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...

PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL - EMERGENCY STATE

Increases

Fuel storage & insulin activity Endorphins that help numb and raise the pain threshold.

Decreases

Heart Rate • Blood Pressure
Temperature • Muscle Tone
Facial Expressions • Eye Contact
Intonations • Awareness of the Human
Voice • Social Behavior • Sexual
Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate Fuel Availability • Adrenaline Oxygen circluation to vital organs Blood Clotting • Pupil Size

Decreases

Fuel Storage • Insulin Activity
Digestion • Salvation
Relational Ability
Immune Response

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL

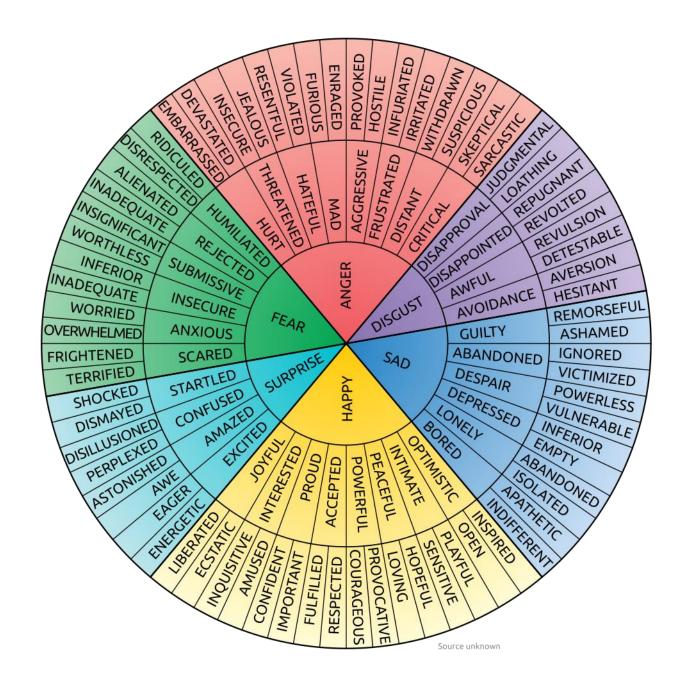
Increases

Digestion • Intestinal Motility
Resistance to Infection
Immune Response
Rest and Recuperation
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
Ability to Relate and Connect

Decreases

Defensive Responses

WHAT IS AN EMOTION?



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