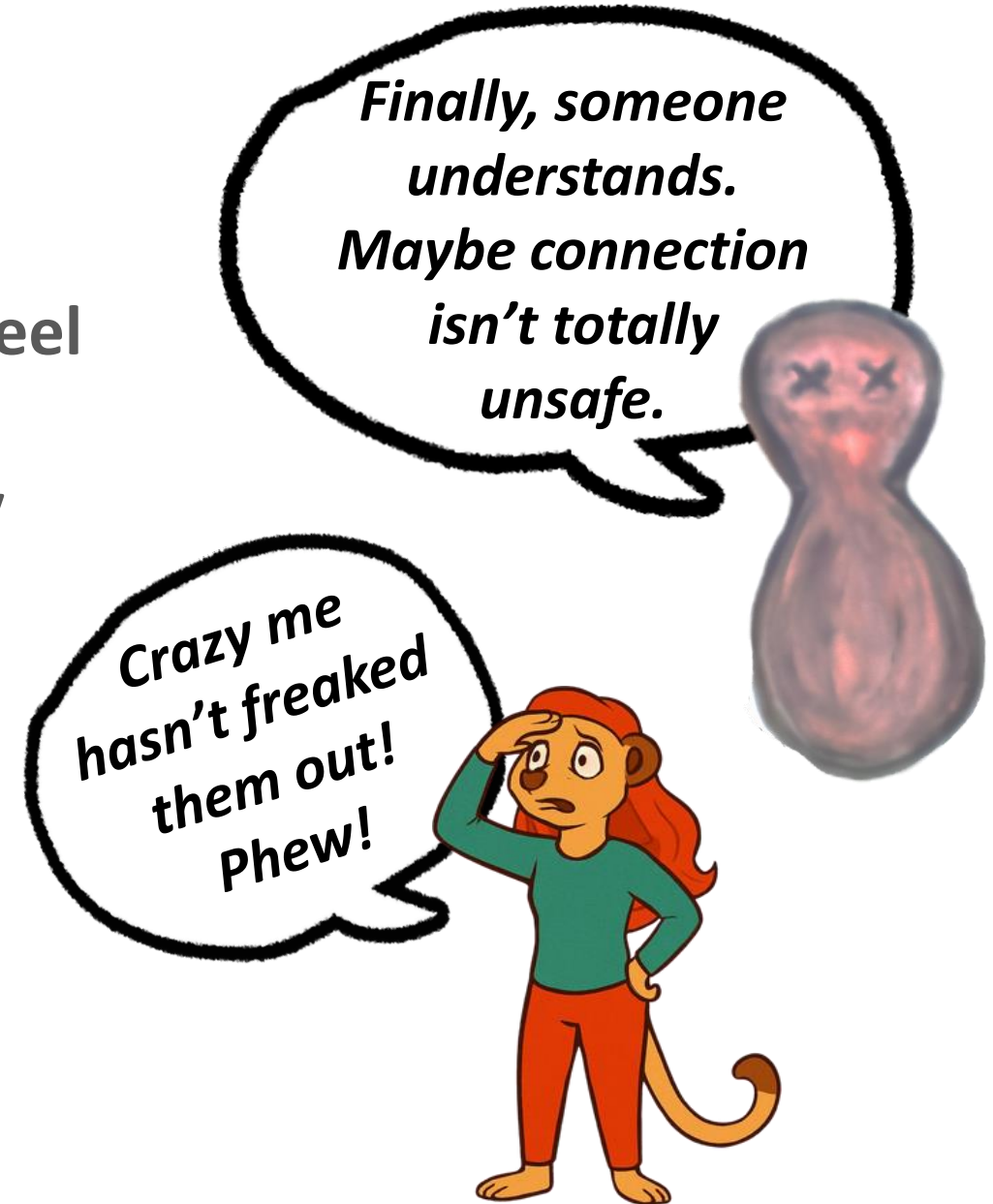
crazy me

The configurations often emerge through our experience of *conditions of worth*... the subtle or explicit messages about *which versions of ourselves are welcomed, rewarded or safe*.

- “When I’m helpful, I’m loved”
- “When I cry, I’m too much”
- “When I achieve, I matter”
- “When I stay quiet, I stay safe”

# Configurations (aspects) of self

- These are not ‘problems’, but protections
- With empathy and positive regard clients feel met without performing one consistent identity; different parts can show up safely
- Conditions of worth loosen, and the self reorganises naturally; less helpful parts recede, growthful parts grow



- Use the client's language: 'the alone me', 'the street fighter in me', 'the stubborn part of me'
- Offer unconditional positive regard to every configuration. No part is treated as the villain. No taking sides!
- Trust the client's process and allow meaning to emerge from the client.





# Guided Visualisation

# Meeting our configurations



Time for you to draw!



**10 Minutes**

# In Buddy Groups



- Who did you discover?
- What did you notice about the part you encountered?
- Was anything about it a surprise?
- How easy or difficult was it to be alongside this part?
- How easy was it to offer empathy, warmth or understanding towards this part?

**15 mins**



# TAKE A BREAK

**5 minutes**





# Working with Fairy Tales

Someday you will be old enough to start  
reading fairy tales again...-C.S. Lewis



# Fairy Tales

Which fairy tale comes to mind?

Which scene do you focus on?

Draw it simply

Write down any feelings that come

Add speech bubbles

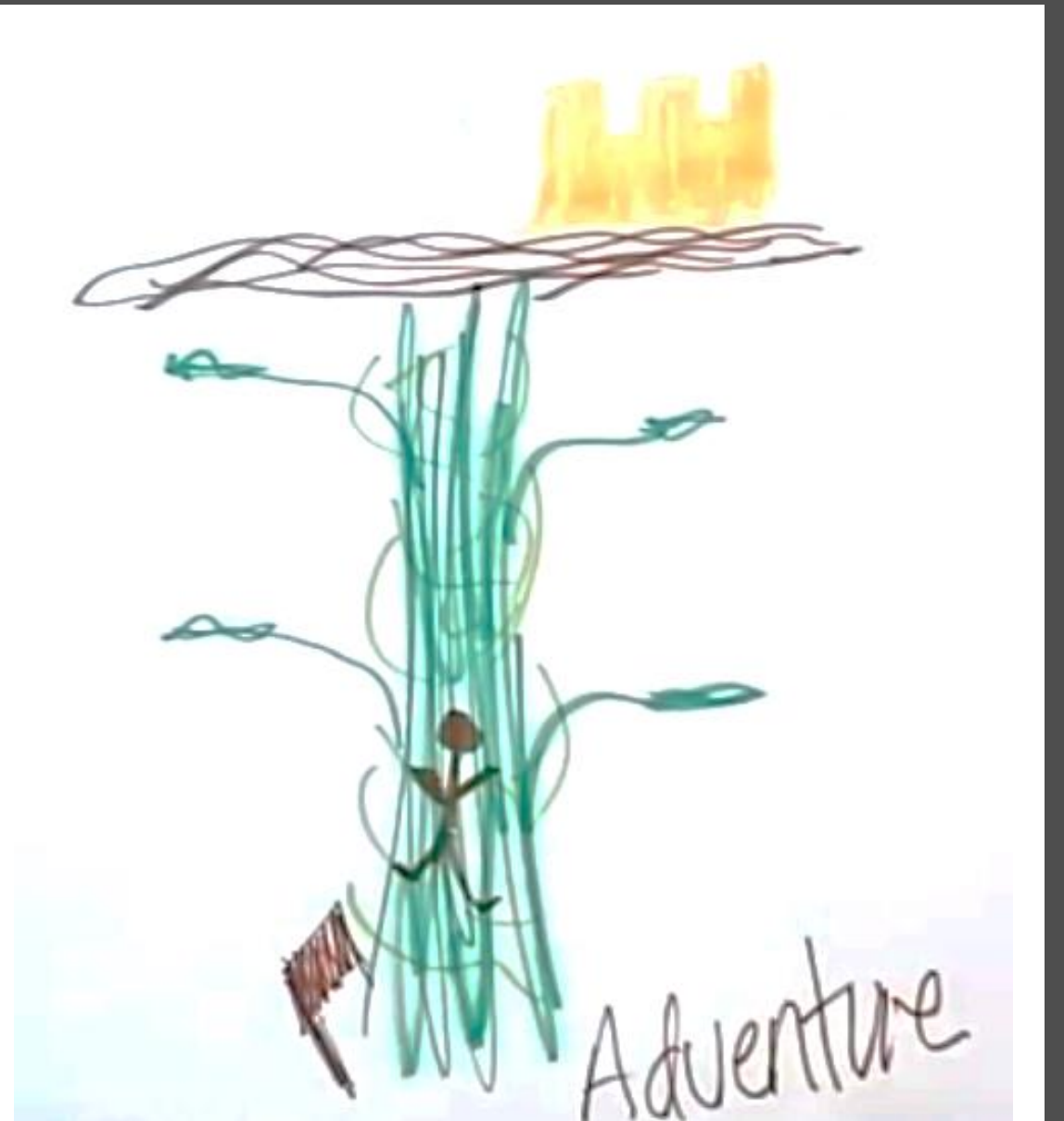




**Stupid  
Chair!**

**It's not  
my fault!!**





- Draw your picture
- Add a '**feeling title**'
- Note any **feelings** that are around for you
- Add speech bubbles
  
- Are **you in the picture**? If not, would you like to add yourself in?
  
- Where is the **focal point** of the picture for you?
- Is there anything you would like to **change**?
- Is there anything you would like to **add/take away**?
- Is there a '**Scene 2**'?

Time for you to draw!



**10 Minutes**



**Questions  
Comments  
Discussion**

# Possible Ideas to share in Buddy Groups

- Share what your 'take home' message will be
- Exchange details if you wish to keep in touch

**5-10 minutes**





# Resources

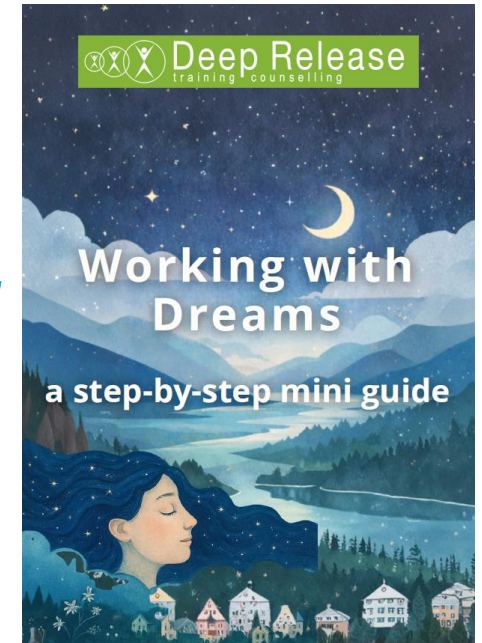
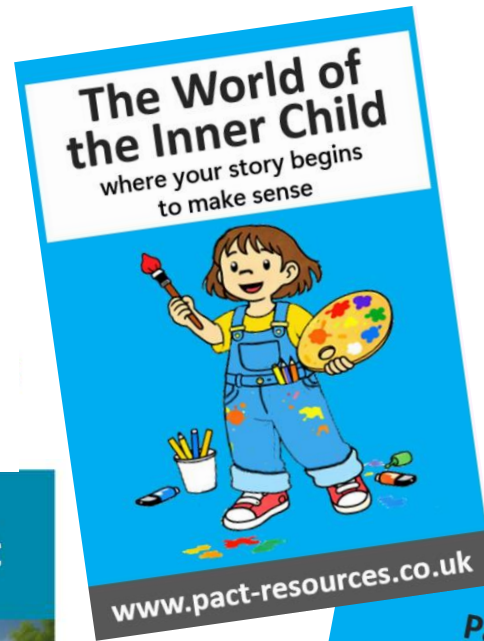
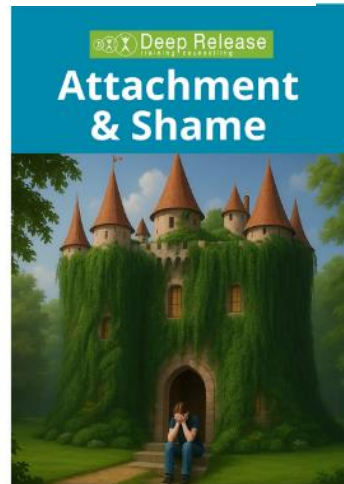
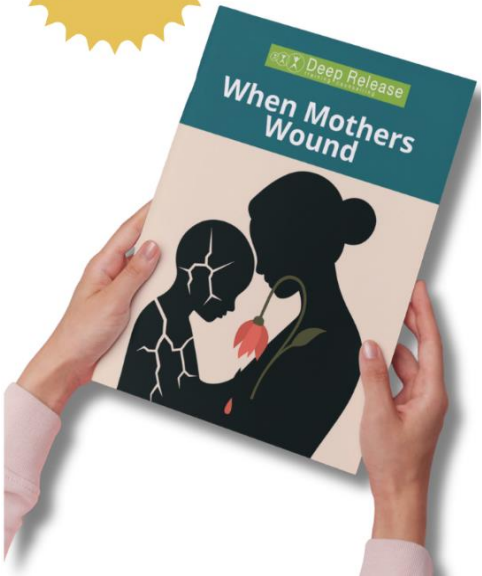
---

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE  
COUNSELLING RESOURCES

# What's new!

NEW



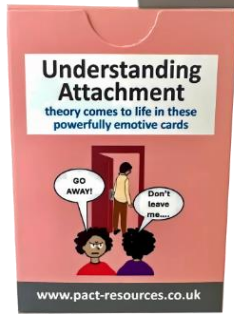
Order from: [pact-resources.co.uk](http://pact-resources.co.uk)

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

# Cards



From  
£28.50

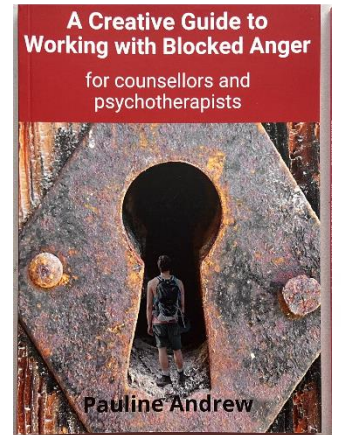
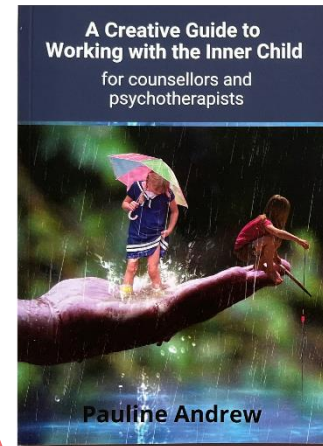
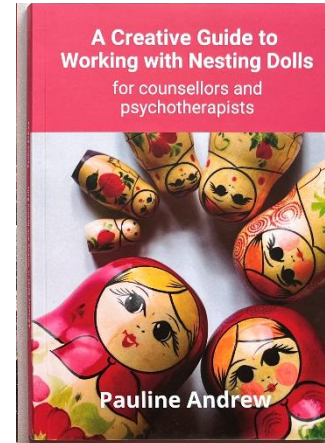


Extra Set A characters available!



# Books

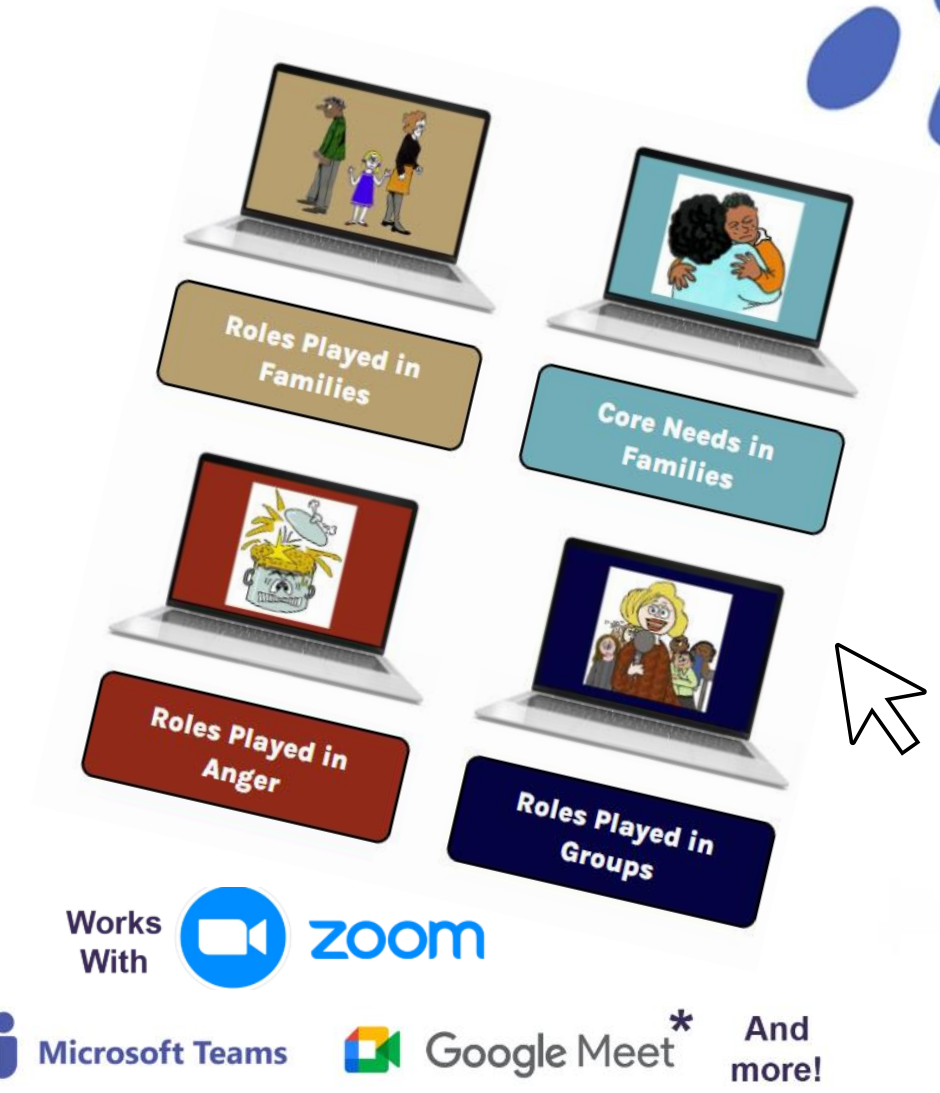
Also available on Kindle



£11.50  
each  
Or 3 for £32  
(save £2.50)

# Have you explored our Online WebApps?!

- Use Pauline's cards online!
- Working with Sand Trays
- Working with Nesting Dolls
- Free Erikson's Life Stages
- Free Wheel of Life
- Free Working with Stones



pact-resources-online.co.uk

# Expressing Difficult Emotions

when feelings are hard to put into words

a visual therapy tool



Who they are for?


- ✓ Adults
- ✓ Teenagers
- ✓ Clinical supervision

What counsellors say:

“Highly recommend, such a powerful resource.” – Caroline

“Freed up my supervisee’s reaction to their client in moments.”  
– Jacqueline

**HARD**  
**FEELINGS**

Explore the cards   
[hardfeelingscards.co.uk](http://hardfeelingscards.co.uk)



## Deep Release Ltd - Counselling & Training

Private group · 4.4K members



# Pauline Andrew Creative Counselling

Working with fairy tales in counselling



Choosing your Nesting Dolls



2:12

Working with aspects of self using nesting dolls



6 ways of working with plain nesting dolls in counselling



How to introduce creative interventions in counselling



How to paint and work with stones in counselling



29:02

How to work with animal figures in counselling



8:25



# Brain Body & Beyond

## Left and Right Brain



## The Top Down Brain



## Catch Up



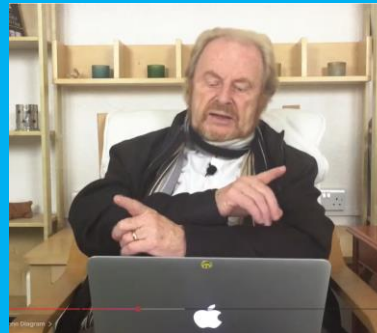
## The Left and Right Axes

Sciences  
Objective  
Prose  
Particular  
Analyse  
By the book  
Hardware  
Law  
Quantitative  
Zoom in

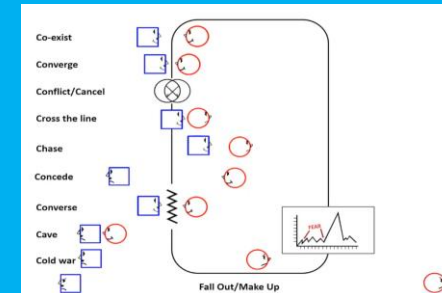


Arts  
Subjective  
Poetry  
General  
Synthesise  
Extemporise  
Software  
Liberty  
Qualitative  
Zoom out

## The Warzone



## Fixing Broken Relationships Part 1



## Fixing Broken Relationships Part 2



**Please send  
us your  
feedback!**



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! 😊

**[info@deeprelease.org.uk](mailto:info@deeprelease.org.uk)**

[deeprelease.org.uk](http://deeprelease.org.uk)

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

*Thank you*