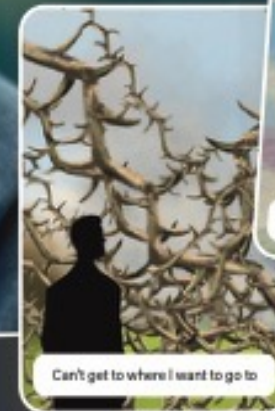
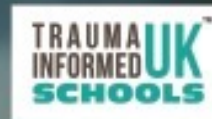


Webinar

Use of emotion cards with children and teenagers: to help them heal

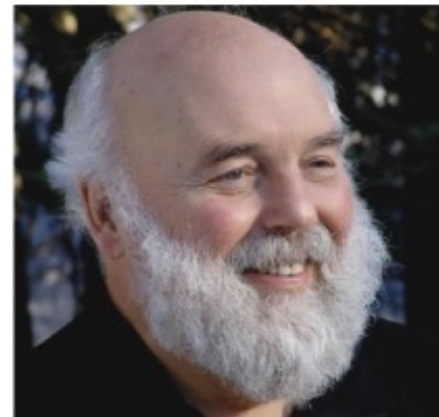
By Margot Sunderland



The change process

(in the relational context of corrective emotional experience and emotional regulation)

- Awareness of emotion
(from sensation to awareness)
- Expression of emotion
(from awareness to expression)
- Reflecting on emotion
- Changing emotion with emotion



Professor Leslie Greenberg
Founder Emotion Focused therapy

Helping Children Talk about their Lives

CARDS

A vital resource for supporting children
through meaningful conversations



illustrated by
Margot Sunderland Nicky A



The cards can enable children and teenagers to say what they are feeling about key people and key experiences in their life, often for the first time

Helping Teenagers Talk about their Lives

CARDS

A vital resource for supporting teenagers
through meaningful conversations



illustrated by
Margot Sunderland Nicky Armstrong





To heal we need to get to core pain underneath maladaptive emotions (e.g. hopelessness, anxiety, depression, defensive anger).

Core pains

Trauma-based shame

Traumatic fear

Traumatic loss

Lonely abandonment

Research shows that accessing core pain is key for the process of transformational change. 'You have to arrive at the place in order to leave it.' (Leslie Greenberg)

Emotions key for transformational change

Self-compassion

Empowered anger

Grieving

All within the context of a deep connectedness with an emotionally available adult, whose empathy and 'unconditional positive regard' lead to 'feeling prized'. (Carl Rogers 1980)

**“Shame dies when
stories are told in
safe places.”**

(Ann Voskamp)



The adverse consequences, when children don't get the chance, with an emotionally available adult, to make sense of painful life experiences



Your unprocessed painful life experiences don't just sit nicely and quietly in the corner of your mind. On a daily basis, they can influence your thoughts, emotions, actions and perceptions, in ways that can blight your life.