

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

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“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.

The target professional audience is for Introductory, Intermediate and Advanced mental health professionals/therapists.

Program Schedule

SUNDAY | JUNE 24

- 7:30–9:00 pm 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.

MONDAY | JUNE 25

- 8:30–11:30 am The 5 Stages of Healing From CEN. The Visualize Your Wall Technique, The Identifying & Naming Technique and 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

- 1:45–2:45 The IAAA Technique For Emotion Management
Learning Objective
- Recognize and practice this invaluable technique for emotion tolerance and emotion management

- 2:45–3:45 Three Ways to Feel More Valid.
Learning Objectives:
- Recognize and explain three ways to help clients increase their self-knowledge, self-worth and self-acceptance. Identify problem areas to increase feelings of validity.

TUESDAY | JUNE 26

- 9:00–10:00 am Practice validity exercises. Choose a practice person in your life
Learning Objective
- 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.
(Not eligible for Psych CE credit.)

- 10:00–11:00 am Summary, Questions and goal-setting for your life
Learning Objective
- 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.
(Partial Psych CE credit.)

Psychology | 6.75 CE Credits

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length.

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(Note All programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted on this program's webpage.)

Social Work | 8 CE Credits

Programs have been approved for Category I 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 kripalu.org/cecredits.