



Introduction to Affect Regulation Therapy: *Easy Tools To Work With Client Emotions* **90 minute seminar with Anca Ramsden**

Do your clients...

- Struggle with their emotions?
- Get stuck in chronic anxiety, anger, guilt or isolation states and not move onto problem solving?
- Do they struggle to do homework and change behaviour?

Join clinical psychologist Anca Ramsden to discover how Affect Regulation Therapy facilitates better emotional control and faster behavioural change, with intervention from developmental, psychodynamic and behavioural psychology.

Here's a snap shot of what you'll learn at the talk:

- How it is possible to offer your clients rapid stress relief
- Help clients identify their emotions – using extensive Emotion Charts
- Improve emotional control of the fight, fright, freeze responses
- Facilitate better expression; broader range of emotions
- And more appropriate emotional responses
- Help clients progress to the problem solving stage of therapy faster
- Assist clients who struggle to verbalise feelings
- And improve client commitment to therapy and higher retention rates with fast acting and user-friendly therapy methods

Book this free talk for your organisation.

Why is Affect Regulation Therapy such an important psychotherapy tool?

Affect regulation is a common difficulty our clients face and is a skill they need to learn. Good affect regulation means having good emotional balance and being able to express emotions appropriately.

A.R.T. helps clients manage the full range of stress emotions, including anger, fear, guilt, grief, apathy and feelings of isolation; and assists clients to identify, express, process, release and balance their emotions. Clients consistently report improved emotional wellbeing and maturity after using **A.R.T.**

"A.R.T. gives me the missing link I have been looking for in psychology."

Helen Tsamoulos,
Psychologist, Sydney, Australia

"With A.R.T. you see positive change immediately, the transformation is amazing. For depression and anxiety this is my preferred treatment method."

Parandaman Thechanamurthi,
Psychologist, Singapore.

We will also discuss the skills you learn in brief A.R.T. training.

You will learn more about Levels One and Two training, such as relevant theory and research, recognizing stages of stress, signs of stress release and healthy affect regulation in clients, mastering **A.R.T.** techniques, and the relevance of **A.R.T.** for various mental health conditions.

Find out more
www.affectregulationtherapy.com

**Dates and locations for this event at www.affectregulationtherapy.com/events
Contact: Anca 61+2 9418 3692 or email: bestmindset@bigpond.com to reserve a seat**