

Somerset Emotional Logic

Coping With Change

What is Emotional Logic?

When change happens, we may experience loss. Emotional Logic is a logical method that helps us make sense of the seven main loss emotions, and work through them effectively and grow in the process, by reconnecting with our personal values.

What are we offering?

Would you like to develop a skillset to help you to help you cope with change by understanding and disentangling stick loss emotions?

Tier 1 Introductory Training is Workbook based learning supported by eight short online learning modules of 5-8 minutes each, accompanied by downloadable supporting reference materials. To complete at your own pace.

Who?

Training is available for all Health and Care staff and volunteers in Somerset.

How to enrol

Please contact the Somerset ICS team at somicb.icsworkforceteam@nhs.net

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.