

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.

There is no cold. Only absence of heat.  
HANDOUT

Eliciting emotional warmth in relationships.  
Kevin Hall BSc, MSc

# Being a safe haven for others



**Personality:** learning to be someone that others like (e.g. smiling, being friendly and fun, positivity)



**Empathy:** being an emotionally resonant chamber, compassion, validating



**Appreciation and generosity:** (spontaneous) giving, showing positive regard, compliments, showing gratitude



**Connecting:** sharing experiences and feelings, showing interest in others, collaboration, curiosity



**Elegance:** maintaining grace and kindness under pressure, fairness, forgiving, apologizing, honesty

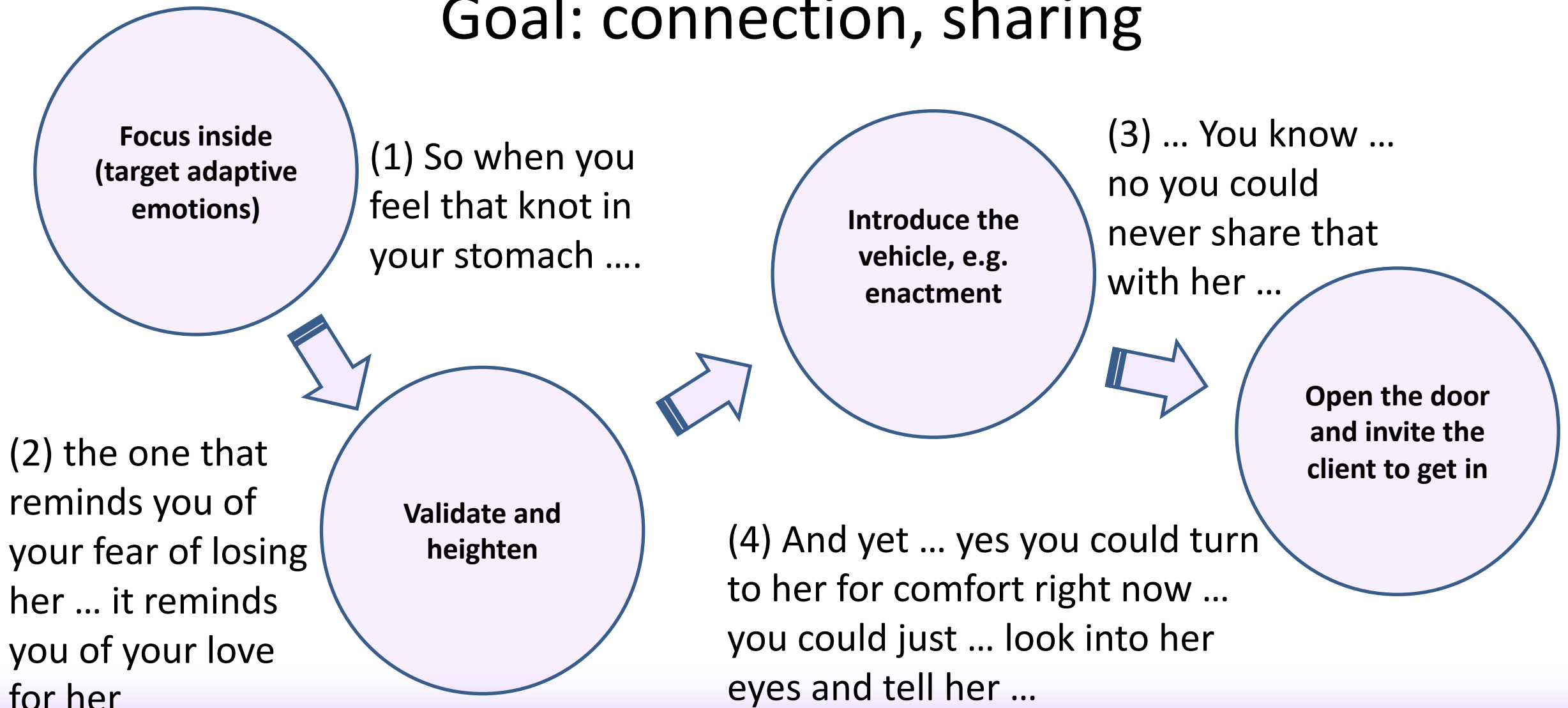


**Reputation:** building a strong and caring reputation; sticking power

The 6 Powers of  
Kindness - PEACE®

# Move in small steps

## Goal: connection, sharing



# Orienting Towards

Target: connection, utilize IT/engineering

It can be helpful to be able to know what makes things work

Just like you can ... be really good in understanding logic behind soft... ware

To analyze the protocols on which connections are made up

And if you Karl ... you can persevere .... you can find that there is something like a soft ... software protocol behind love and connection

In fact you might even see it like a game with rules and logic

Where you can enjoy predicting ... and you can having a locus of control

When you know about the technology behind it

And you can ... Karl ... learn to use the science of charisma to strengthen ... your status in your relationship

# The EXP Scale (Klein, et al, 1969)

Level	Content	Characteristics
1	External events; refusal to participate	Impersonal, detached
2	External events; behavioral or intellectual self-description	Interested, personal, self-participation
3	Personal reactions to external events; limited self-description; behavioral descriptions of feelings	Reactive, emotionally involved
4	Descriptions of feelings and personal experiences	Self-descriptive, associative
5	Problems of propositions about feelings and personal experiences	Exploratory, elaborative hypothetical
6	Synthesis of readily accessible feelings and experiences to resolve personally significant issues	Feelings vividly expresses, integrative, conclusive or affirmative
7	Full, easy presentation of experiencing; all elements confidently integrated	Expansive, illuminating, confident buoyant

# Exercise

## Conflict resolution with ventral vagal activation

1. Remember a conflict. Imagine it in front of you as a film. Drain the color. Turn the sound off. Put the film aside.
2. Think of something you enjoy becoming absorbed in. Add a soundtrack. Make it bigger, brighter, more colorful than it is.
3. Thoughts are energy for action. Put the energy inside a sun.
4. Take the problem image and put it behind the sun in a reverse eclipse. Push the sun into the film.
5. Sit back and enjoy the view.

# Literature

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- *The Induction of Hypnosis: An Ericksonian Elicitation Approach*, Jeffrey K. Zeig, 2014, Milton H. Erickson Foundation Press
- *Confluence: The Selected Papers of Jeffrey K. Zeig, Vol. 1*, Jeffrey K. Zeig, 2006, Tucker & Theisen, Inc.
- *Trancework*, 5<sup>th</sup> Edition, Michael Yapko, 2018, Routledge
- *Stepping into Emotionally Focused Couple Therapy*, Lorrie L. Brubacher, 2017, Routledge



# Literature (2)

- *The Polyvagal Theory in Therapy*, Deb Dana, 2018, W. W. Norton & Company
- *Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families*, Susan M. Johnson, 2019, Guilford Publications
- *Social Baseline Theory: The Role of Social Proximity in Emotion and Economy of Action*, Lane Beckes and James A. Coan, *Social and Personality Psychology Compass* 5/12 (2011): 976–988

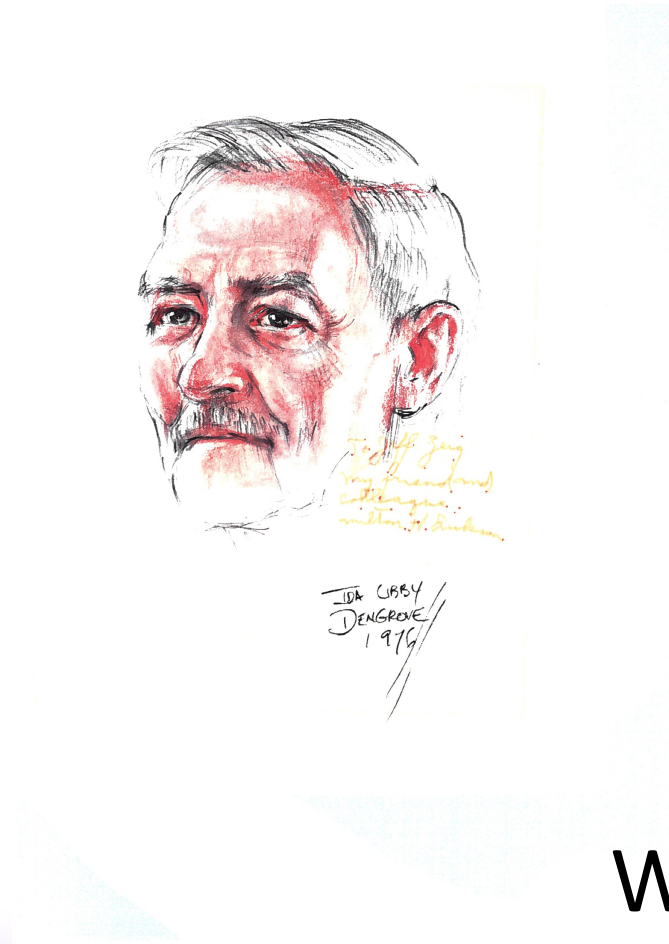
# Research

- Research on warmth
  - A Longitudinal View of the Association Between Therapist Warmth and Couples' In-Session Process: An Observational Pilot Study of Emotionally Focused Couples Therapy, Schade L.C., Sandberg J.G.1, Bradford A., Harper J.M., Holt-Lunstad J., Miller R.B., June 2014, Journal of Marital and Family Therapy 41(3)
- Research on depth of experiencing in therapy
  - *Process Research on Emotionally Focused Therapy (EFT) for Couples: Linking Theory to Practice*, Greenman P.S., Johnson S.M., 2016, Family Process

# Research

- Research on effectiveness of EFT
  - A Review of the Research in Emotionally Focused Therapy for Couples, Wiebe S.A., Johnson S.M. 2016, Family Process, Vol. 55, No. 3
- Research on the effects of kindness and hostility in relationships
  - *The Natural Principles of Love*, John Gottman and Julie Gottman, 2017, Journal of Family Theory & Review 9 (March 2017): 7–26

# Dedicated to:



## With great appreciation