

# **Managing emotions**

## **10-day program**

### **SYNOPSIS**

#### **Program's main objectives:**

- Ponder over the importance of good living habits to manage emotions
- Understand the importance of expressing emotions in a sound and healthy way
- Understand the role of emotions
- Feel the effects of basic emotions (happiness, rage, sadness, fear, shame and guilt).

## **Workshop's Theme: The hidden side of working in uniform**

### **Main objective:**

- Understand the impact of duty on the management of their emotions for people in uniform.

### **Specific objectives:**

- Help workers in uniform to acknowledge the main defense mechanisms related to duty in a situation of stress or danger
- Help the clients to acknowledge the stages of emotional desensitisation
- Help the clients to identify the means of adopting a sound managing of emotions in their daily life as well as in stressful situations

### **Planning the activity:**

#### How to reach the objective

- Theories on the main principles related to the psychodynamic importance of the workplace: the denial of perception, emotional desensitisation and the sense of usefulness
- Presentation of models to demonstrate these theories
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1h15**

### **References:**

Saint-Arnaud Louise, Marché-Paillé Anne, Toulouse Georges *et al.*, « Le travail des préposés aux appels d'urgence 9-1-1 : un travail de sentinelle au cœur de la sécurité publique », *Travailler*, 2010/1 (n° 23), p. 9-25. DOI :

10.3917/trav.023.0009. URL :

<https://www.cairn.info/revue-travailler-2010-1-page-9.htm>

Bourbonnais, R., Lee-Gosselin, H. & Pérusse, M. (1985) L'organisation du travail en milieu hospitalier et ses effets sur la santé des infirmières. Vol. 10, #2, p. 73-85

## Workshop's Theme: The living environment

### Main objective:

- Help the clients to deepen their knowledge on their living habits

### Specific objectives:

- Realise the benefits of a sound living environment
- Help the clients to acknowledge the main elements of a living environment
- Help the clients create for themselves a sound living environment

### Planning the activity:

#### How to reach the objectives

- Theories on the main principles of a living environment: values, needs, limits and behaviour
- Presentation a plan for a sound living environment
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1h15**

### References:

Maslow, A. (2008). *Devenir le meilleur de soi-même : besoins fondamentaux, motivation et personnalité*. États-Unis : Eyrolles.

Schwartz, S.H. (1992). *Universals in the content and structure of values : Theory and empirical tests in 20 countries*. Dans M. Zanna (éd.). *Advances in experiences in experimental social psychology*, 25, p.1-65. New-York : Academic Press.

## **Workshop's Theme: Living as a couple**

### **Main objective:**

- Help the clients to reflect on their emotions in their life as a couple

### **Specific objectives:**

- Help the clients to acknowledge how they can best manage their emotions
- Help the clients to consider their needs in their couple
- Help the clients to identify the ways of favouring harmony in their life as a couple

### **Planning the activity:**

#### How to reach the objectives

- Presentation of a video
- Discussions and interaction between the clients and the group moderator (group conversation) on the main points of the video
- **Duration: 1h15**

### **References:**

Conférence vidéo de Paul Dewandre, adaptation du roman de John Gray

## Workshop's Theme: Resilience

### Main objective:

- Help the clients to deepen their knowledge on the concept of resilience.

### Specific objectives:

- Learn the definition of resilience
- Identify the cognitive and emotional processes of work in adversity
- Identify uncompromising attitudes towards resilience
- Help the clients to identify the best attitudes towards the development of resilience

### Planning the activity:

#### How to reach the objectives

- Theories on the concept of resilience
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

Neenan, M. (2009). *Developing Resilience : A Cognitive-Behavioural Approach*. New-York : Routledge.

Grotberg, E.H. (1999). *How to Deal With Anything*. New York : MJF Books.

## Workshop's Theme: The fundamental needs

### Main objective:

- Help the clients to deepen their knowledge on the fundamental needs of a human being

### Specific objectives:

- Help the clients to reflect on the importance of satisfying their fundamental needs, and to choose the best ways of managing their emotions
- Help the clients to identify their needs as well as the means to satisfy them without resorting to drinking, for those coping with a consumption problem
- Help the clients to realise the effect of their consumption habits, or state of depression, on the satisfaction of their needs

### Planning the activity:

#### How to reach the objectives

- Theories relating to the fundamental needs
- A presentation of Maslow's pyramid
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

Maslow, A. (2008). *Devenir le meilleur de soi-même : besoins fondamentaux, motivation et personnalité*. États-Unis : Eyrolles.

Whitfield, C. L. (2002). *L'enfant en soi*. Montréal : Éditions sciences et culture.

## Workshop's Theme: Bereavement

### Main objective:

- Help the clients to deepen their knowledge on bereaving and the different stages related to it.

### Specific objectives:

- Help the clients to know how to define bereavement and the main notions relating to it
- Help the clients to understand the stages of bereavement and to identify the emotions linked to every step of the process
- Help the clients to identify elements likely to undermine the resolution of a bereavement

### Planning the activity:

#### How to reach the objectives

- Theories relating to bereavement and the stages linked to it
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

Kübler-Ross, E. (2009). *Sur le chagrin et le deuil : trouver un sens à sa peine à travers les cinq étapes du deuil*. Paris : JC Lattès.

## Workshop's Theme: Compulsion

### Main objective:

- Help the clients to deepen their knowledge on impulsive or compulsive behaviours linked to their addiction problem and to identify means to control their cravings and their emotions.

### Specific objectives:

- Help the clients to consider how their impulsive or compulsive behaviours lead to a fallacious feeling of pleasure in their body
- Help the clients to recognise the unpleasant feelings that follow their impulsive or compulsive behaviours.
- Help the clients to control themselves

### Planning the activity:

#### How to reach the objectives

- Theories relating to impulsiveness and compulsion
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

DSM-IV-TR

Neurosciences, à la découverte du cerveau 3<sup>e</sup> édition

Alcoolisme, drogues et dépendances, document préparé par Claire Grenier

Site web : <http://lecerveau.mcgill.ca>

## Workshop's Theme: Emotions

### Main objective:

- Help the clients to deepen their knowledge on emotions.

### Specific objectives:

- Help the clients to know what is an emotion
- Help the clients to recognise their basic emotions
- Help the clients to make connections between depression and emotions

### Planning the activity:

#### How to reach the objectives

- Theories relating to emotions
- A presentation on the four steps of emotion management
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

Samuel-Lajeunesse, B., et al. (1998). *Manuel de thérapie comportementale et cognitive*. Paris : Dunod.

## Workshop's Theme: Stress

### Main objective:

- Help the clients to deepen their knowledge on stress

### Specific objectives:

- Help the clients to understand the effects of stress on the managing of their emotions
- Help the clients to identify the effects of an erroneous management of stress
- Help the clients to identify good ways of dealing with stress

### Planning the activity:

#### How to reach the objectives

- Theories relating to stress
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### References:

Lupien, S. Centre d'étude sur le stress humain. <http://www.stresshumain.ca/>

## Workshop's Theme: Depression (Introduction)

### Main objective:

- Help the clients to deepen their knowledge on depression.

### Specific objectives:

- Establish links between the concept of depression and certain emotions (i.e. anger, shame, sadness, etc.)
- Produce a definition of depression
- Help the clients to identify perceptions of their own reality

### Planning the activity:

#### How to reach the objectives

- Experimental workshop with a presentation of images
  - Use of a questionnaire on depression to verify knowledge
  - Presentation of a general definition of depression
  - Discussions and interaction between the clients and the group moderator (group conversation)
  - Overview of the workshop to verify achievements
- **Duration: 1h15**

### References:

Burn, D. (2011). *Être bien dans sa peau*. Canada : Les Éditions Héritage.

Légaré, M., Mailhot, S. (2008). *Soyez heureux : Pensez autrement!* Québec : Les Éditions 2psys.com.

McKenzie, K. (2013). *Comprendre la dépression*. Québec : Modus Vivendi.

Michael, E. A. et Martell, R.M. (2004). *Vaincre la dépression une étape à la fois*. Québec : Les Éditions de l'Homme.

Rector, N.A. (2010). *La thérapie cognitivo-comportementale : Guide d'information*. Canada : Centre de toxicomanie et de santé mentale (Camh).

Willson, R., Branch, R. (2008). *Les thérapies comportementales et cognitives pour les nuls*. France : Éditions First.

## **Workshop's Theme: Anger and Violence**

### **Main objective:**

- Help the clients to deepen their knowledge and to better understand the meaning of anger and violence.

### **Specific objectives:**

- Understand the difference between anger and violence
- Help the clients to recognise the different forms of violence
- Help the clients to identify violent behaviours and their impact on their environment
- Help the clients to acknowledge the best adequate means to manage their anger and violent behaviours.

### **Planning the activity:**

#### How to reach the objectives

- Theories on anger and violent behaviours
- Presentation on the cycle of violence and the frustration accumulation table
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

### **References:**

Désaulniers, L.-G., c.o., ps. Éd., La violence psychologique. Les Éditions Québecor.

Document sur la violence conjugale réalisé par le regroupement provincial des maisons d'hébergement et de transition pour femmes victimes de violence conjugale, 1993.

## **Workshop's Theme: Giving up**

### **Main objective:**

- Help the clients to familiarize themselves with the notion of controlling versus giving up

### **Specific objectives:**

- Help the clients to gain a better knowledge on the concept of giving up
- If necessary, help some clients to establish links between their own resistance and the reasons for being unable to give up
- Help the clients to familiarise themselves with elements facilitating giving up

### **Planning the activity:**

#### How to reach the objectives

- Theories on the concept of giving up and controlling
- Personal considerations on giving up and controlling
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

## Workshop's Theme: The cycle of relapse

### Main objective:

- Help the clients to acknowledge the process of relapse to prevent it and to react adequately to it.

### Specific objectives:

- Help the clients to understand the concept of relapse in relation with an addiction problem
- Help the clients to understand the steps leading to relapsing
- Help the clients to recognise and detect the dangers related to a relapse

### Planning the activity:

#### How to reach the objectives

- Myths and facts, in form of true or false, helping the clients to describe relapse
- Presentation on the process of relapse
- Discussions on pitfalls associated with relapsing
- Discussions on remedies to prevent relapsing
- Overview of the workshop to verify achievements
  
- **Duration: 1h15**

Annis, H.M., Herie, M.A. & Watken-Merek, L. (1996). *Manuel de prevention structure de la rechute, modèle d'orientation en consultation interne*. Toronto : Fondation de la recherche en toxicomanie.

Roy, R. (2003). *TXM 350 – Ateliers pratiques en réadaptation*. Recueil, Université de Sherbrooke.