

"Emotional Harmony is an eye-opening read that will change how you view your reactions to life and how you can create harmony around them."

Tennie McCarty, author of *Shades of Hope*, and star of
OWN's *"Addicted to Food"*

EMOTIONAL HARMONY

*Using SomExSM – A Somatic Experiential Intervention
to Repair and Transform Your Life*



By **Kent D. Fisher**
with Michelle Rappaport

Emotional Harmony Experiential Intervention Transform

Mirisse Foroughe



Emotional Harmony Experiential Intervention Transform:

Emotional Harmony Kent D. Fisher, 2025-04-24 Emotional Harmony is about learning how to choose one's attitude not simply as a conscious behavioral choice but as a hardwired neurological response to any given set of circumstances. Life is messy and many people, particularly those with addiction and codependency problems, were never given the tools to negotiate that messiness. Since Kent Fisher and Michelle Rappaport opened their therapeutic practice almost twenty years ago, they have seen thousands of people who have spent their whole lives emotionally deregulated, responding to life with either aggression or passivity. Their job is to teach these people how to live within the emotionally regulated space of choice and repair. Drawing on their private practice reconstruction experiences and the research of Patrick Carnes, Dan Siegel, Sharon Stanley, and others, Kent and Michelle have developed a process of repair and renegotiation of the past and a harmonious way to respond to the present. With the SomEx model, change happens through 5 simple actions that evolve through the therapeutic relationship. For therapist and client alike, Emotional Harmony is the first book to merge the science of somatic therapies with the real-world applications of experiential healing. By integrating the left brain's meaning-making and rationalization of our life experience with the right hemisphere's somatic processing of trauma and its consequences, we move from that messy life story into the deep repair that is emotional harmony.

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Expanding Transformation Theory Alexis Kokkos,2020-04-07 Expanding Transformation Theory offers a deeper understanding of the philosophy principles and major components of Transformation Theory which was developed by Jack Mezirow It provides a thorough comprehension of the affinities of the theory with other emancipatory theoretical views and provides the readers with an expanded insight of the core theoretical framework that will support their research and educational practice The book juxtaposes Mezirow s perspective with those of ten major emancipatory educationalists Dewey Freire Gould Marsick Socrates Kegan Greene Argyris Illeris and Jarvis respectively who all share the idea of learning with the aim of changing problematic perceptions and behaviours Such issues as convergences and divergences among the theoretical perspectives as well as the impact of the theoretical ideas that Mezirow incorporated in his work are addressed The work of Mezirow is further reviewed in order to pinpoint the dimensions which appear to have been confirmed and endure over time and in turn those that seem to need expansion or even revision This book will be of great interest to researchers academics students and adult educators who are interested in transformative learning theory and emancipatory education

Trauma Transformed Marian Bussey,Judith Bula Wise,2007-11-09 Whether it s physical psychological social historical or ongoing trauma is a universal experience and this book provides professionals with the approaches necessary for successful and empowering interventions across the trauma spectrum Part one examines the steps individuals take to heal their traumas Nicolas survives an attack by his own dog Tay rebuilds her life after years of incest Claire speaks out about being molested by a program participant at her mental health clinic and Erma copes with the shattering memories of childhood abuse Part two focuses on interpersonal dynamics Frank is held accountable for his violence toward his wife Erin and her mother confront the reality of bullying and victimization in schools Beth faces discrimination because of her sexual orientation and staff members at a transitional housing shelter deal with the death of a client Part three recounts stories of resilience and healing at the social and community level Salome and her family process the historical trauma of the massacre of her American Indian ancestors A group of boys who became fatherless after 9 11 respond to experiential ways of coping with their grief Jennifer and Kim

live daily with the social trauma of poverty Three Liberian families survive torture flight refugee camps and resettlement Amory struggles to find meaning and move on from his experience as a combat veteran and the story of Angelina Batiste epitomizes the loss and resilience of those who lived through Hurricane Katrina Trauma Transformed provides insight into the psychological and spiritual resources practitioners need to help victims move forward and improve upon their circumstances Readers will also learn to strengthen their sense of self to prevent secondary trauma Transforming IT Culture Frank Wander,2013-02-05 Practical proven guidance for transforming the culture of any IT department As more and more jobs are outsourced and the economy continues to struggle people are looking for an alternative to the greed driven selfish leadership that has resulted in corporations where the workers are treated as interchangeable parts This book shows how the human factors can be used to unlock higher returns on human capital such that workers are no longer interchangeable parts but assets that are cared about and grown Refreshingly innovative Transforming IT Culture shows how neuroscientific and psychological research can be applied in the IT workplace to unleash a vast pool of untapped potential Written by an expert on IT culture transformation Considers the widespread cultural blindness in business today and how it can be addressed Draws on the author s repeated success transforming IT divisions across major corporations by applying the human factors Explains why social intelligence human factors and collaboration are the source of harmony shared learning mutual respect and value creation Employees want positive change in business something to stop the downward spiral we are on both financially and emotionally Transforming IT Culture shows how the essential ingredient to any high performing IT department is a culture where employees are valued and managed to their strengths Using the Information Technology profession as a lens through which we can understand knowledge worker productivity and how to seriously improve it this important new book reveals why Collaborative Social Systems are essential to every organization *Brain Change Therapy: Clinical Interventions for Self-Transformation* Carol Kershaw,J. William Wade,2012-02-06 Helping clients control their own emotional reactivity When conditions like anxiety and depression are experienced chronically they condition neural pathways and shape a person s perception of and response to life events As these pathways are reinforced unhealthy neural networks turn on with increasing ease in the presence of conscious and unconscious triggers In this groundbreaking book Kershaw and Wade present Brain Change Therapy BCT a therapeutic protocol in which clients learn to manage their emotions and behaviors and thus reduce stress and control emotional reactivity Drawing from the latest neuroscientific research as well as integrative principles from hypnosis biofeedback and cognitive therapy BCT helps clients reach stable neurological and emotional states and thus shift perspectives attitudes beliefs and personal narratives toward the positive BCT starts with the working assumption that effective therapeutic change must inevitably include a repatterning of neural pathways and employs self directed neuroplasticity through the active practicing of focused attention As an adjunct to these methods it helps clients create new empowering life experiences that can serve as the basis for new neural patterns

The book begins by laying the foundation for body mind and brain body interventions by exploring the basics of the brain its anatomy neuroanatomy neurophysiology electrochemical processes and the rhythms of the brain and body and nature The authors set forth a detailed protocol for neuroassessment and evaluation of new clients with particular attention to assessing a client s habitually activated emotional circuits neural imprints state flexibility level of arousal and any relevant neurobiological conditions The authors go on to outline BCT and its interventions geared toward stress reduction and state change or the capacity to shift the mind from one emotional state to another and to shift the brain from one neural pattern to another Protocols for specific presenting problems such as fear anxiety and life threatening and chronic illnesses are outlined in detail Because of the breadth of the BCT approach it is effective in working with individuals who are interested in shifting and conditioning peak performance states of consciousness and the authors offer protocols for helping their clients reach peak professional performance as well With this book clinicians will be able to empower their clients to find their way out of a wide range of debilitating mental states

Transforming Special Education Through Artificial Intelligence Walters, Annette G.,2024-10-25 Special education encounters distinct challenges in delivering personalized and practical assistance to students with disabilities Educators frequently require support to address the varied needs of these students resulting in learning and development gaps Moreover early identification and catering to these needs can take time and effort affecting students long term academic success There is an urgent need for innovative solutions that can bridge these gaps and improve the educational experiences of students with disabilities Transforming Special Education Through Artificial Intelligence offers a comprehensive exploration of how Artificial Intelligence AI can transform special education by providing personalized and individualized support for students with disabilities Through case studies and real life examples we demonstrate how AI can analyze data to tailor learning experiences and most importantly identify learning difficulties early This crucial aspect of AI can significantly enhance communication among stakeholders and reassure them about the potential of AI in improving educational outcomes for students with disabilities

Transformation, Embodiment, and Wellbeing in Foreign Language Pedagogy Joseph Shaules,Troy McConachy,2022-12-15 This volume introduces pedagogical approaches and empirical studies that emphasize deeper embodied engagement with language the transformative potential of the language learning experience and the importance of learner and teacher well being A deep learning orientation sees foreign language learning not as a psychologically neutral process of internalising linguistic rules but as an embodied process that is intimately tied to learners experience of self including emotion body states metaphoric understanding aesthetic sensibilities and moral intuitions This volume challenges language teachers and teacher trainers to move beyond instrumentalist views of language learning to recognise the deeply impactful nature of the language learning experience and to consider how language pedagogy can contribute to the development of the learner as a whole person Chapters in this volume consider the enactment of deep learning from diverse theoretical perspectives including positive psychology

embodied cognition cognitive linguistics motivational theory literary theory and moral psychology The volume provides language teachers teacher trainers and applied linguists with concrete insights into the multidisciplinary foundations of conceptualizing planning and implementing deep learning in language classrooms

Transforming Classroom Behavior: A Practical Guide for Modern Teachers Brittney Morrow, 2025-04-22 Are you tired of feeling like a referee in your own classroom Do disruptive behaviors leave you feeling frustrated and powerless This book offers a lifeline providing practical evidence based strategies to transform classroom chaos into a productive and positive learning environment Gone are the days of relying solely on outdated disciplinary methods This guide offers a fresh perspective recognizing that today's students require a more nuanced approach You'll learn how to Understand the root causes of challenging behaviors Discover the why behind student actions allowing you to address the issue at its core Cultivate a respectful and supportive classroom culture Learn proven techniques to foster a sense of belonging and encourage positive interactions Implement effective strategies for preventing and managing disruptions From proactive classroom management to creative interventions you'll be equipped to handle any situation with confidence Collaborate with parents and guardians Build strong partnerships with families to create a consistent support system for students This book is more than just theory it's a practical toolkit filled with real world examples customizable resources and actionable steps you can implement immediately Whether you're a new teacher searching for guidance or a seasoned professional seeking fresh ideas this guide will empower you to create a classroom where all students can thrive

A Waldorf Guide to Children's Health Michaela Glöckler, Wolfgang Goebel, Karin Michael, 2018-10-18 When a child is sick parents need clear reliable information to help them take action quickly This fully comprehensive guide to child health and wellness draws on anthroposophic medicine combining conventional treatments with complementary therapies

Comprehensive Handbook of Cognitive Therapy Hal Arkowitz, L.E. Beutler, Karen Simon, 1989-06-30 This Handbook covers all the many aspects of cognitive therapy both in its practical application in a clinical setting and in its theoretical aspects Since the first applications of cognitive therapy over twenty years ago the field has expanded enormously This book provides a welcome and readable overview of these advances

Decolonizing Consciousness Shilpa Ashok Pandit, 2023-03-31 The book intertwines several strands of scholarship in Indian Philosophy contemporary psychology and the lived Indian psychological practice inclusive of Yoga advaita tantra and bhakti to engage in an exploration of consciousness cognitive science and philosophy The book examines the characteristics of consciousness by situating it in the historical and cultural contexts of Euro American as well as Asian particularly Indian philosophical tradition specifically the Bhakti tradition and creative living The volume decolonizes the understanding of the ecology of consciousness while accounting for the diverse strands which have given us a unique understanding of the mind psychology cognition and philosophy of the mind This book will be of interest to students teachers and scholars of psychology consciousness studies cognitive science philosophy social psychology Yoga studies and Yoga psychology It will also be useful for Yoga professionals

social workers therapists and anyone who is interested to learn about consciousness **Soul** Joseph Grange, 2012-01-02

Contemporary culture is soulless A dead concept to contemporary thinkers Soul has been displaced by philosophical and scientific abstracts Yet argues Joseph Grange in this timely and thought provoking book without Soul we are left defenseless against the negative constructs of our culture neither matter nor mind nor brain nor consciousness has the power to restore the quickness of our existence Indeed without Soul ethics particularly honesty easily turns into its opposites spin sophistry artful deception Providing a speculative systematic cosmology based on the methodology developed by Alfred North Whitehead and referencing a variety of philosophers Western and Eastern classic and contemporary Grange offers an understanding of Soul as expression Grange lays out the basic characteristics of Soul as transformative social and conscious power and goes on to discuss the possibility of mystical reason and experience Actual steps to reconstruct Soul including meditation are offered Spinoza s Ethics Vipassana meditation and Cognitive Behavioral Therapy are shown to have particular resources for soul transformation This volume concludes Grange s trilogy of cosmologies Nature An Environmental Cosmology and The City An Urban Cosmology discussed the natural environment and the cultural environment The Soul complements these with an account of the spiritual environment *Cognitive Psychology* PressGrup Academician Team, Despite its essential role memory consolidation can also be susceptible to interference leading to forgetting or distortion of memories Retroactive interference occurs when newly acquired information disrupts the retention of previously learned material This effect can hinder the consolidation of older memories and highlights the competitive nature of memory processing Furthermore contextual factors such as environmental cues and emotional states during the consolidation phase influence how well memories are retained For example memories tested in the same context in which they were encoded tend to demonstrate enhanced recall a phenomenon known as context dependent retrieval This principle underscores that both encoding and consolidation work synergistically to optimize memory performance Negotiating Pasts in the Nordic Countries Anne Eriksen, Jón Viðar Sigurðsson, 2010-01-04 A contribution to the popular international and interdisciplinary field of collective memory within a Scandinavian context this reference presents a number of case studies from the Middle Age to the present time that discuss how people look to the past for identity and meaning Acknowledging that many pasts exist sometimes harmoniously and other times in conflict this resource attempts to negotiate the past by analyzing the tensions that occur when individuals with different interests understandings and points of view study history and by exploring the inherent desire to develop a consensus between the past and the present Examining subject areas such as social and cultural history literature cultural studies archeology mythology and anthropology this study expresses how crucial it is to understand the processes of dealing with the past when trying to chart how and why societies and communities change and evolve *Dolphins, Myths & Transformation* Ryan DeMares, 2003 *Design, User Experience, and Usability: Design for Emotion, Well-being and Health, Learning, and Culture* Marcelo M. Soares, Elizabeth

Rosenzweig, Aaron Marcus, 2022-06-16 This book constitutes the refereed proceedings of the 11th International Conference on Design User Experience and Usability DUXU 2022 held as part of the 23rd International Conference HCI International 2022 which was held virtually in June July 2022 The total of 1271 papers and 275 posters included in the HCII 2022 proceedings was carefully reviewed and selected from 5487 submissions The DUXU 2022 proceedings comprise three volumes they were organized in the following topical sections Part I Processes Methods and Tools for UX Design and Evaluation User Requirements Preferences and UX Influential Factors Usability Acceptance and User Experience Assessment Part II Emotion Motivation and Persuasion Design Design for Well being and Health Learning Experience Design Globalization Localization and Culture Issues Part III Design Thinking and Philosophy DUXU Case Studies Design and User Experience in Emerging Technologies

The Adrenal transformation Guide Sam Holen, Are you feeling Chronic fatigue Sleep disturbances such as insomnia or disrupted sleep patterns Cognitive difficulties including problems with memory concentration and mental clarity Mood disorders such as anxiety and depression Reduced immune function making individuals more susceptible to infections and illnesses Hormonal imbalances including irregular menstrual cycles in women and decreased libido Digestive issues such as bloating constipation diarrhea and irritable bowel syndrome IBS Weight gain or difficulty losing weight Low blood pressure Sensitivity to cold or temperature regulation issues Cravings for salty or sugary foods Muscle weakness and joint pain Decreased tolerance to stress Lowered resilience and increased susceptibility to stress related conditions Increased allergic reactions or sensitivities Hair loss or thinning Dry skin and brittle nails These complications are not exclusive to adrenaline fatigue and can be associated with various other medical conditions If you are experiencing persistent fatigue or any of these symptoms look no further than The Adrenal Transformation Guide your ultimate resource for reclaiming your health and transforming your life In this empowering guide adrenal health specialist Dr Sam Holen shares his expertise and practical advice to help you understand and overcome adrenal fatigue Discover the secrets to revitalizing your adrenal function reducing stress and embracing a life of renewed energy and well being Dr Holen takes you on a transformative journey exploring the impact of chronic stress on your adrenal glands and how it can lead to debilitating fatigue brain fog and hormonal imbalances Through inspiring stories of real life transformations you ll witness the possibility of reclaiming your vitality and living your best life With a comprehensive approach to healing Dr Holen provides personalized treatment plans lifestyle changes and holistic therapies that will empower you to take charge of your health Uncover the keys to self care nourishing nutrition rejuvenating exercise and stress management techniques that will restore balance and energy to your life Don t let adrenal fatigue hold you back any longer why wait Invest in yourself today and order your copy of The Adrenal Transformation Guide Make this excellent resource that you now desire yours With its straightforward expert guidance and ideal pricing this book is sure to be a valuable addition to your library Click on the Buy Now button and make this book yours your body will thank you for it Wishing you an exciting life and a healthy body

Emotion Focused Therapy for Youth Mirisse Foroughe, 2023-07-13 This edited collection is the first book of its kind to apply the theory research and teaching of Emotion Focused Therapy to youth and their families equipping clinicians and students with the practical skills to facilitate individual dyadic and parent sessions confidently Mirisse Foroughe is joined by an impressive group of internationally acclaimed contributors including clinician scientists and scholars as well as the developer of Emotion Focused Therapy Dr Leslie Greenberg This clinical manual offers a trauma informed perspective on how to apply EFT for primary care of youth as well as more complex mental health difficulties The manual begins with an incredibly user friendly overview of core EFT principles before moving onto clinical applications with individual youth parents and dyads The contributors then address how EFT can be implemented with specific client populations such as youth with anxiety depression and borderline personality disorder before examining important considerations that clinicians should bear in mind when working with parent and youth trauma and complex clinical presentations Interweaving a trauma informed perspective throughout the manual is filled with practical summary tables helpful tips and eye catching illustrations to ensure it is useful for students and experienced therapists Emotion Focused Therapy for Youth is essential reading for marriage and family therapists clinical social workers and other mental health professionals working with youth and their families

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