The Neuroaffective Approach to Emotional Awareness, Sensitivity, and Utilization

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NOT THE USUAL PSA

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”
Defining Resilience for Today

“An individual’s ability to perceive and moderate biopsychosocial status for safety and optimal adaptive opportunity.”

Natural Resilience
Seven Emotional Dispositions/Arousal States:
Jaak Panksepp (2012)

- Large-scale neural networks
- Instinctual
- Genetically dictated
- Sex based
- Cannot be turned on or off
- Non-linguistic
- Chemically bound
- Localized and distributed in the body and deep in the brain
- Can be called “primary emotions” or “emotional primes”
- Cortex uses neurotransmitters, subcortical affective primes use neuromodulators
Seven Emotional Dispositions/Arousal States: Translated into Psychoeducational/Counseling Terms (EF-J)

But we are not going to talk about sex....
Materials

- Floor space
  - White board space
- Large array of colored pencils
  - Or board markers
- Flip chart
  - Large drawing pad
  - Teacher’s craft paper
Affective Inventory Prompts

1) Choose color for emotion
2) Analogies for emotion: food, weather, temperature etc.
3) Draw your body last time you had this emotion
4) Discuss the drawing (Tell me....)
5) Intensity scale (1 to 10)
6) Frequency scale (ask if it should go up or down)
7) Event that happened when the feeling was being experienced
8) Psychoeducation about that emotion (it helps you...)
9) Coping strategies that would help the outcome or change the outcome
Affective Inventory

[Hand-drawn image showing a stick figure with the word "Mad" and various descriptors like "chili peppers", "fast", "hot", "tap", "loud"]]
Mad
**AFFECT/EMOTION INVENTORY**

- Mad
  - What is mad? Other names for this feeling? (anger, frustrated…)
    - Remember the last time you were mad—where did you feel it in your body?
    - How intense was the feeling (1 to 10)
    - How often do you feel that mad? Is that ok? (Do you want that number to go up? Down?)
    - What was happening at the time?
    - What did feeling mad do for you? (protect, shield, get you in to trouble?)
    - What did you do about it? (how did you behave?) and did it work?

- Psychoeducation
  - Mad works for you (its how you handle mad that can get you in to trouble)
  - You body on mad is powerful –fight out of the flight/fight
  - Let’s look at how to do mad and not get in to trouble or turn people off from listening
  - Let’s go back to the last time you were mad—should it be changed?
Sad
Sad
Care
Care
Mad
Scared
Scared
Play
Play
Seeking
Seeking
Action Skills

- The plan: What are your options?
  - Change the emotions/feelings?
  - Mediate the emotions/feelings?
  - Deny the emotions/feelings?
  - Act out the emotions/feelings?
  - Tolerate the emotions/feelings?
  - Celebrate the emotions/feelings?

- The tools: what do you need to do the above?

- **Predicting** the outcome: what do you think is going to happen?

- Evaluating the outcome: how are you going to know how it worked out? Is your homeostasis ok?!!
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