

# Growing Up Emotionally

Learning to Live from Your Head and Heart

Live Webinars Supporting  
5-Actions Programs™

7/16/22

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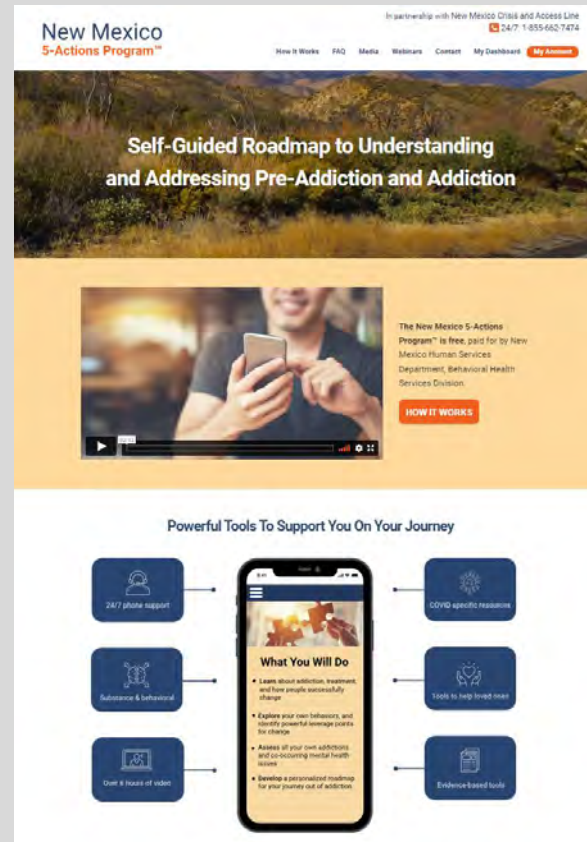
## Agenda:

- Discuss the important role emotions play in life
- Review the developmental nature of emotions
- Offer a model for how emotions lead to mental health challenges and disorders
- Discuss interventions that help people grow up emotionally

# 5-Actions Programs™

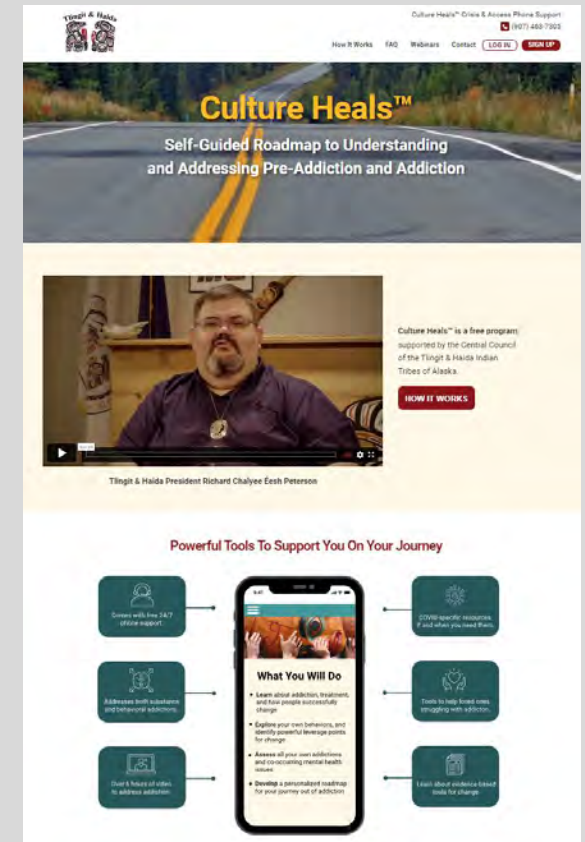
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico



[www.nm5actions.com](http://www.nm5actions.com)

## Alaska

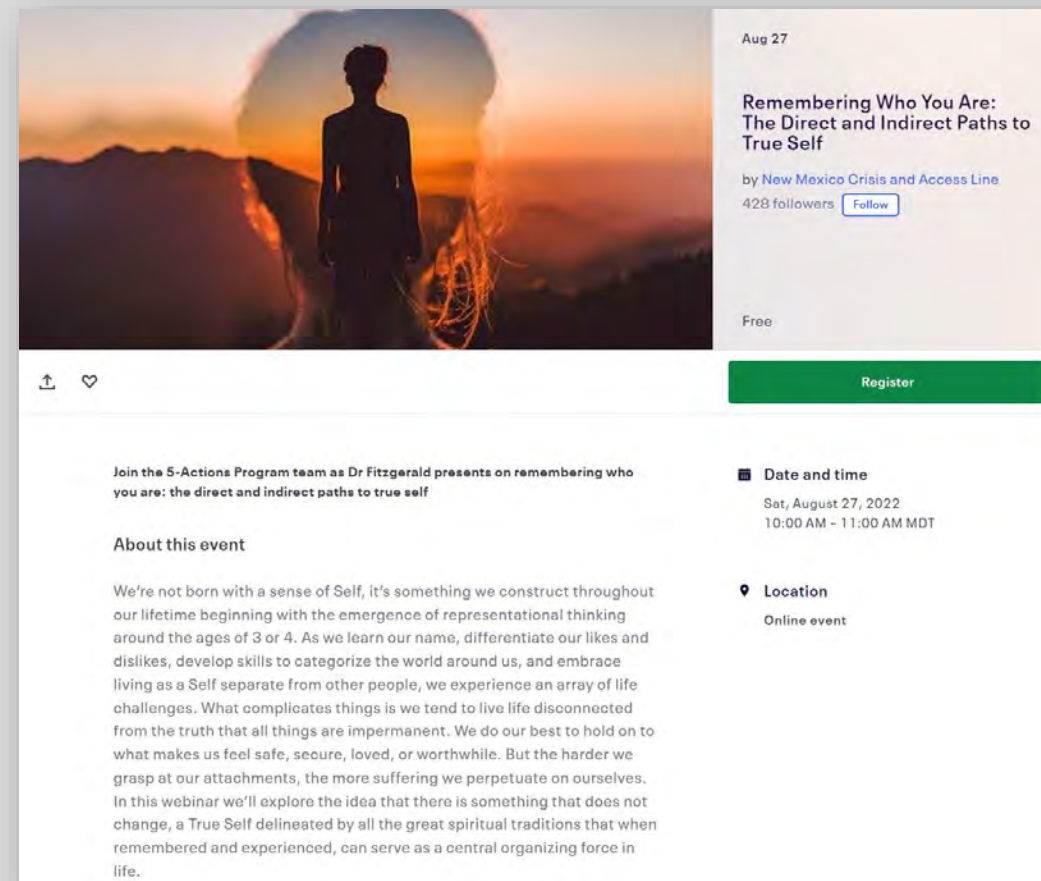


[www.cultureheals.com](http://www.cultureheals.com)

# 5-Actions Program™ Webinars: 2022

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>



**Not what I was expecting...**



# Emotional Roots to Addictive Disorders



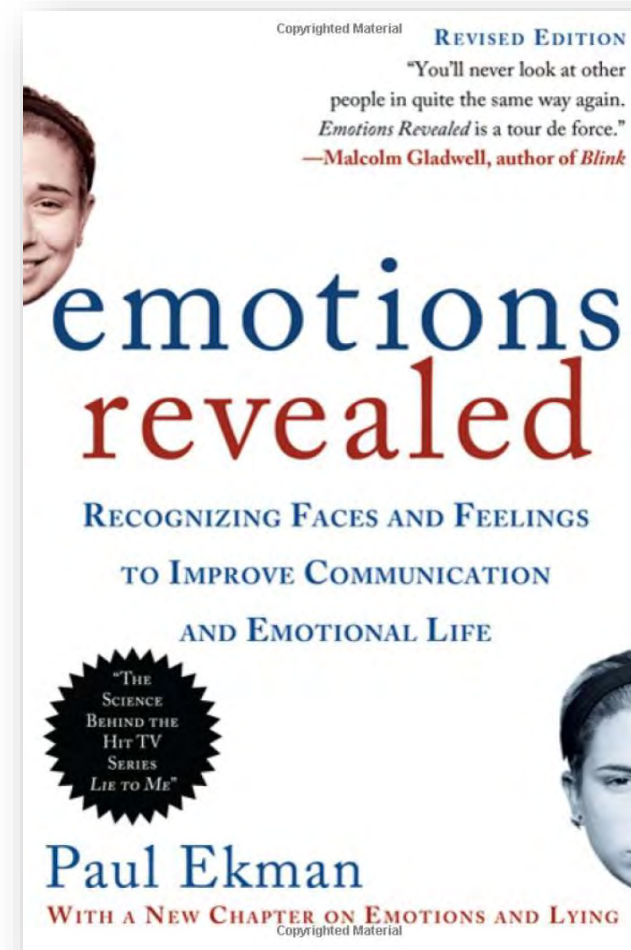
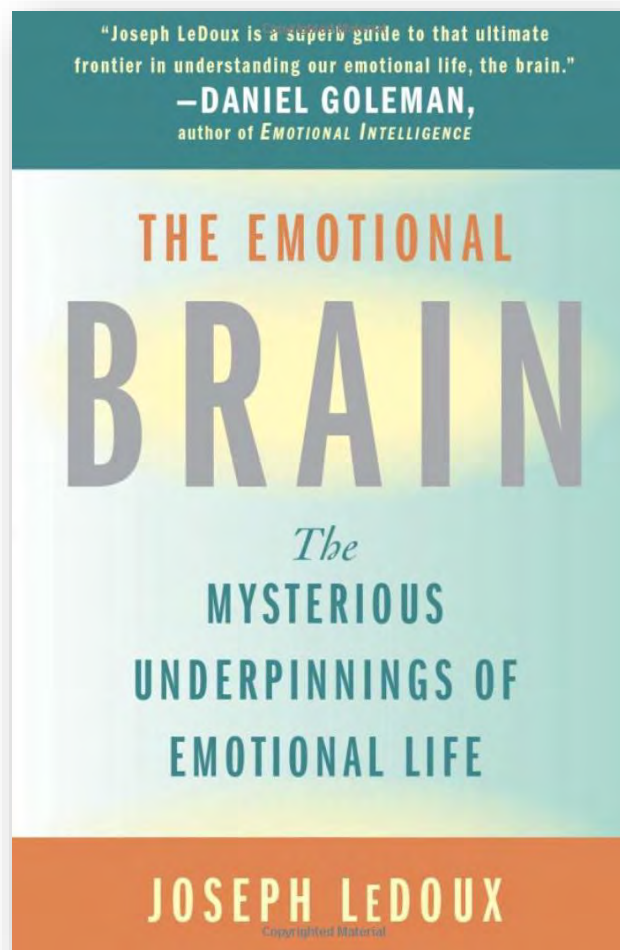
# What are emotions?



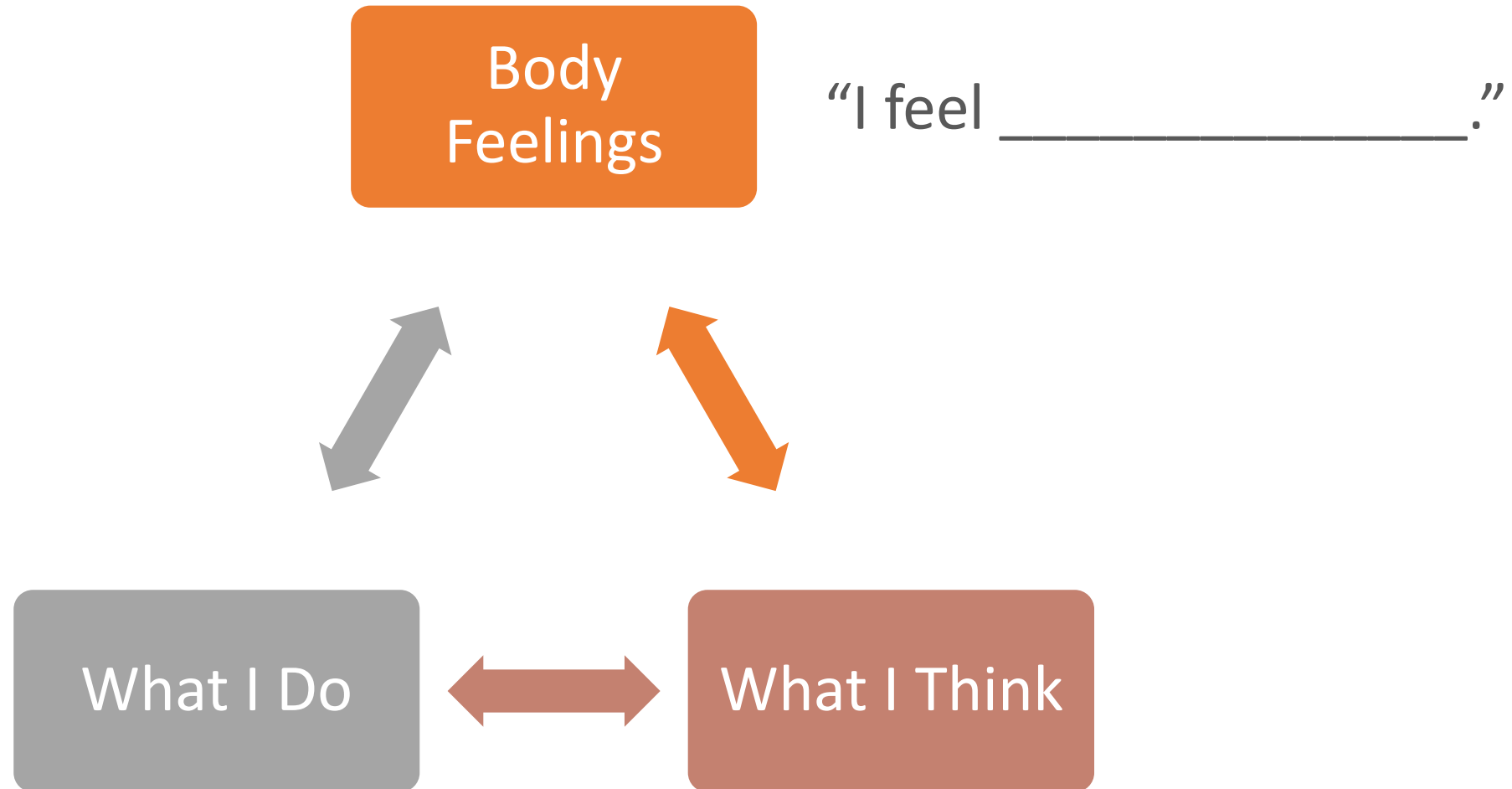
Unfortunately, one of the most significant things ever said about emotion may be that everyone knows what it is until they are asked to define it.

Joseph LeDoux, *The Emotional Brain*

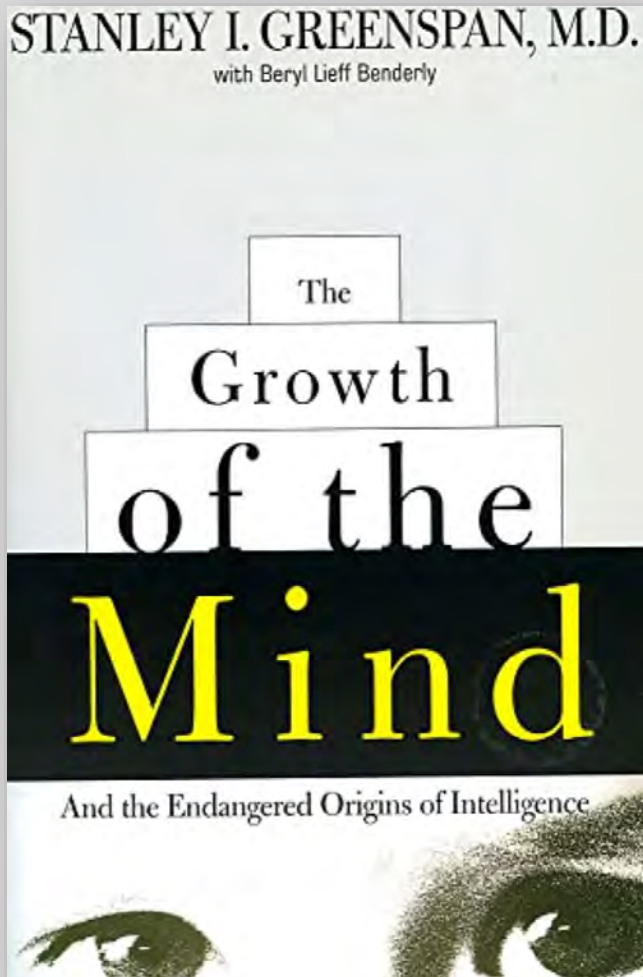
# Taking a Deeper Dive



# Three Parts of an Emotional Experience



# Role Emotions Play in Life



An understanding of the **role of emotions** at the root of all mental development helps us define the elusive concept of mental health.

If mental health is defined by a person's mastery of a series of developmental tasks – the acquisition of the capacity to reflect, to relate deeply to others, and to regard others with empathy in the face of stress or change – we will insist on the importance of intimate interpersonal experiences and **emotional growth**.

# Divided America



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## DIVIDED AMERICA

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It's no longer just Republican vs. Democrat, or liberal vs. conservative. It's the 1 percent vs. the 99 percent, rural vs. urban, white men against the world. Climate doubters clash with believers. Bathrooms have become battlefields, borders are battle lines. Sex and race, faith and ethnicity ... the melting pot seems to be boiling over.

<https://www.ap.org/explore/divided-america/>

# Carl Sagan Testifying Before Congress on Climate Change (1985)



American astronomer, planetary scientist, cosmologist, astrophysicist, astrobiologist, author, and science communicator.

I just realized I had totally forgotten what it was like when everyone in congress could manage to shut the (bleep) up for a quarter of an hour until someone was done talking. Listening to Carl while they were doing that was icing on the cake. Miss this guy a lot.

Imagine living in a time when people of different political beliefs actually listened respectfully to each other.

Imagine Congress today allowing a scientist to speak, uninterrupted, for 15 minutes.

# Consequences of Emotional Challenges

## Drug Overdose Deaths\* Increased in 2021

	ALL DRUGS	HEROIN	NAT & SEMI SYNTHETIC	METHADONE	SYNTHETIC OPIOIDS (mainly illicit fentanyl)	COCAINE	OTHER PSYCHO-STIMULANTS (mainly meth)
12/2020*	93,655	13,437	13,722	3,620	57,834	19,927	24,576
6/2021	101,850	11,157	13,928	3,770	65,453	21,469	29,576
12/2021*	107,622	9,137	13,503	3,612	71,238	24,538	32,856
Percent Change 12/20-12/21	<b>14.9%</b>	<b>-32.0%</b>	<b>-1.5%</b>	<b>-0.02%</b>	<b>23.2%</b>	<b>23.1%</b>	<b>33.7%</b>

\*NCHS Provisional drug-involved overdose death counts are PREDICTED VALUES, 12 months ending in select months.  
<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

Source: Nora Volkow, Director, NIDA, APA 2022

# Emotions: Nature and Nurture



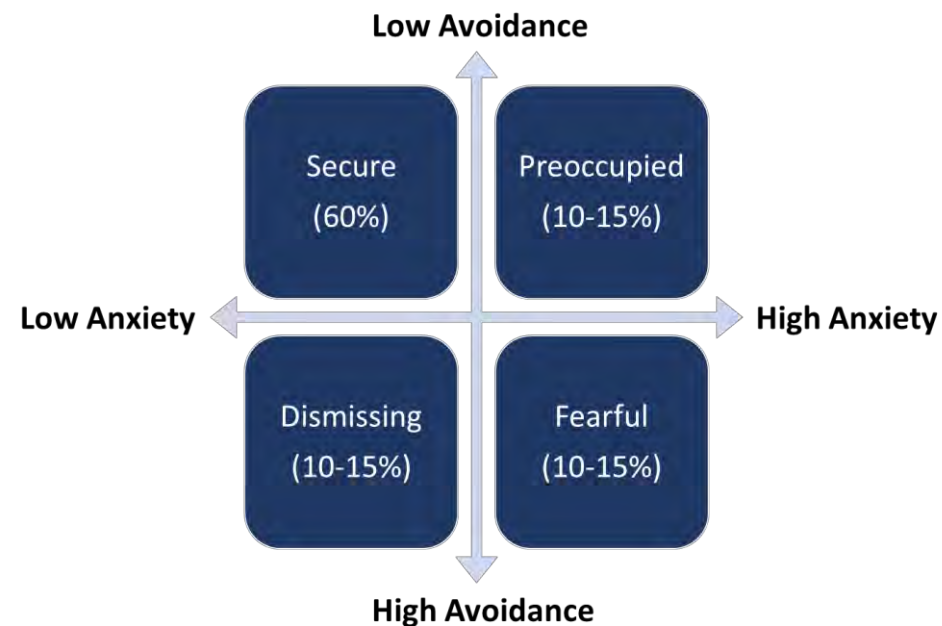
# Attachment



- Relational template
- Cradle to grave
- 2-years of age

# Attachment Style

Parenting Behavior	Mother or Caregiver #1	Father or Caregiver #2
<b>(1) Protection</b> Kept me safe from danger and threats. I felt safe when with him/her.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
<b>(2) Attunement</b> Was emotionally in tune with how I was feeling, could read my emotions and respond in a way that made me feel they understood how I felt.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
<b>(3) Soothing and Reassurance</b> Calmed and soothed me effectively when I became distressed, upset, or overwhelmed.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
<b>(4) Expressed Delight</b> Took genuine interest in me, and expressed delight in who I was. I felt special and valued by him/her.	1 2 3 4 5 6 7	1 2 3 4 5 6 7
<b>(5) Encouragement</b> Encouraged exploration and discovery, helped me find and express my natural interests and talents, supported me (without pressure) becoming the best version of myself possible.	1 2 3 4 5 6 7	1 2 3 4 5 6 7



**Assessing Attachment Style**

<https://openpsychometrics.org/tests/ECR.php>

# Six Stages of Emotional Development

**Stage 1:** Security and the Ability to Look, Listen, and be Calm

**Stage 2:** Relating: The ability to Feel Warm and Close to Others

**Stage 3:** Intentional Two-Way Communication Without Words

**Stage 4:** Solving Problems and Forming a Sense of Self

**Stage 5:** Creating and Elaborating Emotional Ideas

**Stage 6:** Emotional Thinking

*Stanley Greenspan, MD, (1941-2010), Growth of the Mind, 1997*

# Roots of Emotional and Addictive Disorders



Insecure  
Attachment

2 Years



ACEs

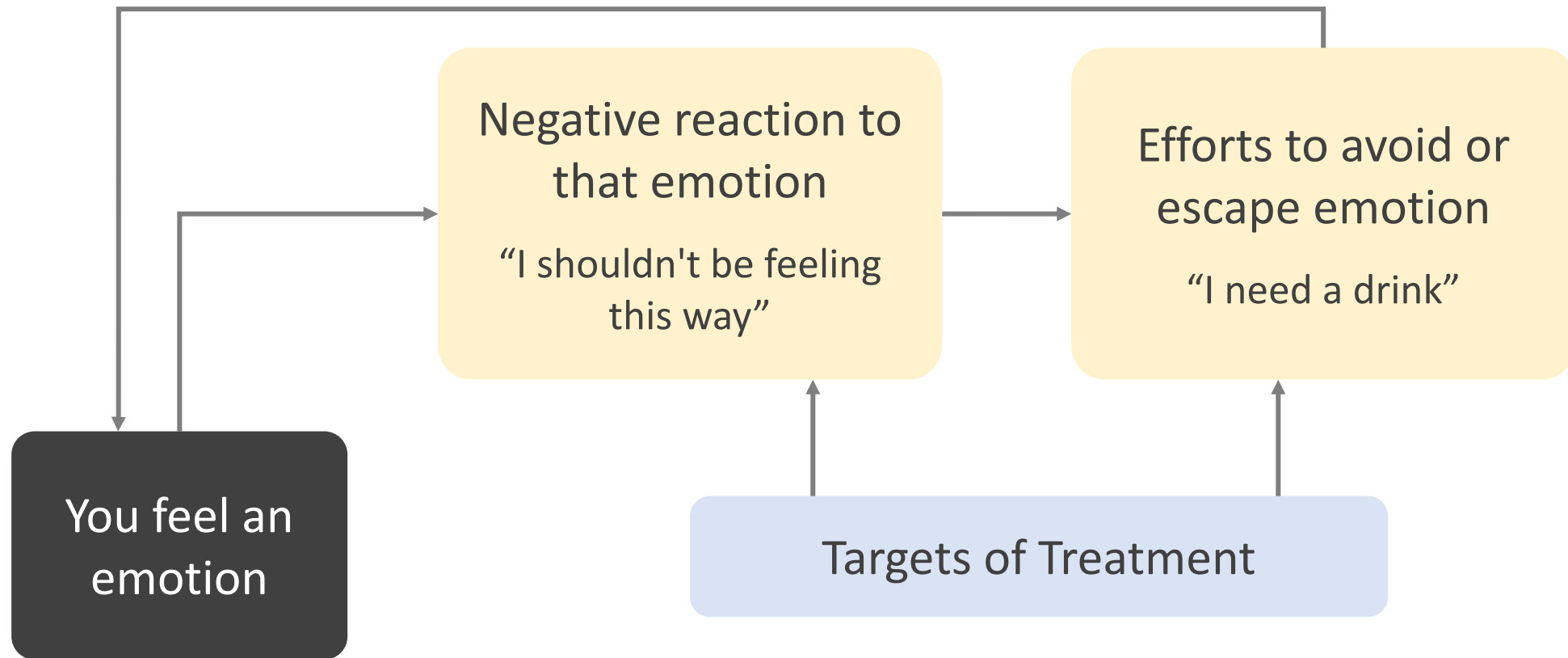
Childhood



Trauma

Individualized Response

# Functional Model of Emotional Disorders



## Pep Pills, Pep Talks, and Real Therapeutic Experience



Psychotherapy can often be an unrecognized way of maintaining one's current mental level rather than a real opportunity for progress. Arrested at one of the stages of emotional growth, people are most resourceful at finding ways of remaining stuck at that stage.

Stanley Greenspan, Growth of the Mind

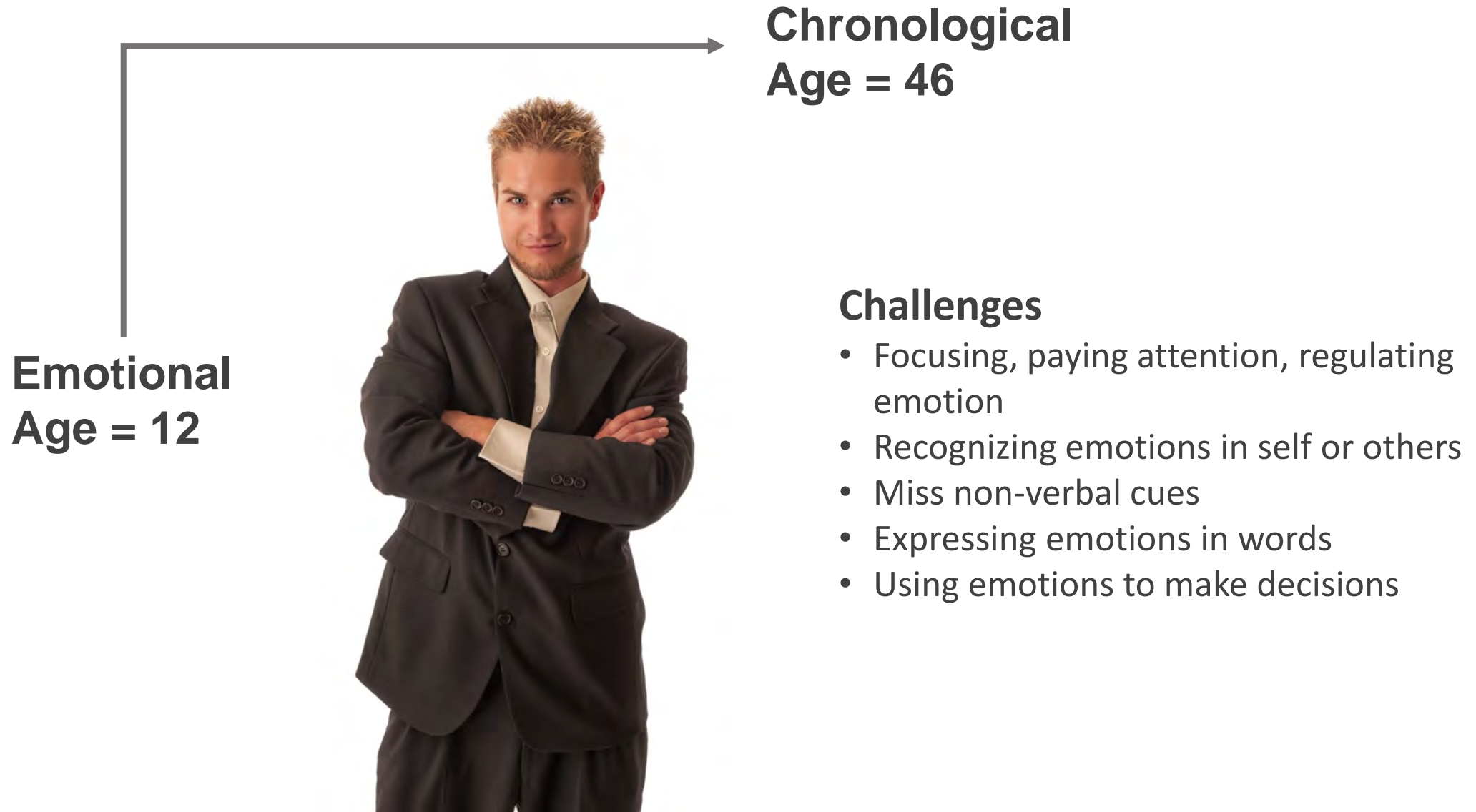
# Growing Up Emotionally

## Developmental Stuckness

**Emotional  
Age = 12**



# Growing Up Emotionally



# What accounts for **positive treatment outcomes**?

## The Contextual Model

(Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

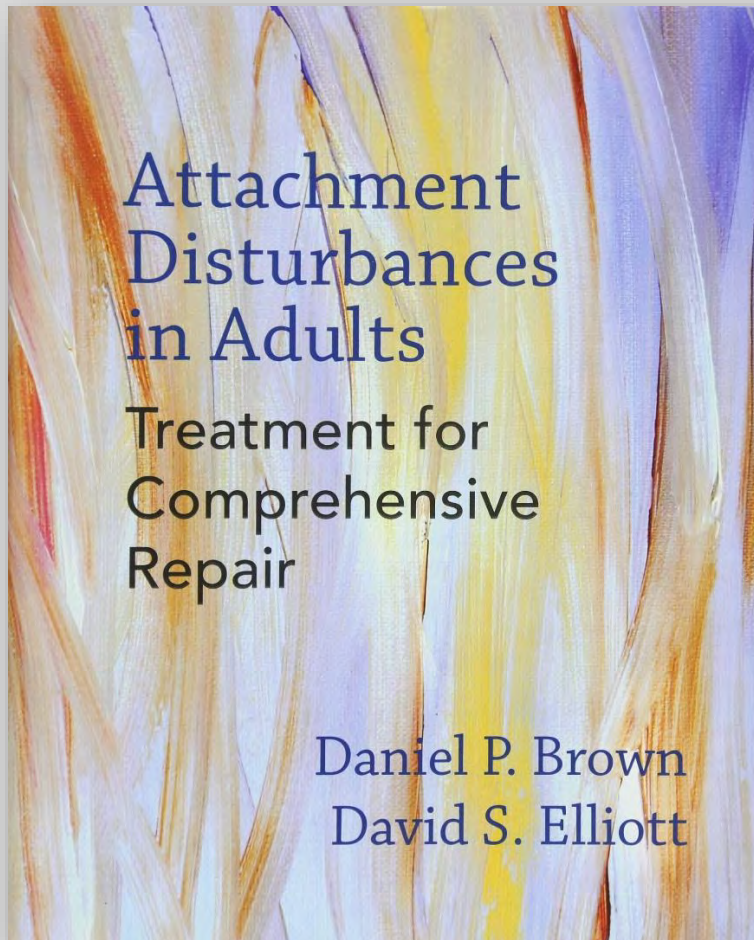
1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Tasks/Goals/Intervention Actions



Good Outcomes

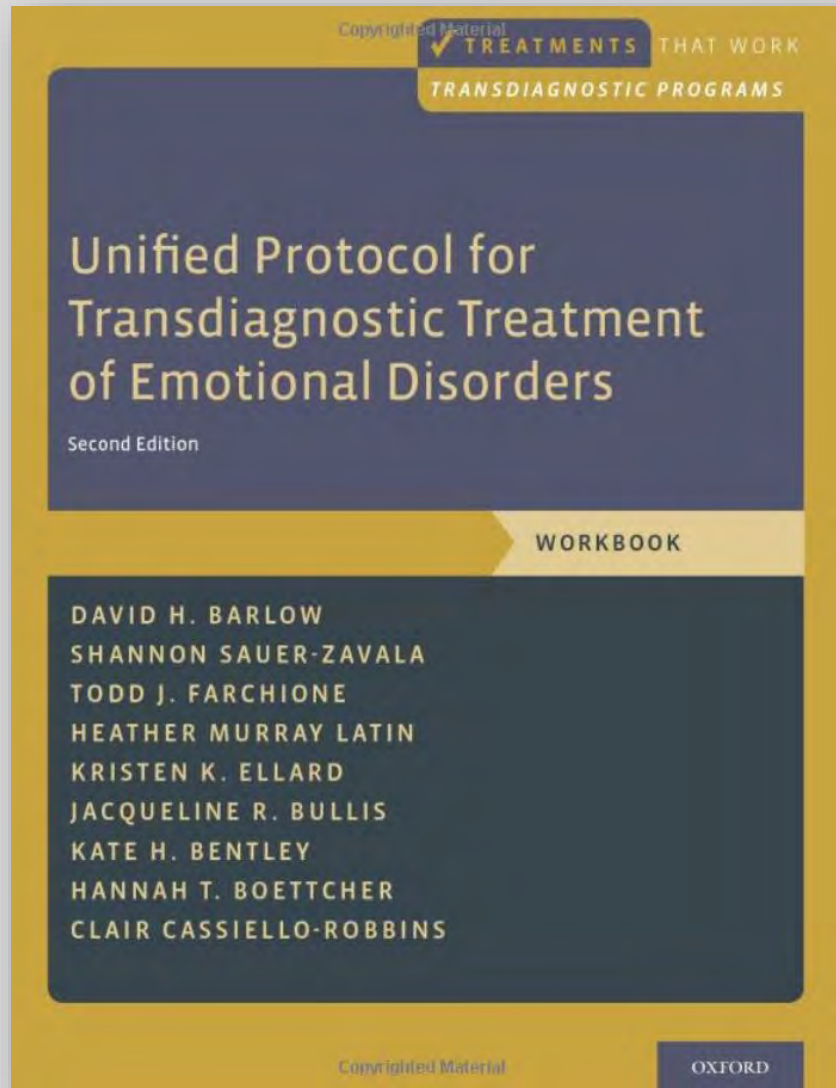
Mastery of a series of developmental tasks

# Three Pillars Model of Attachment Repair



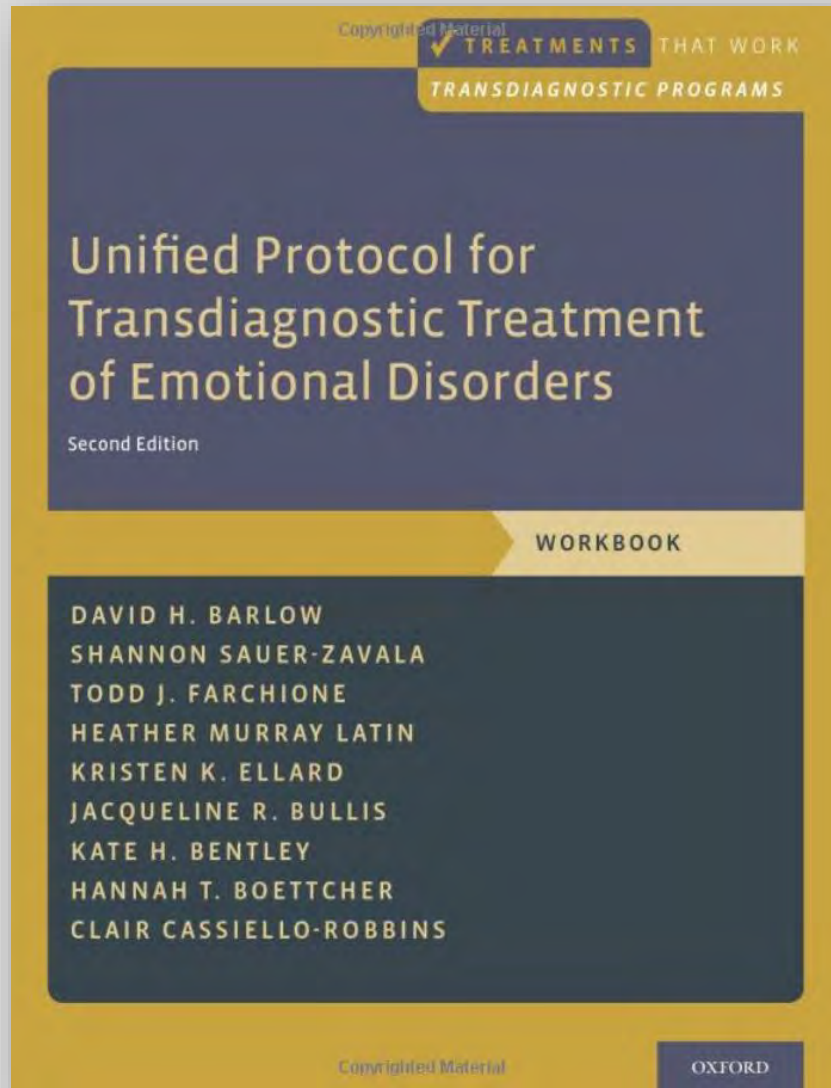
<https://www.youtube.com/watch?v=z2au4jtL0O4&t=215s>

# Building a Healthier Relationship with Emotions

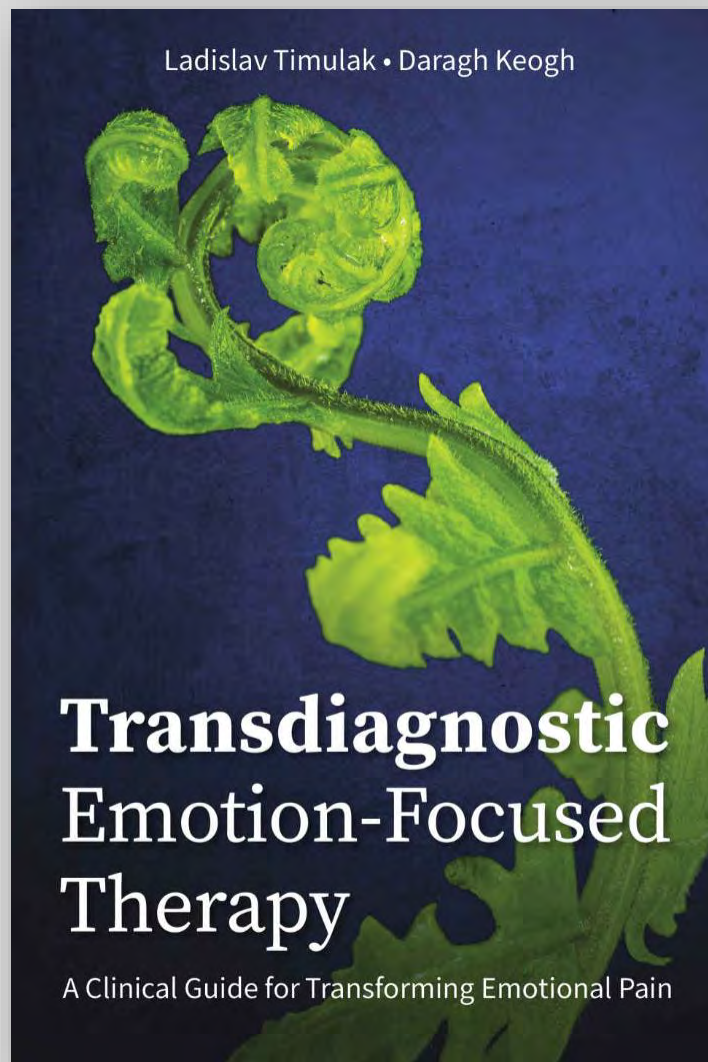


- Panic Disorder
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Disorder
- Depression (Major/Persistent Depressive Disorder)
- Borderline Personality Disorder
- Eating Disorders
- Self-Destructive Behavior

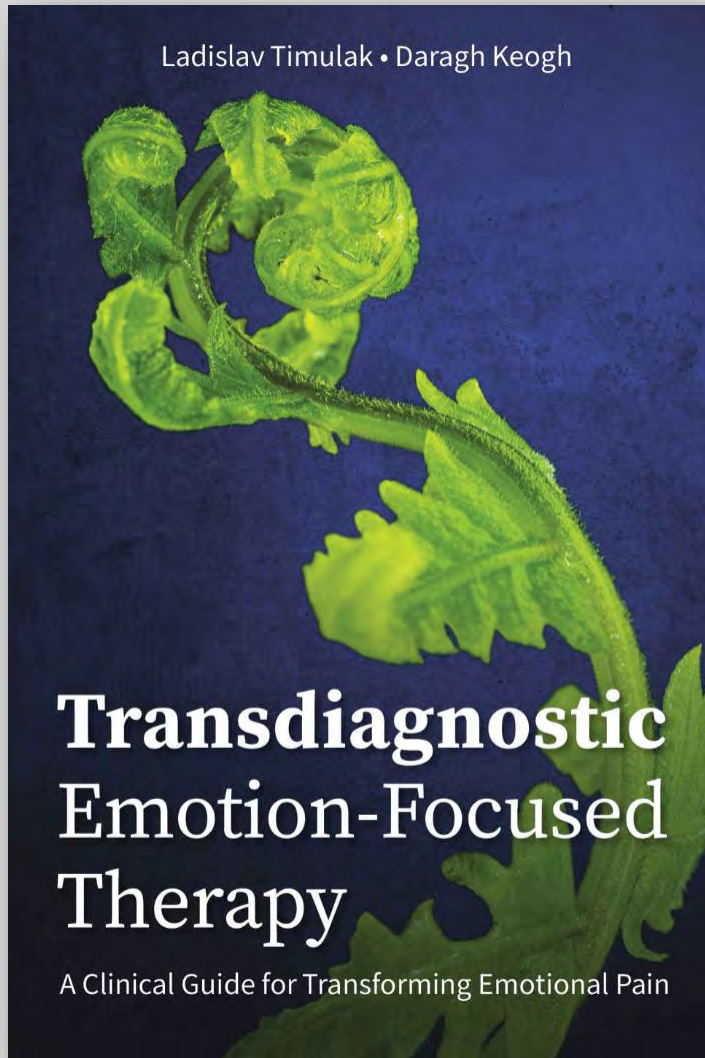
# Building a Healthier Relationship with Emotions



# Emotion-Focused Therapy

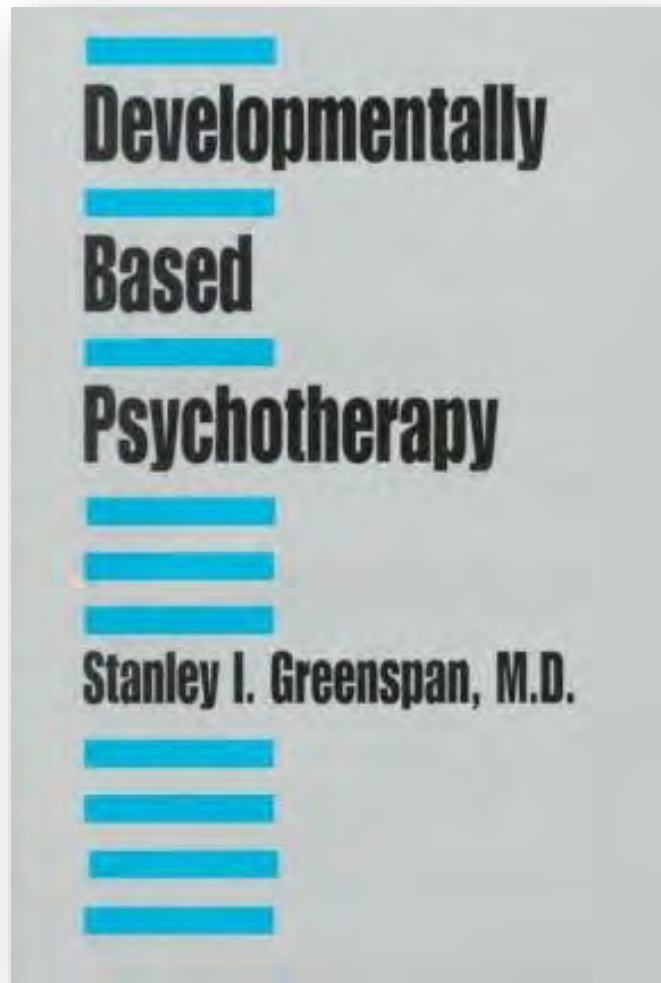


# Emotion-Focused Therapy



The articulation of unmet needs serves as a bridge in the transformational work at the heart of EFT. Unmet needs point toward the sort of emotional response the client needs to mitigate the unbearable pain they are experiencing.

# Principles of Developmentally Based Psychotherapy



- Build upon the patient's natural inclinations and interests and harness a number of core developmental processes at the same time.
- Therapist always meets the client at his/her developmental level.
- Therapist aims to effect change by helping the patient negotiate the developmental level or levels she/he has not mastered, or only partially mastered.
- Therapist should always promote the patient's self-sufficiency and assertiveness.

# Growing Up Emotionally



- Become a student of emotion
- Practice mindfulness of emotions
- Practice three-word emotion sentences
- Push your emotional comfort zones
- Work with an emotion-focused therapist
- Engage emotional content – movies, books, activates – to push development

## Our Human Imperative

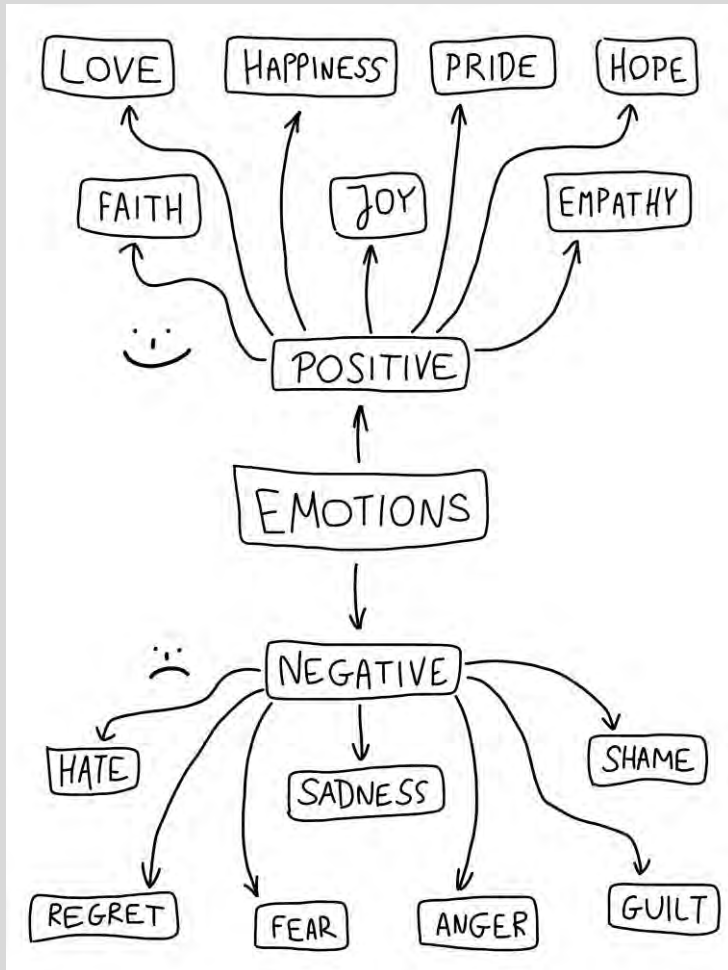


The assumption that there will be enough reflective adults to maintain a free society is not to be taken for granted. If the supposition I have set forth in this book is true – if emotional experience is in fact the basis of the mind's growth – then the spreading impersonality and family stress that pervade our society may well be threatening mental development in a significant number of individuals.

We can expect that persons who in childhood lacked opportunities to develop higher, more reflective mental qualities will act impulsively, think in rigid and polarized terms, fall short in nuance and subtlety, and ignore the rights, needs, and dignity of others. Should numbers of such people grow, we would expect society to become more unpredictably dangerous, with rising violence and antisocial behavior and less self-reliant and negotiation. People would show ever more extremism and self-absorption. In the long run there would be less generative, creative thought. Rote cognitive skills would supplant true innovation (p. 308).

*Stanley Greenspan, MD, (1941-2010), Growth of the Mind, 1997*

# Summary



- Emotions are at the heart of engaging in a full and meaningful life
- We are not born with emotional intelligence, we learn it developmentally
- Emotional problems emerge from negative reactions to emotion and efforts to avoid or escape emotion
- **We can emotionally grow up and learn to live from our head and heart**

# Questions and Discussion

