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
Move in small steps
Goal: connection, sharing

Focus inside (target adaptive emotions)

(1) So when you feel that knot in your stomach ....

(2) the one that reminds you of your fear of losing her ... it reminds you of your love for her

Validate and heighten

Introduce the vehicle, e.g. enactment

(3) ... You know ... no you could never share that with her ...

Open the door and invite the client to get in

(4) And yet ... yes you could turn to her for comfort right now ... you could just ... look into her eyes and tell her ...
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)

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

- *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
Research

• Research on warmth

• 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

• Research on the effects of kindness and hostility in relationships
Dedicated to:

With great appreciation