

Emotional Genius: Discovering the Brilliance in Your Emotions

This event is co-sponsored by R. Cassidy Seminars

866-992-9399 X105 ▪ 707-566-7470 X105

Fax: 707-566-7474 ▪ www.rcassidy.com

Course Information

Target Audience

Lay people, professionals, students, elders, youth, artists, counselors, healthcare professionals, highly empathic people, or people who are struggling with emotions or empathy. 10.5 hours of CE Units are available to Nurses, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators.

Location/Date(s)/Times

DoubleTree Hotel, Rohnert Park, California
Saturday, August 20th, 2016, 10am to 5pm
& Sunday, August 21st, 2016, 10am to 4pm

Course Description

Participants will explore each of the seventeen basic emotions as fundamental aspects of cognition, intelligence, social skills, learning, and communication. They will learn specific emotion regulation skills and mindfulness practices that will allow them to work with and understand each emotion, both individually, and as a part of the larger emotional realm.

Participants will also experience a safe demonstration of how emotions work together, using a series of real life scenarios to help them identify mixed emotions and emotions that tend to arise in pairs, groups, and clusters.

Course Objectives

Participants will learn about:

- The messages and intelligence inside each of the emotions.
- Focused mindfulness practices to help them work intentionally with each emotion.
- Simple ways to access emotions when they are needed.
- Practical approaches to help them access the wisdom of intense emotions, mixed emotions, and emotions that have been repressed.
- Numerous practices to bring themselves back to center, regain their composure and sense of humor, and live mindfully with all emotions.
- Real-time demonstrations of how the emotions work together to help us understand the world, engage with others, and solve problems.

Agenda

Note to participants: This agenda contains the outline of the topics that will be covered; however, the order and duration of each topic may change based on the needs and understanding of the participants.

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Saturday, August 20th: 10am to 5pm

10 am to 11 am: Introduce the Four Keys to Emotional Genius and the Four Emotion Categories (Sadnesses, Angers, Happinesses, and Fears)

11 am to 12 pm: Introduce and Practice the Five Empathic Mindfulness Practices

12 pm to 1 pm: LUNCH

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- 1 pm to 2 pm: Overview of the Angers (Anger, Apathy, Shame, and Hatred) and the Happinesses (Happiness, Contentment and Joy) and review the Mindfulness practices associated with them
- 2 pm to 3 pm: Overview of the Fears (Fear, Anxiety, Confusion, Jealousy, Envy, and Panic) and the Sadnesses (Sadness, Grief, Depression, and the Suicidal Urge) and review/practice the Mindfulness practices associated with them
- 3pm to 3:15pm: BREAK
- 3:15 pm to 4:15 pm: Introduce Emotion Work and an Emotion Work self-assessment
- 4:15pm to 5pm: Review of the material and the Mindfulness practices, Q&A, and prep for those returning for Sunday's advanced workshop.

Deeper Brilliance: Understanding Your Emotional Ecosystem

Sunday, August 21st: 10am to 4pm

(*Deeper Brilliance* is an advanced workshop that requires Saturday attendance).

- 10 am to 11 am: Q&A, Comments, and Review of the Four Emotion Categories
- 11 am to 12 pm: Introduce Emotion Theater activity and review Mindfulness practices
- 12 pm to 1 pm: LUNCH
- 1 pm to 2 pm: Emotion Theater with instructor-led scenarios and Q&A
- 2 pm to 2:45 pm: Emotion Theater with student-led scenarios and Q&A
- 2:45pm to 3pm: BREAK
- 3 pm to 4 pm: Review, Q&A, and suggestions for further study, practice, and application

Presenter Biographies

Karla McLaren, M.Ed. is an award-winning author, social science researcher, and pioneering educator whose empathic approach to emotions revalues even the most "negative" emotions and opens startling new pathways into self-awareness, effective communication, and healthy empathy. She is the founder and CEO of Emotion Dynamics LLC.

Karla's lifelong work has been focused on the creation of a grand unified theory of emotions, which presents every emotion as an essential aspect of intelligence, self-awareness, communication, and empathy.

Her applied work, Dynamic Emotional Integration®, is a leading-edge training program and consultation process to help people develop keen emotional awareness, healthy empathic skills, and emotionally-respectful mindfulness practices.

Karla is the author of *The Art of Empathy: A Complete Guide to Life's Most Essential Skill* (2013), *The Language of Emotions: What Your Feelings are Trying to Tell You* (2010), and the multi-media online course *Emotional Flow: Becoming Fluent in the Language of Emotions* (2012).

Amanda Ball, M.S. has her Master's Degree in Mental Health Counseling. She focused her academic studies and internship on the work in *The Language of Emotions* and *The Art of Empathy*. Amanda is the administrator of Emotion Dynamics LLC, and she is double-licensed as a Dynamic Emotional Integration® Trainer and Consultant.

Amanda is also a lead instructor of Dynamic Emotional Integration®, and her professional interests include emotions & empathy, addiction & distractions, neurodiversity, trauma healing, and gender & sexuality. She divides her time between Northern California and New England.

Costs/Registration Information

\$150 for the weekend workshop

Advance online registration at <http://karlamclaren.com/emotional-genius-in-california/>

Or <http://emotiondynamics.org/emotional-genius-in-california/>

CE Credits Available

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10.5 credit hours for Nurses, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators (see below), based on attendance for both days.

Cancellation/Grievance Policies

Cancellation: If paid participants cannot attend one or both days of this workshop, and they notify the workshop leaders within 3 weeks of the workshop (by Saturday, July 30th), they will receive a refund minus a \$25 processing fee. After that date, no refunds will be given, though participants will have the option of crediting a part of their registration fee to another workshop or offering of Emotion Dynamics LLC.

Grievances: Staff and management of Emotion Dynamics LLC are dedicated to professional, inclusive, accessible, legal, and ethical practices. Grievances of any nature can be handled informally through verbal communication, or can be submitted in writing within 30 days of the workshop to info@emotiondynamics.org or to PO Box 2234, Windsor, CA 95492. Grievances will be handled with the utmost concern for the dignity and autonomy of the aggrieved party.

Continuing Education Credit Designation Statements

Satisfactory Completion

Participants must have paid the tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Psychologists

R. Cassidy Seminars is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. **10.5 CE hours.**

Social Workers

R. Cassidy Seminars, ACE provider #1082, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Approval Period: April 15, 2015-April 15, 2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive **10.5** continuing education clock hours.

CA: The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers.

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider (#0006) of continuing education for licensed social workers. This program is approved for **10.5** contact hours live.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **10.5** clock hours, #RCST110701.

Counselors/Marriage and Family Therapists

CA: The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers.

Other States: If your state is not specifically listed, nearly all state Counselor and MFT boards accept either APA or ASWB approval, or are reciprocal with other state licensing board approvals, such as those listed below. Check with your board to be sure. The Ohio Board includes Counselors and MFTs.

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IL: Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. **10.5** CE hours.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **10.5** clock hours, #RCST110701.

TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. **10.5** CE hours. Provider #151.

Chemical Dependency Counselors

CA: Provider approved by CFAAP/CAADAC, Provider #4N-00-434-0218 for **10.5** CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states.

TX: Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, **10.5** hours general, Expires 3/31/2017. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297.

Educators

IL: Provider approved by the Illinois State Board of Certification #080304164719171 **10.5** CE Hours.

TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is **10.5** CE Hours.

Nurses

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for **10.5** contact hours. Some state nursing boards are reciprocal. Check with your licensing board to be sure.

Disability Access

If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification.

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Please Note: Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.