



EMOTIONS

what they are

&

what to do with
them



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THERAPEUTIC APPROACH

Process Oriented

- Person/Client Centred
- Existential
- Schema-focused

Goals of therapy

- Awareness
- Understanding

THIS TALK

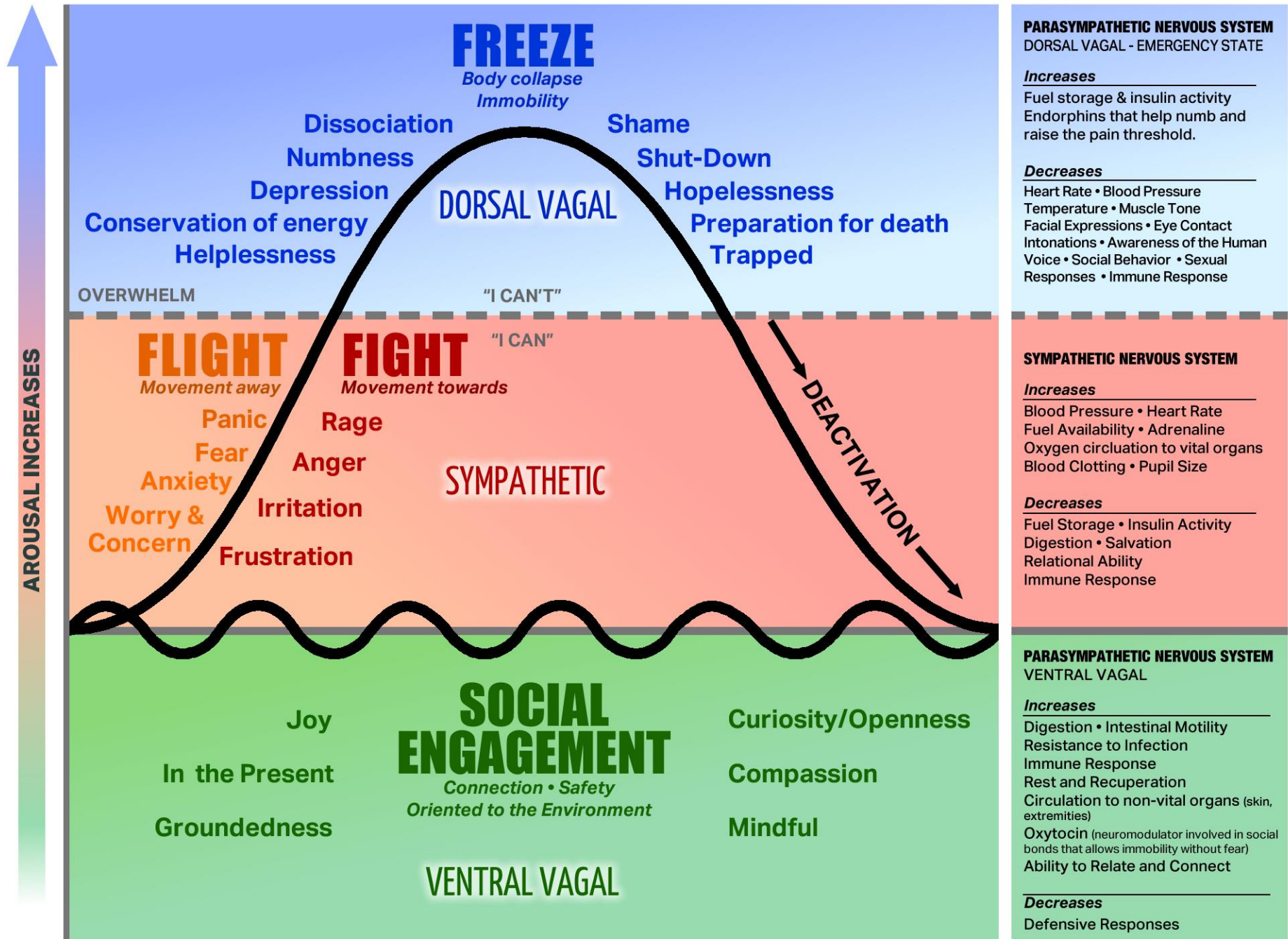
- Have a conversation
- Get you thinking about your own emotions
 - Awareness
 - Understanding

ESSENTIAL

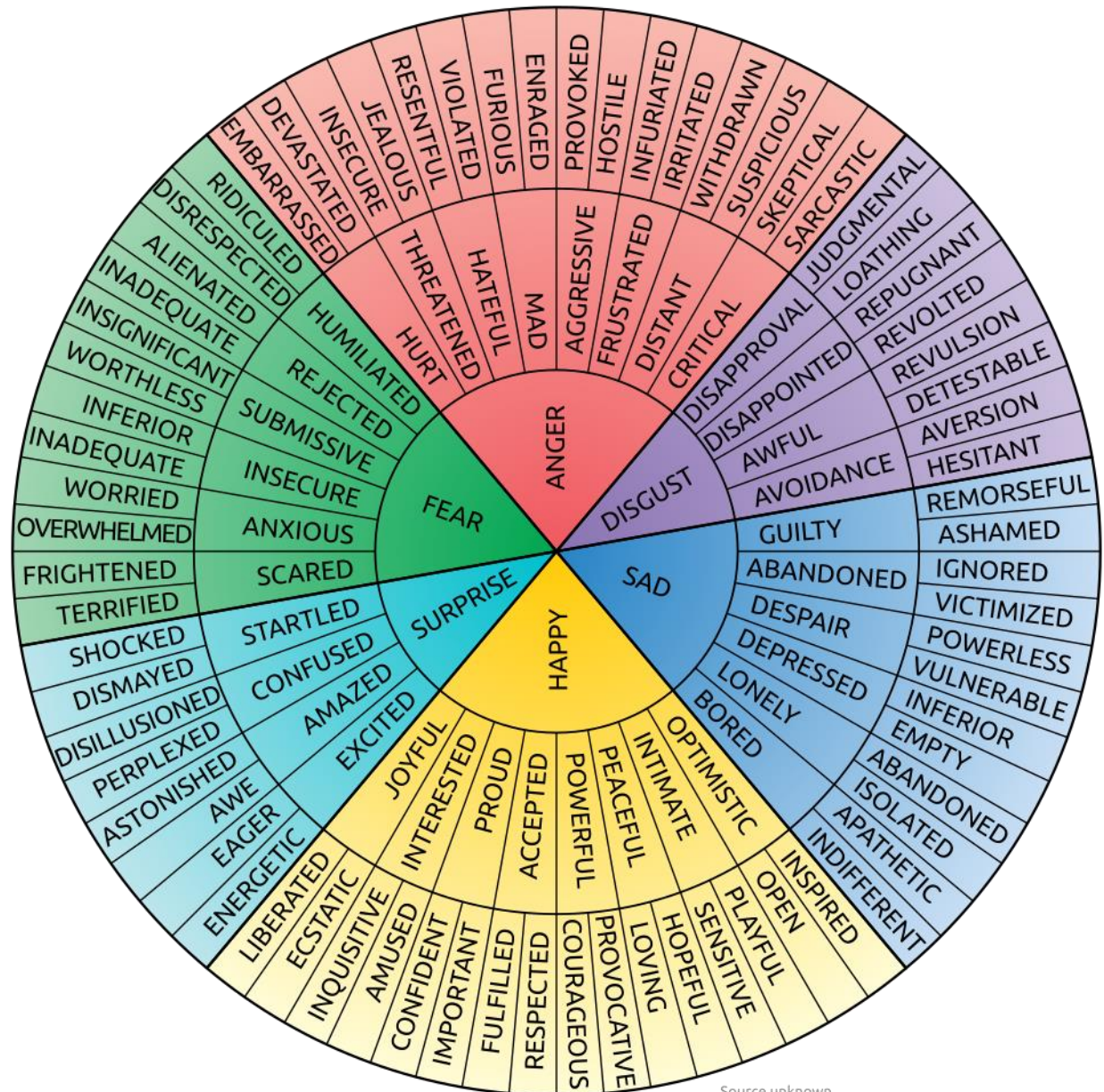
- Crucial part of being a person
- Happen to us
- Tell us that something important is going on
- Give us clues
- Motivate us to do something about it

WHAT IS AN EMOTION?

- No consensus
- Components of being a person
 - Body
 - Thinking
 - Feeling
- Subjective internal sense
- I feel...



WHAT IS AN EMOTION?



Source unknown

AWARENESS

Identify the feeling

- Intuitively
- Looking for clues
 - Body
 - Behaviour
 - Thoughts

UNDERSTANDING

What is this feeling telling me?

- Something requires my attention
- The feeling will motivate me to do something about it
- It's important!

ANXIETY

Something requires my attention

- Danger – something might go wrong in the future

When do I feel anxious?

- Thinking about presenting the Wellness Talk

What am I worried will go wrong?

- Wellness Talk will go poorly

ANXIETY

What do I do about it?

- Motivation is to escape
- Need safety

Thinking & Feeling

- Have other important motivations & needs
- The best way to escape is prepare

ESSENTIAL

- Crucial part of being a person
- Happen to us
- Tell us that something important is going on
- Give us clues
- Motivate us to do something about it

RELATIONSHIP

Thinking & feeling not working together

- Deny
- Control
- Neglect
- Ignore
- Reject