



Understanding Emotion: Creating Healthier Communities

A workshop with internationally renowned psychiatrist Professor Susan Deppe

A 2 day training hosted by VARJ.....

When; - Thursday 25th and Friday 26th October, 2007

9.00am – 4.00pm each day

Where; - The Heritage Room at Coopers Inn, 282 Exhibition St (Cnr Little Lonsdale), Melbourne 3000

Cost; - \$270.00 per person

Understanding Emotion: Creating Healthier Communities

This course is about a new way to understand emotion, and how we can use that knowledge to create a healthier, more peaceful world. This framework is especially relevant to education, mental health, spirituality, parenting, and restorative practices. Participants will explore the work of Silvan S. Tomkins and Donald L. Nathanson, which helps us understand people in the context of biology, biography, family, and culture. Participants will learn about the nine innate affects, (biological emotion programs), and their facial displays and triggers. They serve as amplifiers, make things feel good or bad, and motivate us. The affects link with life experience to form scripts, powerful emotional rules, of which we are usually unaware. We will learn about the language of emotion, emotional health and personality development, biological factors and emotion (drugs, fatigue, etc.), empathy, intimacy, and community. The affect and script framework explains why restorative practices work. The professional who understands emotion from this perspective wields a powerful tool for healing and growth.

This training will be especially helpful for convenors of restorative conferences or those interested in learning more about the emotion of conferencing.

The Presenter: Susan Deppe MD, DFAPA

Dr. Deppe is Clinical Assistant Professor of Psychiatry at the University of Vermont College of Medicine, and is on the Faculty of the Silvan S. Tomkins Institute in Philadelphia, Pennsylvania. The mission of the SSTI is to study, teach, and extend Tomkins's work. Dr. Deppe is in private psychiatric practice. Long involved in patient advocacy, legislation, and public affairs, she has taught community groups, clergy, and health professionals across North America since 1992, and more recently, in Europe, Australia, and New Zealand. She has been teaching Tomkins's paradigm for fourteen years, with its applications to psychotherapies, mood and anxiety disorders, shame, spirituality, emotional development, and restorative justice practices.

REGISTRATION – UNDERSTANDING EMOTION 2 DAY TRAINING

ABN: 56 898 041 553

Tax Invoice / Receipt

Name: _____ Position: _____

Organisation: _____

Ph: _____ Mobile: _____ Email: _____

Please make cheque (\$270.00 GST included) payable to **Victorian Association for Restorative Justice** c/e Peter Condliffe, President, VARJ, 205 Williams St, Melbourne, 3000.

One registration form per participant, please photocopy as required. Registration Forms may be emailed to: Peter Condliffe pc@vicbar.com.au or mailed with payment as above.

Registration will be confirmed upon payment. Numbers are limited.