

# Details about the Somerset Emotional Logic Programme

## About

The Emotional Logic (EL) method presents a framework to understand feelings of loss associated with change. It offers the opportunity to explore and make sense of the seven main adjustment emotions, which can empower us to be more responsive to each other, and improve our physical wellbeing and social adaptability. Literature show us that emotions work through hormones and can physically affect the immune system.

The EL method leads you through a process of learning about your responses to change and loss, that you can apply across different life situations. It offers space to build your own solutions and action plans informed by your personal values.

Loss emotions can feel unpleasant and confusing. EL enables you to make sense of the natural responses to change and loss empowering you to 'come through stronger' when faced with life's challenges.

**Emotional Logic is NOT a therapy, it is a system of life long learning.**

## What We Offer

- Emotional Survival Kit Workbook goes with online learning.
- Free access code to a short online Tier 1 course of eight 5-8-minute modules, 2 hours max in total. This can be accessed at home or at work. It explains the Emotional Logic method in a way that audio-visual learners may prefer. The more family members who see it, the better for everyone! Tier 1 training provides downloadable Workbooks supported by online learning modules.
- In January - March 2022 there will be optional webinars for interactive learning opportunities. These can also be used to answer questions about Emotional Logic which have been posed beforehand.
- If you wish to learn more, Tier 2 training is a Foundation Award, requiring approx. 20 hours commitment (4 x 2 hour seminars, and some consolidating coursework)
- Following the Tier 1 training you may be interested in taking part in the Tier 2 Foundation Award consisting of 4 webinars and associated learning materials. The initial dates for this are:
  - February cohort: 27th Jan, 3rd Feb, 10th Feb, 17th Feb, 10:00-12:00 - please note you would be required to attend all four webinars.
  - March cohort: 28th Feb, 7th March, 14th March and 28th March 7-9pm – please note you would be required to attend all four webinars.
- To register for Tier 2 email: [somccg.icsworkforceteam@nhs.net](mailto:somccg.icsworkforceteam@nhs.net)