

STRENGTHENING YOUR EMOTIONAL INTELLIGENCE

Micah Miller, LCSW, Therapist

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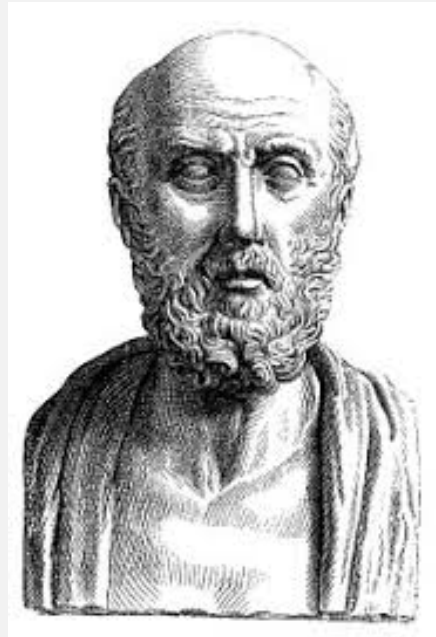
ROAD MAP

- Progress in the field of mental health
- Emotional intelligence and the “acoustic window”
- Amygdala – the brain’s emotion center
- Exploring your emotion center
- Pragmatic steps to safety
- Putting it all together

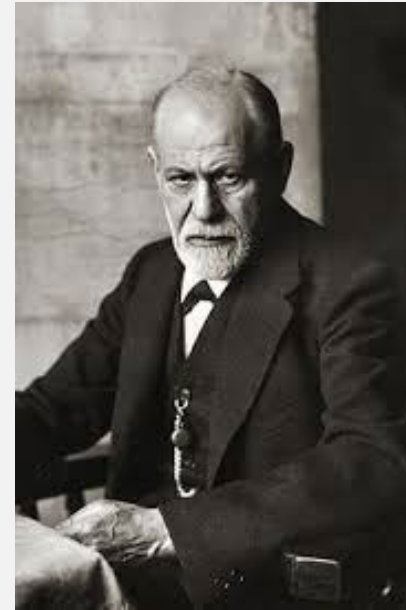
A CHANGE IN PERSPECTIVE

Used to be	Now
“Rub some dirt in it”	“If you are in emotional pain, it matters”
“Emotions should be contained and hidden”	“Emotions can be communicated or expressed in a healthy manner”
“If you can’t deal with problems on your own, you are weak”	“No one is an island. To reach out for help is a form of strength”
“Talking about your mental health problems like depression is taboo”	“Talking about your mental health problems with trusted friends is healthy”

A YOUNG MENTAL HEALTH FIELD



Hippocrates, born 460 BC



Sigmund Freud, born 1856 AD

EMOTIONAL INTELLIGENCE

“ the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically”

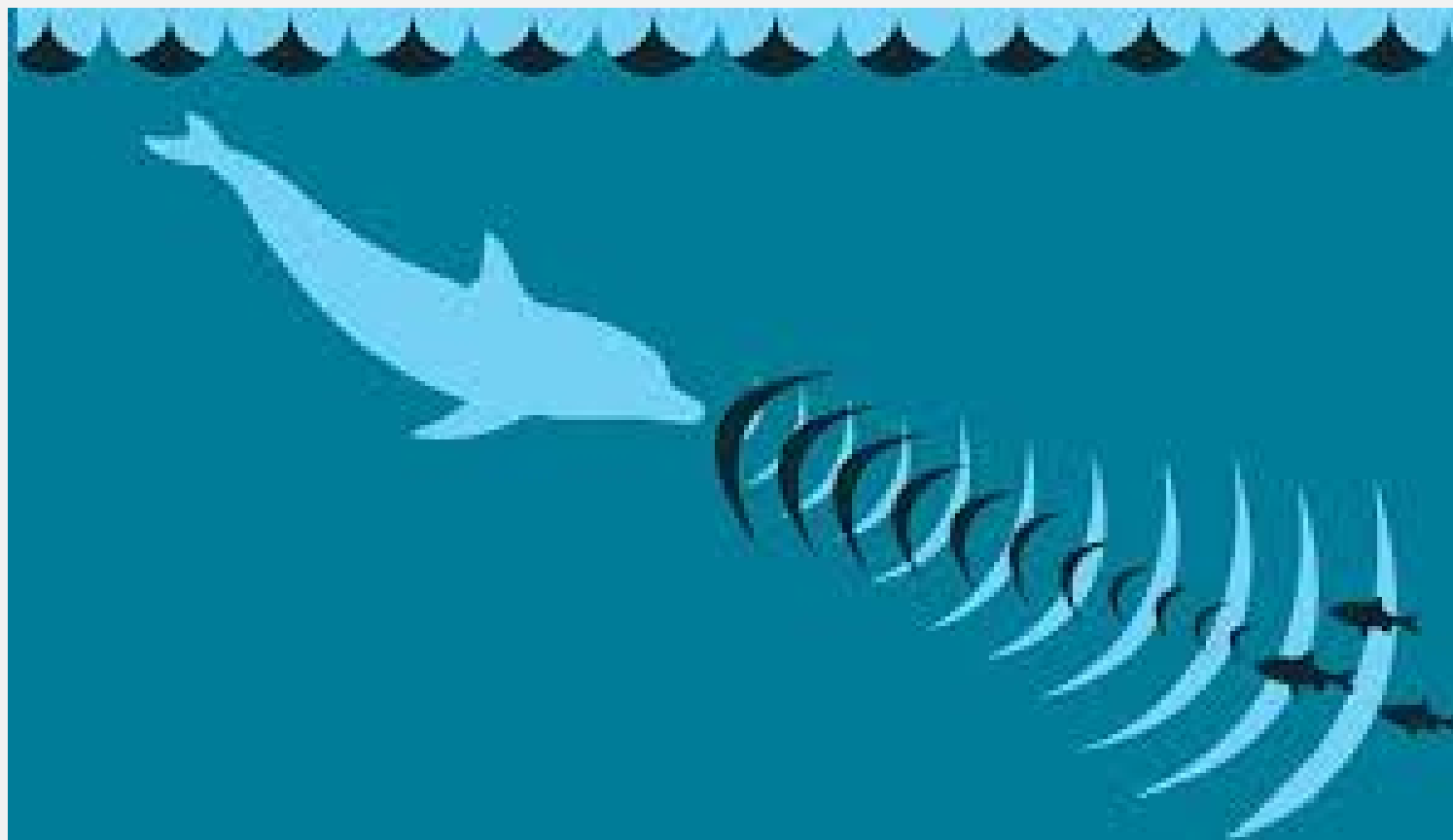
EMOTIONAL INTELLIGENCE

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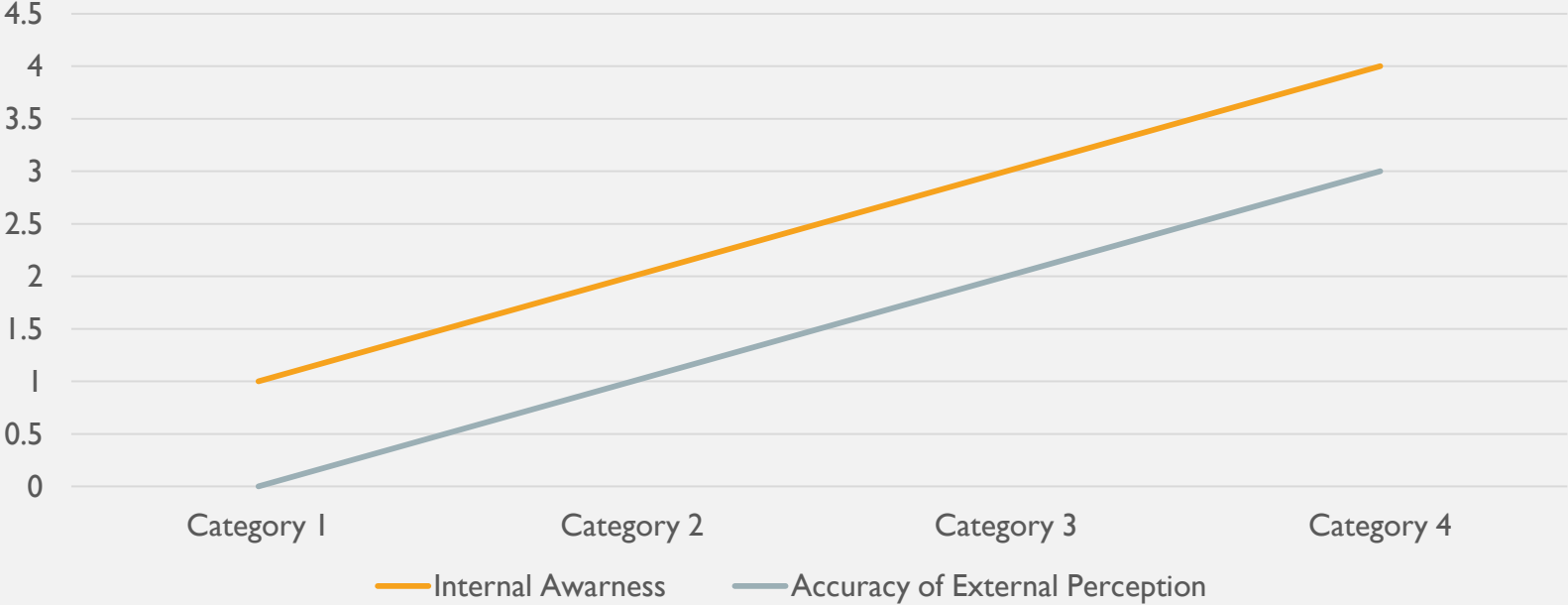
A LESSON FROM DOLPHINS



ECHOLOCATION



INTERNAL AWARENESS AND ACCURACY OF EXTERNAL PERCEPTION



THE CASE OF SCOTT

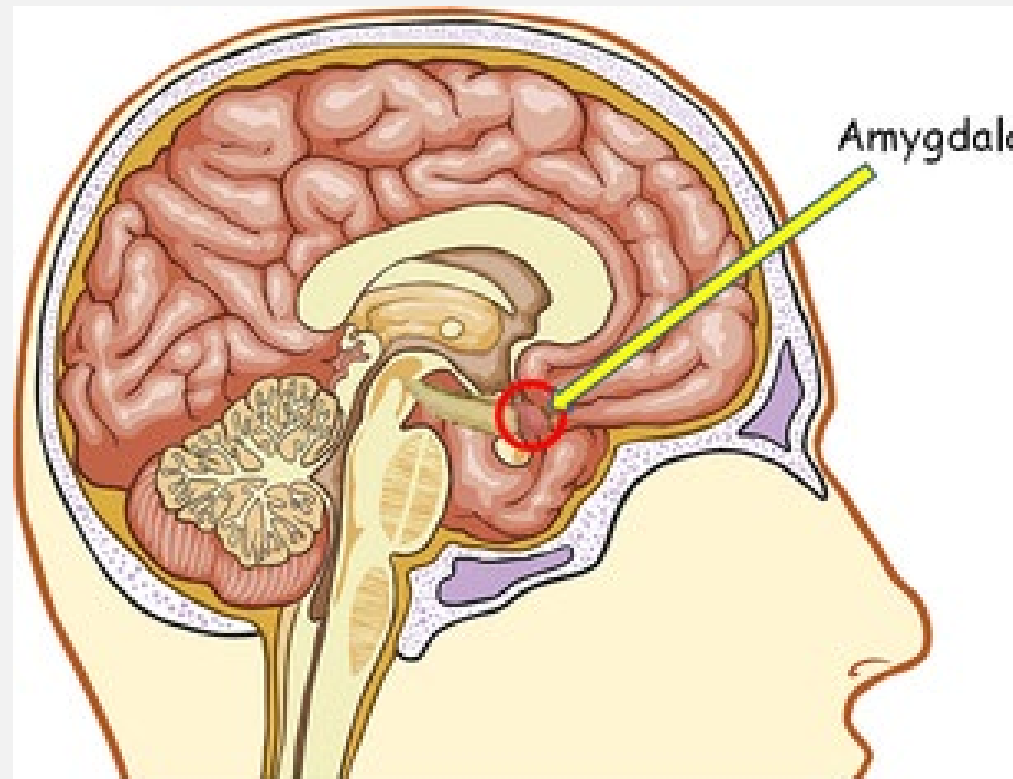
- Scott is a 55 y.o. male who reported constant conflict with a friend that he describes as “close”
- Scott began to focus on his “acoustic window”
 - Emotion: guilt
 - Thoughts: worrisome
- Scott’s response to all of this was to give in to Tommy’s demands



EMOTIONAL SIGNALS

Emotions are like the “severe weather”
update interrupting your radio: they can signal
“danger” in advance

THE AMYGDALA – THE BRAIN'S EMOTION CENTER



KOUROS AT THE GETTY MUSEUM







PRACTICAL STEPS TOWARDS SAFETY

- Ask yourself, “what does this person make me feel?”
- Emotional red flags
 - Loneliness
 - Guilt
 - Worthlessness
 - Fear
 - Too good to be true

PRACTICAL STEPS TOWARDS SAFETY

- Assertive communication
 - “I feel uncomfortable when you...”
- Stay connected
- Seek legal counsel
- Attend to your mental and physical health
- Think baby steps

CONCLUSIONS

- The mind is powerful. Harness that power!
- Tune into your acoustic window.
- The Amygdal, the emotion center of the brain, may catch things the thinking brain misses.
- Practice awareness of your internal experience. Emotional awareness is the foundation for emotional intelligence.
- Take practical steps to safety

REFERENCES

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- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition, and Personality*, 9, 185–211.