Emotional Wisdom:

Five Things Your Clients Need to Know

Increase your understanding of key cognitive behavioral and dialectical behavior therapy strategies such as States of Mind, Cycles of Behavior, Evidence-Based Thinking and Distress Tolerance. Learn how to teach these strategies to clients and empower clients to use the strategies on their own.

Date: Friday, November 1 / $75 ($85 after October 25)

Time: 8:30 a.m. – 12:30 p.m. (one 20-minute break – no lunch break)

Earn: 4.2 Social Work CEUs / 1.75 MFT CEUs

Objectives:

- Increase understanding of key cognitive behavioral and dialectical behavior therapy such as States of Mind, Cycles of Behavior, Evidence-Based Thinking, and Distress Tolerance.
- Learn how to teach these strategies to clients and empower clients to use the strategies on their own.

Teaching Methods:

Some material will be presented didactically, but the dialectical method will primarily be used, which mirrors the approach with cognitive-behavioral therapy, engages participants in the process, and relies on divergent thinking and critical enquiry.

Presenter:

Fausta Luchini, M.A., L.P.P., is a Licensed Psychological Practitioner, with a Master of Arts in Clinical Psychology and over 15 years' experience as a therapist. She has had extensive training in cognitive behavioral therapy, dialectical behavior therapy and cognitive processing therapy and has broad experience working with survivors of trauma, especially sexual abuse.

Content Outline:

States of Mind

1. Emotional Mind
2. Reasonable Mind
3. Wise Mind

Beyond the Event-Thought-Feeling Connection - Changing Behavior

1. How the Cycle works
2. Points of Intervention

Evidence-Based Thinking

1. Examine the Evidence
2. Cost-Benefit Analysis
3. Best case/Worst case Scenario

The Drama Triangle

1. The roles
2. Dancing on the triangle
3. Getting off the triangle

Emotional Focus - What do we do with those uncomfortable feelings?

1. Balancing change and validation
2. Distress Tolerance