

Counsellors Together



WEEKEND



Deep Release
TRAINING & COUNSELLING

Session 1: Saturday 19 September
SEEING WITH FRESH EYES

A photograph of ancient ruins, likely the Temple of Apollo at Delphi, Greece. The scene shows several standing columns and a partially reconstructed wall on a hillside. In the foreground, there are stone blocks, a walled-off excavation area, and archaeological tools like brushes and a basket. The sky is blue with some clouds.

The Archeology of the Self



1. Surveying the Site: the standing walls and columns

- What kind of person have I become, and how do other people see me?
- After everything I have been through, what has survived?
- What feels solid in my life today?



2. Examining the Ruins

- What have I lost?
- What was damaged, but has still survived?
- What have I outgrown? What has changed?
- What did I think was destroyed, but actually remains?



3. Excavating the Layers: my foundations

- What do I feel now about my beginnings, my early childhood, beliefs and influences?
- What key parts of my life have shaped who I am?
- Which key people laid strong foundations in my life?
- What needs were unmet in childhood and still affect me now?



4. Conservation and Reconstruction

- What needs preserving?
- What needs supporting
- What can be restored?
- What should remain as evidence of the past?

ABOVE GROUND:
what people see now.



NEW GROWTH:
emerging parts of self,
healing, possibility,
things being built now.

STANDING WALLS / COLUMNS:

strengths, values,
relationships, aspects of
self that have endured.

RUINED SECTIONS:

losses, disappointments,
parts of life that changed
or ended.

FOUNDATIONS:

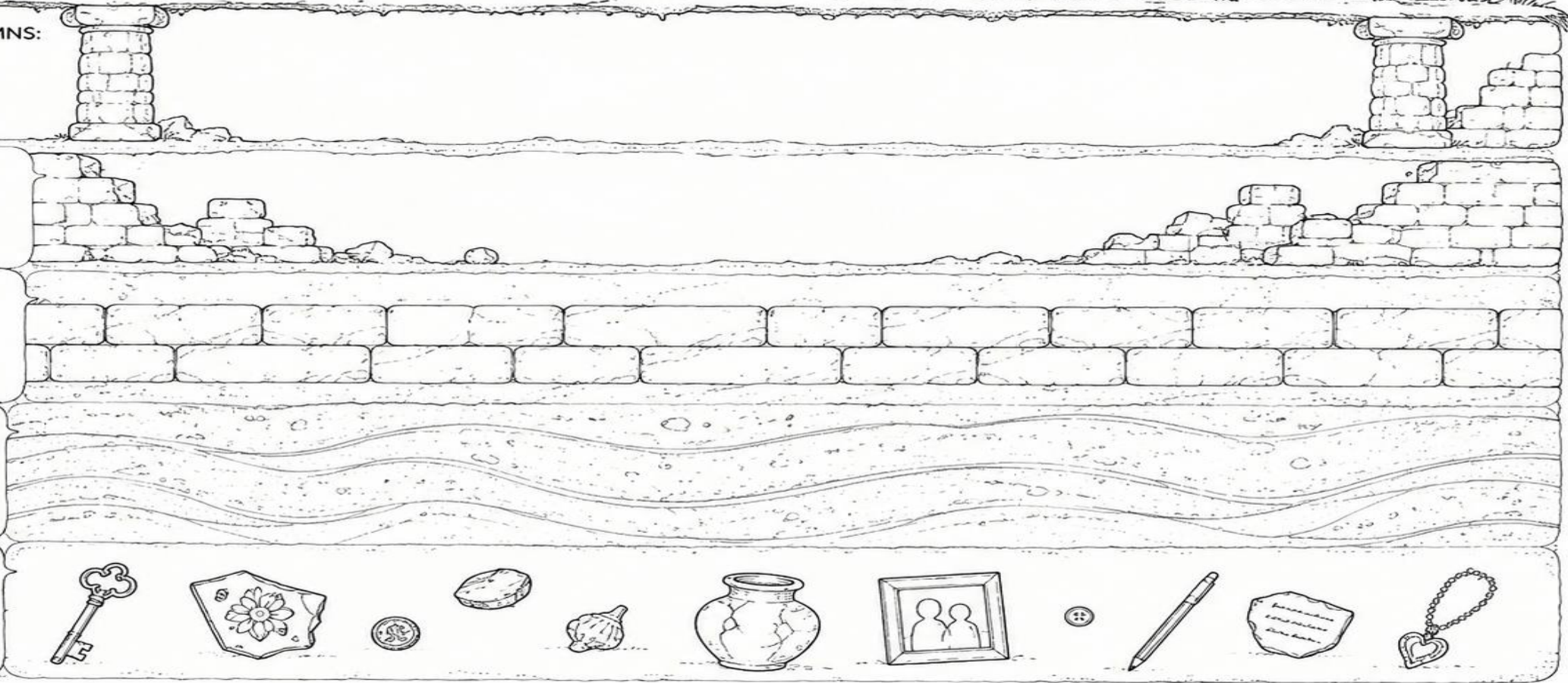
early experiences,
attachment, family
messages, cultural
influences.

BURIED LAYERS:

things rarely thought
about, forgotten
parts of self, old
beliefs, unmet needs.

ARTEFACTS:

memories, people,
objects, words, moments
that still carry meaning.





Share the item from the past
which you brought with you, and
what it means to you.