

# Outline

## Using Affect and Emotion in Therapy

Affect reconsolidation as a universal mechanism  
When to implement affect reconsolidation  
Creating the optimal conditions in therapy  
Risks and Limitations

## Affective Neuroscience Principles

Key brain regions for emotions  
Impact of specific emotions on brain cortex  
Emotion as central problem in psychopathology  
Strategic use of emotion in therapy

## The goals of emotion-based psychotherapy

Building safety and trust with your patients  
Addressing internal and external relationships to emotion  
Achieving the optimal level of arousal  
Changing the relationship with memory and emotion  
Seeing emotions as a useful tool in therapy

## Affective Neuroscience 4-Step Therapeutic Model

Emotional Awareness/Mindfulness  
Validation of emotions  
Self-Compassion & Empathy  
Utilizing emotion

## The Affect Reconsolidation Toolbox

Mindfulness for recognizing emotions and where they come from  
Emotional validation techniques  
Techniques for optimal arousal of emotions  
Gestalt techniques for increasing emotion  
Somatic techniques for up and down regulation  
Cognitive based techniques to stop reinforcement of negative feelings

## Therapeutic Goals When Targeting Specific Emotions

Anger – boundaries and consequences, forgiveness  
Sadness – unresolved grief, primary/secondary emotions  
Fear – managing fear responses, controlling behavior  
Desire – regulating reward systems, increasing self-control  
Disgust – self acceptance  
Jealousy/Envy – comparisons to others, self judgement

## Affect Reconsolidation in the Treatment of Trauma

Creating curiosity about our emotional responses  
Differentiating between past and present emotions  
Work with secondary emotions first  
Affect Reconsolidation for primary traumatic feelings

# Objectives

1. Determine which patients would benefit from affect reconsolidation and how to maximize successful outcomes.
2. Utilize emotion in psychotherapy through techniques involving emotion-based mindfulness, self-validation, self-compassion, and emotional regulation skills
3. Develop patient’s skills to recognize when their feelings are germane to the current situation and when they may be a result of past experience(s).
4. Employ principles of affective neuroscience to inform treatment strategies for working with emotion in psychotherapy.
5. Demonstrate strategies to increase and decrease emotion and recognize when to apply each strategy.
6. Distinguish between the wanting and liking neural systems as they relate to treatment for a patient with compulsive behaviors.

**Live Webinar Schedule**  
*(Times listed in Mountain)*  
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
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# Affective Neuroscience for Clinicians

**Emotion-based Strategies for the Treatment of Trauma, Anxiety, and Depression**

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# Affective Neuroscience for Clinicians

**Emotion-based Strategies for the Treatment of Trauma, Anxiety, and Depression**

- Reconceptualize & Utilize Emotions in Practice
- Clinical Interventions Based in Neuroscience
- Practical Tools to Up/Down Regulate Patient Emotions
- Enhance Your Toolbox for Managing Anger, Sadness, Shame & Desire

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# Affective Neuroscience for Clinicians

## Emotion-based Strategies for the Treatment of Trauma, Anxiety, and Depression

When it comes to working with emotions in therapy, **few interventions deal with the emotion itself and how to respond to it.**

Instead, we teach our patients to manage and regulate them...and, in the process, we hope they go away.

**But, often, the emotions don't go away.**

**Why?** Because the modalities you know and practice treat the symptoms and not the cause!

**We need a new way to think about psychopathology and this is it!**

I've devoted my career to affective neuroscience research and emotion-based therapies. And, along the way, helped thousands of patients with their emotional struggles.

**YOU CAN easily and effectively help your clients create deep, lasting change** by giving them the power to access and accept difficult emotions that come at unexpected times.

Spend this day with me and I guarantee that **you will walk away with research proven strategies and tactics** that help your patients overcome their emotional challenges and move through trauma, anxiety, and depression.

**If you see patients with PTSD, trauma, anger, fear, guilt, shame, abandonment and compulsion issues – this is a must attend webcast!**

Register today and I will see you in the webcast!

Lee Stevens, Ph.D.



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## Speaker

**Dr. Lee Stevens** is a Boston, MA area psychologist that specializes in affect regulation and reconsolidation. Lee has published widely on clinical affective neuroscience in journals such as *Journal of Psychotherapy Integration*, *Journal of Neuropsychiatry and Clinical Neurosciences*, and *International Journal of Group Psychotherapy*. Additionally, he has presented his work on emotion in therapy at multiple conferences.

Dr. Stevens graduated with a Ph.D. in psychology from Tennessee State University, completed his internship in Clinical Psychology at the University of Rochester Counseling Center, and a post-doctoral fellowship at the W.G. Hefner Veterans Affairs Medical Center.

Dr. Stevens is on the executive committee of the Boston Neuropsychanalysis Workshop, which develops models of empirical supported psychotherapy based in neuroscience.

Dr. Stevens has taught a variety of graduate and undergraduate classes at several colleges and universities in the Boston, MA area including Wheelock College, Boston College, and Harvard University.

Speaker Disclosure:

Financial: Lee Stevens is a psychologist at Reliant Medical Center and maintains a private practice. Dr. Stevens is an author and receives royalties.

Non-financial: Lee Stevens is a member of the APA, Society for Personality and Social Psychology, AGPA, and Social and Affective Neuroscience Society.

### Target Audience:

Counselors • Psychotherapists • Psychologists • Social Workers • Addiction Counselors  
Occupational Therapists • Occupational Therapy Assistants • Marriage & Family Therapists  
Case Managers • Therapists • Nurses • Other Mental Health Professionals

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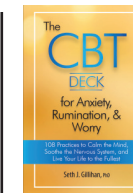
### Recommended Reading:



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*The Revolutionary New Treatment  
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David D. Burns, M.D.

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