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CLINICAL DIVISION

Presents

DISPARAGED EMOTIONS, JEALOUSY, ENVY, BOREDOM, AMBIVALENCE

DECEMBER 14, 2018 from 3:00 to 5:00 p.m.

Little Theatre at Scarsdale High School



PRESENTER: Robert L. Leahy

We often think that the main goal in life is to experience pleasant and happy emotions and that we need to avoid any emotions that we find unpleasant. As a result, we may avoid situations that elicit these emotions, ruminate about why we feel the way we feel, feel embarrassed that we have these feelings, and try to convince ourselves that there is some way to get rid of unwanted emotions. Similar to unwanted intrusive thoughts, unpleasant emotions come back, leading to further efforts to rid ourselves of these feelings. The Emotional Schema Model that I advance rejects the idea of good and bad emotions, lower and higher self, or the possibility of a complete life without unpleasant emotions. I argue that all emotions evolved because they were adaptive in important situations and that disparaging or eliminating emotions results in self-defeating behavior. I describe both the biological and the social constructivist models of emotions, recognizing that at different times in history and in different cultures people had different theories and evaluations of emotions. Both emotional perfectionism and existential perfectionism interfere with the capability of integrating emotions into a complete life. Of particular focus in this presentation is the role of jealousy and ambivalence, problematic emotion theories and responses and possibly helpful strategies about how to cope with these inevitable and sometimes difficult experiences. Finally, I describe strategies for deepening meaning without avoiding the unpleasant emotions often associated with finding meaning.

(Continued below)

Robert L. Leahy (B.A., M.S., Ph.D., Yale University) completed a Postdoctoral Fellowship in the Department of Psychiatry, University of Pennsylvania Medical School under the direction of Dr. Aaron Beck, the founder of cognitive therapy. Dr. Leahy is the Past-President of the Association for Behavioral and Cognitive Therapies, Past-President of the International Association of Cognitive Psychotherapy, Past-President of the Academy of Cognitive Therapy, Director of the American Institute for Cognitive Therapy (NYC), and Clinical Professor of Psychology in Psychiatry at Weill-Cornell University Medical School. Dr. Leahy is the Honorary Life-time President, New York City Cognitive Behavioral Therapy Association and a Distinguished Founding Fellow, Diplomate, of the Academy of Cognitive Therapy. He has received the Aaron T. Beck award for outstanding contributions in cognitive therapy.

He was Associate Editor of *The Journal of Cognitive Psychotherapy* (serving as Editor 1998-2003). Dr. Leahy is now Associate Editor of *The International Journal of Cognitive Therapy*. He has served on the Scientific Advisory Committee of the National Alliance of the Mentally Ill. Dr. Leahy serves on a number of scientific committees for international conferences on cognitive behavioral therapy and is a frequent keynote speaker and workshop leader at conferences and universities throughout the world. For a listing of professional presentations click [here](#).

He is author and editor of 26 books, including *Treatment Plans and Interventions for Depression and Anxiety Disorders* (with Holland), *Overcoming Resistance in Cognitive Therapy*, *Bipolar Disorder: A Cognitive Therapy Approach* (with Newman, Beck, Reilly-Harrington, & Gyulai), *Cognitive Therapy Techniques*, *Roadblocks in Cognitive-Behavioral Therapy*, *Psychological Treatments of Bipolar Disorder* (ed. with Johnson), *Contemporary Cognitive Therapy*, *The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies* (ed. with Gilbert) and *The Worry Cure* which received critical praise from the New York Times and has been selected by Self Magazine as one of the top eight self-help books of all time. His book *The Worry Cure* has been translated into nine languages and was a selection of the Book of the Month Club, Literary Guild and numerous other book clubs. Eleven of his clinical books have been book club selections. His two recent popular audience books are *Anxiety-Free: Unravel Your Fears before They Unravel You*, *Beat the Blues Before They Beat You: How to Overcome Depression*, and *Keeping Your Head after Losing Your Job*. His new self-help book, *The Jealousy Cure: Learn to Trust, Overcome Possessiveness, and Save Your Relationship* will be published in January 2018.

Dr. Leahy's recent clinical books include *Emotion Regulation in Psychotherapy: A Practitioner's Guide* (with Tirsch and Napolitano), *Treatment Plans and Interventions for Depression and Anxiety Disorders, Second Edition* (with Holland and McGinn), and *Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder* (with Zweig), *Cognitive Therapy Techniques, Second Edition*, and *Emotional Schema Therapy*. He is completing an edited book--*Science and Practice in Cognitive Therapy*- in honor of Aaron T. Beck, the founder of cognitive therapy, to be published by Guilford in January 2018. Dr. Leahy is currently working on a book to be published by Routledge, *Emotional Schema Therapy: Distinctive Features*.

This program is available to WCPA members at no charge
Non-members may pay \$15.00 at the door

Please RSVP to this email by December 5, 2018