

Fuel Up with Feeling: Reclaim Your Inner Resources for Healing and Happiness

Dates: May 3-5, 2019

Presenters: Jonice Webb, PhD; and Joyce Davis, LICSW

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

Program

“Child abuse and neglect” is a phrase that therapists use, see and hear often. In the last decade, all forms of child abuse have finally received the attention they have long-deserved.

In a case of parallel process, the “neglect” half of this well-used phrase has been neglected. This is especially true with childhood emotional neglect (which Dr. Webb calls CEN) since it is often benign, typically invisible and typically goes unnoticed and unremembered by both the child and parent. Years later, when emotionally neglected clients come to social workers or psychologists for help, we struggle in vain to identify some memories or explanations for their symptoms.

In this training, Dr. Webb will describe the distinct pattern of symptoms which characterize a client who grew up with emotional neglect. She will describe her system for identifying childhood emotional neglect (CEN) in a client who cannot remember or describe it, and the tools she has designed to target a client’s CEN directly in treatment.

In this two-day seminar, not only will clinicians learn to identify the pattern of CEN struggles in their clients, they will experience the process of healing those struggles within themselves. This will provide them with a rich professional and personal understanding of CEN and how to treat it.

Dr. Webb has seen that CEN is often the underlying cause of depression, anxiety, anger problems and relationship problems. She will describe how targeting a client’s CEN allows therapists to not only treat the symptom but repair the symptom’s root cause as well.

Dr. Webb receives thousands of requests from all over the world for referrals to therapists who use her methods to treat CEN. Clinicians who participate in this webinar can request to be listed as a CEN Specialist on her website’s Find A CEN Therapist List.

Overall Purpose/Goal of Program: For decades, CEN has gone unrecognized, unnamed and untreated by therapists. After participating in this training, therapists will not only have increased awareness of this painful and damaging childhood experience, they will also have the tools to target it in treatment. Clients who come to therapy complaining of depression, anxiety, or a relationship problem (for example) will be understood in a new and impactful way. Clinicians will be able to help them access their emotions, and learn to tolerate, manage, express, and use them.

The target audience: Mental Health Professionals

This intermediate-level workshop presents a cutting-edge theory which incorporates some of the most current research findings: emotional intelligence, neuropsych, attachment, shame and emotion) integrating them to explain the suffering of a large segment of the population. Sources and studies supporting these areas of research will be cited in the training. Arising from the theory of childhood emotional neglect is a natural series of treatment steps which allows educators and therapists to address the roots of clients' problems and prevent the development of psychological symptoms. Participants will learn a new definition of "childhood emotional neglect," or CEN, how it's different from emotional deprivation, how its effects in adulthood, and the 5 steps of CEN treatment. Research possibilities will be outlined.

AGENDA:

Friday, May 3, 2019

5:30pm-7:00pm – Dinner

7:30pm–9:00pm – Program Session

- Take the Emotional Neglect Questionnaire
- The new definition of Childhood Emotional Neglect
 - *Learning Objectives:*
 - *Recognize and view childhood emotional neglect in a new, way.*
 - *Identify how it plays out in clients' adult lives.*

Saturday, May 4, 2019

7:00am-8:30am - Breakfast

8:30am-11:30am – Program Session

- The 5 Stages of Healing From CEN
- The Visualize Your Wall Technique,
- The Identifying & Naming Technique
- The Capture An Emotion Method
 - *Learning Objectives:*
 - *Identify and understand the 5 Stages of CEN Treatment.*
 - *Recognize and practice techniques to help clients reach, identify and name their blocked-off feelings*

11:30am-1:30pm - Lunch

1:45pm-3:45pm – Program Session

- The IAAA Technique For Emotion Management
- 3 Ways To Feel More Valid
- The Change Sheets Evening activity
 - *Learning Objectives:*
 - *Recognize and practice this invaluable technique for emotion tolerance and emotion management.*
 - *Recognize and explain 3 ways to help clients increase their self-knowledge, self-worth and self-acceptance. Identify problem areas to increase feelings of validity.*

5:30pm-7:00pm – Dinner

Sunday, May 5, 2018

7:00am-8:30am - Breakfast

9:00am-11:00am – Program Session

- Practice validity exercises
- Choose a practice person in your life
- Summary, Questions and goal-setting for your life
 - *Learning Objectives:*
 - *Recognize how to talk about self-validity with clients, and how to help them choose a person in their regular lives to work with on assertiveness, self-worth and emotional expression.*

- *Recognize the effects of the CEN treatment steps on clients. Identify the roadblocks that arise for clients during the stages of treatment and how to work with them. Set goals to continue healing.*

11:30am-1:30pm - Lunch

Presenter(s) Bio

Jonice Webb, PhD, is a licensed psychologist, speaker, blogger, and best-selling author of two books. Recognized worldwide as the pioneer of Childhood Emotional Neglect (CEN), she created the first and only online Childhood Emotional Neglect Recovery program. Jonice has been interviewed about CEN on CBS Boston Evening News, NECN Morning News, and NPR. Her work has been cited by the Chicago Tribune, Psychology Today, Psychcentral.com, and Elephant Journal. Jonice also provides professional training for licensed therapists in identifying and treating CEN in their clients.

- emotionalneglect.com

Joyce Davis, LICSW, is a licensed social worker who has been in clinical practice for more than 20 years. A designated specialist in treating Childhood Emotional Neglect (CEN), Joyce has taken Jonice Webb's CEN Recovery program, and has completed the CEN continuing education course for therapists as well. Joyce is an enthusiastic and connected public speaker. She has presented her family's story in schools and community centers throughout Massachusetts and New York. For the past 10 years she has been running Park Place Counseling in North Reading, Massachusetts.

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Psychology – 8 CE Credits

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 8 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

Social Work – 8 CE Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

For additional CE information, please visit <https://kripalu.org/continuing-education-credits>