

Emotional Pain Science & Strategies

In this workshop Dr. Christine Dunkley describes some of the interesting research into how emotional pain manifests and is maintained as a distinct entity. For example, emotions such as anger or sadness can be experienced *with or without* emotional pain, and even joy can sometimes be painful. She addresses some of the therapeutic means to reduce emotional pain associated with sadness and loneliness, and shows how to reduce a fear of emotional pain in clients who avoid change. She explores evidence that emotional pain is a physiological phenomenon that shares neurobiology with physical pain.

This course is helpful for people working with suicidal or self harming patients, as the desire to escape emotional pain is the most common theme in suicide notes, and self-harming is often referred to as a means of making emotional pain more visible.

Dr. Christine Dunkley is a consultant psychotherapist, and international DBT trainer.. She had more than 20 years' experience in the NHS, has co-authored 2 books on mindfulness, and published articles in many journals - American Journal of Psychotherapy, Therapy Today, Counselling & Psychotherapy Journal, and the European Journal of Counselling and Psychotherapy. Her research article 'Hearing the Suicidal Patient's Emotional Pain' is number one in the 'Most Read' chart of 'Crisis' – the Journal of the International Association for Suicide Prevention.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses, coaches and CBT practitioners.
This workshop will contribute 6 hours Continuing Professional Development

7th February 2019 09.30 – 16.30
British Psychological Society
30 Tabernacle Street
London
EC2A 4UE

Prices including lunch & refreshments
Until 7th Jan 2019 - £120 plus vat
From 8th Jan 2019 - £135 plus vat
For more information or to reserve a place visit :-
www.grayrock.co.uk
www.stantonltd.co.uk