

Awakening Positive Emotional States

How Imagery, Movement, and Play Can Enhance Your Work

COURTNEY ARMSTRONG

Research from brain science and positive psychology shows that awakening positive emotional states through experiential tools such as imagery, music, movement, and play is the fastest route to shift mood, decrease anxiety, and stimulate creative problem solving. But how do you help clients access resourceful states when they're feeling hopeless and helpless? Discover how to help troubled clients reclaim inner states of peace, strength, joy, and vitality. Moreover, you'll have opportunities to evoke your own uplifting states through experiential activities. Explore how to:

- Use imagery techniques to elicit desired emotions and engender positive feelings toward the self and the future
- Frame ideas, questions, and other interventions in ways that foster hope and boost motivation
- Craft music and movement interventions that lift depression, calm anxiety, and empower traumatized clients
- Use playful interventions that optimize learning and reinforce new behaviors

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Learning Objectives

1. Demonstrate how to help clients access resourceful states when they're feeling hopeless and helpless.
2. Use imagery techniques to elicit desired emotions and engender positive feelings toward the self and the future.
3. Demonstrate ideas, questions, and other interventions in ways that foster hope and boost motivation.
4. Determine how to gently lead discouraged clients into heartening experiences that enable them to reclaim inner states of peace, strength, joy, and vitality.
5. Create music and movement interventions that lift depression, calm anxiety, and empower traumatized clients.
6. Apply playful interventions that optimize learning and reinforce new behaviors in a clinical setting.

Outline

1. Explain how to help clients access resourceful states when they're feeling hopeless and helpless.
 - a) Discuss state dependent learning and research on psychological interventions to increase positive emotion and optimism.
2. Use imagery techniques to elicit desired emotions and engender positive feelings toward the self and the future.
 - a) Demonstrate best possible-self imagery intervention & discuss research supporting it.
 - b). Demonstrate symbolic imagery intervention to elicit desired emotional states.
3. Articulate ideas, questions, and other interventions in ways that foster hope and boost motivation.
 - a) Demonstrate attune, lift, and lead communication techniques.
 - b) Demonstrate how to redirect attention towards what the client desires.
4. Determine how to gently lead discouraged clients into heartening experiences that enable them to reclaim inner states of peace, strength, joy, and vitality.
 - a) Demonstrate imagery interventions to reframe sense of self.
 - b) Demonstrate interventions to evoke self-compassion.
5. Create music and movement interventions that lift depression, calm anxiety, and empower traumatized clients.
 - a) Discuss music can be used to elicit desired emotional responses.
 - b) Discuss research on the relationship between movement and emotional states.
6. c) Apply playful interventions that optimize learning and reinforce new behaviors in a clinical setting.

- a) Discuss how play optimizes learning and reinforces new behaviors.
- b) Demonstrate playful association games that can be used to reinforce new learning.

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