



*Title*

## **Bold Steps Forward: The Felt Sense Experience Model of Emotional Regulation**

*Description (94 words)*

The capacity to ground, feel safe and regulated in our bodies is a fundamental skill. Some of us are fortunate to learn this through secure attachments with loving caretakers. Others spend their lives in its pursuit.

This workshop will explore core aspects of emotional regulation through the lens of Interpersonal Neurobiology and Trauma theory. The Felt Sense Experience Model is a graphic depiction of the integration of these theories within Focusing Oriented Therapy. This alternate model conceptualizes wellbeing as integration and psychiatric “illnesses” as falling at the extremes of a spectrum of emotional regulation.

Through a combination of didactic learning and experiential exercises we will explore, create, and feel into this rich model using case examples to bring the work to life.

*Learning Objectives*

This workshop is designed to help you

- Discuss theoretical underpinnings of emotional regulation
- Analyze states of wellbeing and dysfunction within a model of emotional regulation
- Utilize this model in working with clients

*References*

- Siegel, D.J. (2012). *The developing mind, second edition: How relationships and the brain interact to shape who we are*. New York: Guilford Press.
- Van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Viking.
- Gendlin, E. (1996). *Focusing-oriented psychotherapy: a manual of the experiential method*. New York: Guilford Press

*Presentation summary (55 words)*

Feeling safe and regulated in our bodies is a fundamental skill. This workshop will explore aspects of emotional regulation through the lens of Interpersonal Neurobiology and Trauma theory. The Felt Sense Experience Model is a graphic depiction of these theories within a Focusing framework. We will practice applying this strength-based model with our most challenged clients.

*Equipment*

Data projector (I can bring this, if required) and screen.

*Bio*

Jan Winhall, M.S.W. R.S.W. is a psychotherapist in Private Practice and Director of Focusing On Borden, a centre for teaching Focusing and Focusing Oriented Therapy. Jan is the author of "Understanding and Treating Addiction with the Felt Sense Experience Model" In Emerging Practice in FOT. Jan teaches internationally and is a lecturer in the Faculty of Social Work at the University of Toronto.

[Jan.Winhall@utoronto.ca](mailto:Jan.Winhall@utoronto.ca)

(416) 705-0160

**Continuing Education**

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists.

**CE Hours/Credits 6.25** The International Focusing Institute maintains

responsibility for this program and its content.

The International Focusing Institute, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0055. **Contact Hours 6.**