

Emotional Logic

I would like to thank the Foundation for Professionals in Services for Adolescence for a grant towards the cost of training to become a certified coach in Emotional Logic.

The course took place over five days and included submission of a portfolio and casework. Further information can be found here: www.emotionallogiccentre.org.uk

This was completed in December 2019.

Emotional Logic is a model that aims to aid the client to understand the purpose of their Emotions and associated feelings and to recognise the multiple losses associated with change. Once this has been understood, it is possible to work on recovering one of these losses. This often involves the client developing their bargaining skills. Once this happens it often sets up a ripple effect within the individual's life and other changes occur.

I work within CAMHS as a Primary Mental Health worker. This model is a useful adjunct to my other therapeutic skills. I like the fact that it is a teaching skill, helping to promote emotional literacy, across age ranges. There is a set of Children's books suitable for use for Primary school aged children. My experience is that there is often therapeutic benefit from this learning. For example, the feelings of anxiety can be reframed as the Emotional response of Shock. Then it is possible to explore what the purpose of Shock is and how to make use of safe places/people/thoughts to move on.

I anticipate incorporating Emotional Logic into my casework. Many of the local Primary schools have taken up this training, so there is now an opportunity for supporting teaching staff in my consultation role within Primary Mental Health, and the potential to promote good Mental Health.