

# Emotions Education 101

***An 8-Week, Trauma-Informed Class on How to Work  
With Emotions in the Mind and Body for Lasting  
Well-Being***

## **Course Details**

**Who: Adults, 18+**

**When: Wednesdays, 6:30 - 8PM  
Starting on 9/4/24**

**Where: Zoom/Virtual**

**Tuition: \$75 per Class -OR-  
\$525 if Paid in Advance  
No Insurance Accepted**

**Facilitator: Dr. Kacey Wilson**

**Note: Pre-Class Consultation  
Required (Cost: \$50)**

## **Course Description**

**A gentle blend of didactic learning, experiential exercises, and small group discussion will allow participants to develop tools/skills for working with and relating to emotions and defenses more effectively, including learning to work The Change Triangle Tool.**

## **Course Syllabus**

**Module 1: Introduction to the Class and the Change Triangle®**

**Module 2: Cost and Benefits of Defenses - What are defenses?**

**Module 3: Anxiety - Using anxiety as a signal to validate core emotions, conflicts, and needs**

**Module 4: Shame and Guilt - Differentiating between shame and guilt; soothing shame**

**Module 5: Core Emotions & Being with Sadness**

**Module 6: Core Anger - Anger has a purpose**

**Module 7: Expansive Emotions - Joy, pride, gratitude, excitement**

**Module 8: Openhearted State/Working the Triangle - Final Q&A**

**Call (919) 442-1125 to  
Register!**

**Note: This is not a psychotherapy or deep trauma-processing group**