

Working with Emotionally Dysregulated Clients

Many clients who enter individual or couple therapy have difficulty managing emotions. This workshop will focus on the processes involved in emotional dysregulation, drawing on current findings in the fields of neurobiology and emotional memory research. Students will learn about universal triggers as well as ways to explore personal triggers that lead to poorly managed emotional reactions.

These findings will be translated to clinical interventions through the theoretical lenses of mindfulness, object relations and narrative therapies. Case presentations will demonstrate ways to apply these insights in individuals and couple therapy to demonstrate how clients can be guided to subdue strong emotions and generate more thoughtful and appropriate responses.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course level: Intermediate		

Learning Objectives

- At the end of this seminar, participants will be able to:
- 1) Assess emotional dysregulation in clients with a wide range of presentation
 - 2) Describe current neuroscience research on interoception and the importance of mind/body
 - 3) Explain the concepts of universal and personal triggers to better assess client reactivity
 - 4) Identify interventions that build emotional tolerance
 - 5) Assess and intervene in dyadic dysregulation

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

- Begin 2:00 EST
- Emotions and feelings
- Left/Right Brain Function
- Interoception
- Consequences of emotion dysregulation
- Shutdown
- Dissociation
- Escape
- Cutting
- Neural Networks
- Memory Networks
- Uphelpful cognitive processes
- Triggers
- Treatment
- Body awareness
- Tolerance
- Breath/Mindfulness
- Couples
- End 4 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 2 CE's for attending once they have completed these requirements.

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The Presenter

Judith Siegel was a Full Professor at the Silver School of Social Work at New York University and former Director of the Post Masters Certificate Program in Child and Family Therapy. She is a recognized leader in the field of couple treatment, and represents an approach that draws from Object Relations, systems and neurobiology. Her books include *Repairing Intimacy* (Jason Aronson), *Countertransference in Couples Therapy* (co-authored with Marion Solomon (Norton Press), *What Children Learn from Their Parents Marriage* (Harper Collins) and *Stop Overreacting* (New Harbinger) and have been published in eight languages. She has presented her work on Object Relations Couple Treatment throughout the United States, Canada, England, Israel, South Africa , China and Australia, and has been a regular presenter at the Ackerman Institute for The Family in New York.

General Information

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Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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