

DIGITAL COURSE

Emotion Management

stress – anxiety – fear



MIRART
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A. M. A. T. E.

Aware Mind through **Attention** and **Training** for **Emotions**

Introduction

Digital medicine will be in continuous development after Covid-19 pandemic to effectively support every human being.

The emotional imbalance resulting from stress, anxiety, fears causes a homeostatic imbalance up to the consequent risk of getting sick more easily.

The secret to be shared will pass through the focus on the first and only source of interaction of our "being in the world": the **management of EMOTIONS**.

In Psychology (psychoanalysis, psychotherapy), in the workplace (burnout, mobbing...), in sport (performance, coaching), in social relations (family, school, activities), in medicine (prevention, health districts) , in the forensic field (crimes, adoptions, foster care) living in balance means being in harmony and strengthening one's hidden abilities, aiming to optimize the quality of life in relationships. Too many times we see personal dramas leading to sudden murders (the average is over one woman a day), without an apparent predictability.

At that point then psychology, psychoanalysis and/or psychiatry are called into question.

The concept we want to start from is really simple:

"As we treat others, we treat ourselves".





Chapter 1

KNOWLEDGE

- The Basis of Human Being
 1. Preface
 2. Origins
 3. Thought development
 4. Reality check
 5. Needs
 6. Conditioning
- Relationship between logical and emotional mind
 1. Cognitive processes
 2. Emotional system
 3. Memory processes
 4. Automatic programs
- Individual beliefs
 1. Believe structure
 2. Personal beliefs
 3. Thought-forms
 4. Individual habits
- The defence mechanisms
 1. Functional fears
 2. Rejection/desertion
 3. Acceptance
 4. Respect and dignity
 5. Cure and encouragement
 6. Approach/avoidance

Chapter 1

KNOWLEDGE

- The Basis of Human Being
- Relationship between logical and emotional mind
- Individual beliefs
- The defence mechanisms

Starting from modern principles of neuropsychology, in this first chapter we will dig up into the depths of an individual. **Age** is a fundamental step in understanding the paths of interaction. A child, a boy, an adult, an elderly person differ in what concerns cognitive properties and subjective abilities as well as in physical appearance. However the element that unites them is related to the **emotional dimensions**, but many people perhaps forget it.

Emotions generated by imprinting, from birth to the first years of life, build the inner defence mechanism, which means "reactive systems" that influence future interpersonal relationships.

Most of the time people are convinced that they can control emotionality through logic, the analytical mind, automatic programs, but then... Things happen without being too aware of them.





Chapter 2

MOTIVATION

- The Thought
 1. History and thought management
 2. Intrusive thoughts
 3. Polarity of thoughts
- Communication
 1. Pragmatism of communication
 2. Arch of communicative distortion
 3. Listening techniques
 4. Communication and Empathy
- The perception of reality
 1. Subjective/Objective reality
 2. Apperception
 3. Past/future and reality
 4. Here and now
 5. Goals, wishes, dreams



Chapter 2

MOTIVATION

- The Thought
- Communication
- The perception of reality

Stay with your eyes closed for just few minutes and think strongly about the chocolate, mentally tasting it, licking your fingers, what would it cause? An increase in salivation, "hankering". But how? Chocolate is only an imagination, yet with thought, without actually having it, we can produce substances (saliva). Abstract thought becomes matter. What if the mind workes like this?

Reality does not exist as such, but as a perception of it.

Someone might object: "I was buffered, can't you see? It hit me."

The collision is real, how to interpret it is subjective.

The **emotion** linked to the episode is peculiar to each of us, this is the subtle difference.

If I recalled the event that happened a hundred times more, I would relive the emotion linked to the collision each time, since the feeling is linked to the event as well as in the example of chocolate.

The human being is able to set up an entire life, in a cause and effect relationship, the Newtonian world as neuroscientists call it, that of predictable reality.

This daily routine, set in a continuous loop, recalls the primordial defence mechanisms generated by imprinting, the inner wounds, with which we want nothing to do.





Chapter 3

SELF-IDENTITY

- Inner Strength
 1. The Ego
 2. The Id
 3. Conscious/Preconscious/Unconscious
- Will
- Resilience
- Meaning of life



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SELF-IDENTITY

- Inner Strength
- Will
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What is the **border between conscious and unconscious**? Some members of the scientific community talk about philosophy when retracing psychoanalytic studies on the mind, only hypotheses, nothing solid.

"Make the unconscious conscious, otherwise the unconscious will guide your life and you will call it destiny".
(C.G. Jung)

Some scientists have called Jung one of the most important doctor in history: a doctor, not a psychoanalyst. We need scientific evidence, measurable patency, so we can mention an example, among the thousands of publications, apparently inexplicable to a cause-and-effect logic.

In 2021 Haas et al. published a research on anti-Covid 19 vaccination: on a total of 450,000 vaccine injections, 220,000 were control subjects, to whom were inoculated with a dose of water and salt (physiological solution); about 35% of this placebo group experienced quite serious side effects after the injection of water.

What is the explanation?



Chapter 4

ATTENTION

- Suggestion through Images
 1. Pre-attentive processes and focused attention
 2. Attention system
- Mental Wandering
 1. Preface
 2. Types of Mental Wandering (MW)
 3. Management of MW
- Individual Arousal
 1. Attention Bias
 2. Shared attention disorders

Chapter 4

ATTENTION

- Suggestion through Images
- Mental Wandering
- Individual Arousal

Human mind projects images. What does it mean?

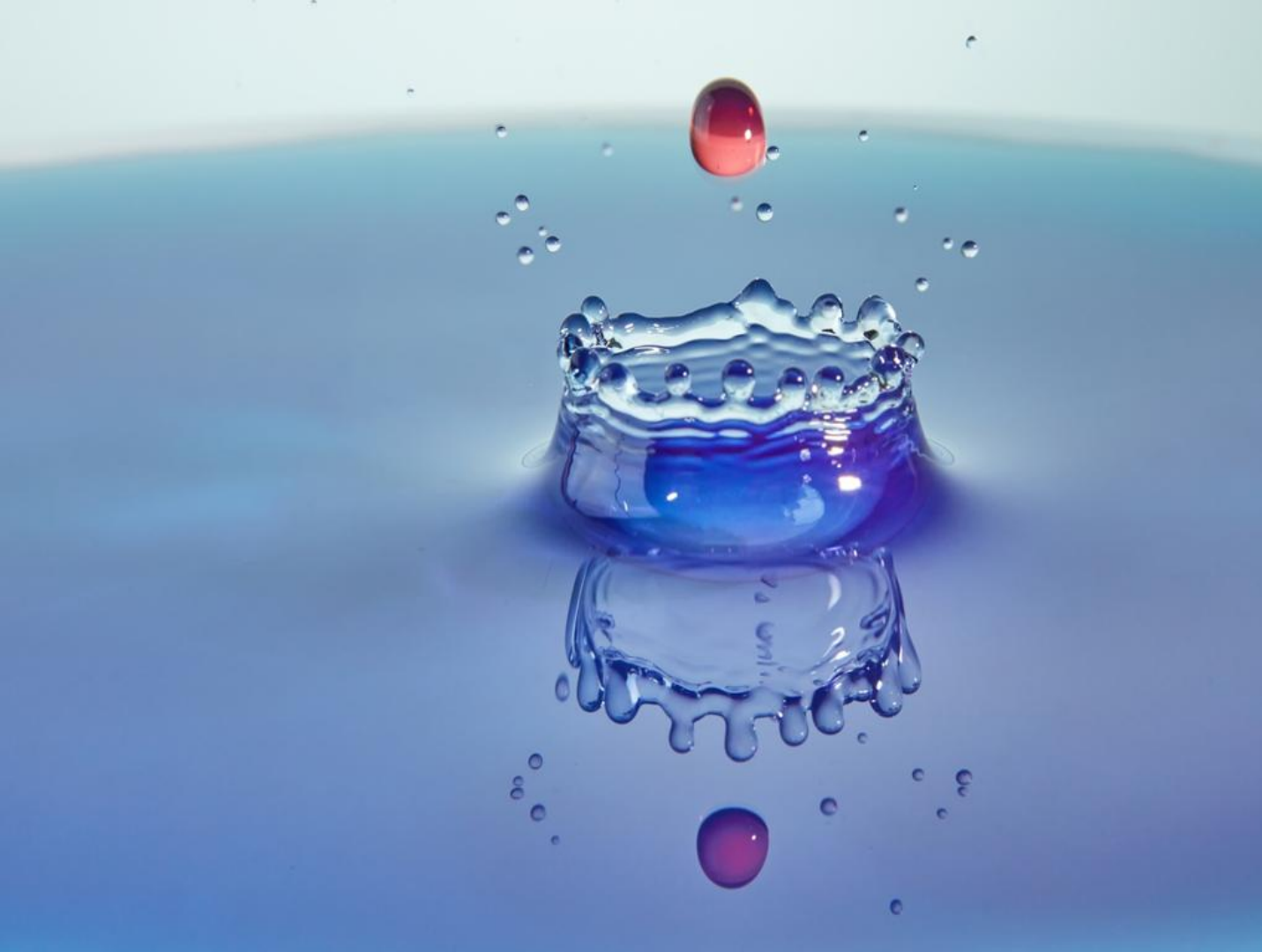
Neuroscience has shown repeatedly that about 45-50% of our daily thoughts are not linked to a purpose or to a specific conscious task. Meaning what? We spend more than half of our existence in the world over-thinking (**Wandering**), a peculiarity of the human race. The typical first thought in the morning consists in a vortex of worries between the critical issues and faults of the past and anxiety and uncertainty for the future.

After the age of 35, about 95% of our thoughts are those of the previous day. Among the 60,000-70,000 daily thoughts, over 90% do not happen, they are just individual mental projections.

In the analytical mind, moment by moment, the synaptic segments to cognitive processes are about 2000, available to describe the place, time and moment in which we are. In the emotional mind of the limbic system, these segments connected to the thalamus, hypothalamus, basal ganglia, hippocampus, amygdale, two-way system of Ledoux are approximately 400 billion. These numbers have been highlighted by studies carried out by Prof. Kandell, the first American psychiatrist to win the Nobel Prize in Medicine in 2000.

Moreover, works by Prof. Rizzolatti, a renowned Italian neuropsychiatrist, have investigated the role of mirror neurons on the psyche, which is a recent discovery yet to be understood in terms of empathy and emotions. Individual **Arousal** represents the subjective activation system, together with the cognitive mechanisms it regulates interaction with the environment. The primordial emotions operate in synergy with these processes, trying to balance the overall homeostatic equilibrium.





Chapter 5

SELF-ESTEEM

- Empathy
 1. Cognitive empathy
 2. Emotional empathy
 3. Mirror neurons
- «Social cognition»
 1. Social cognition disorders
 2. Emotional contagion
 3. Empathy measurement
- Self-efficacy
 1. Social roles
 2. Leadership style
- Mental enhancement

Chapter 5

SELF-ESTEEM

- Empathy
- «Social cognition»
- Self-efficacy
- Mental enhancement

"Putting yourself in the shoes of somebody", in synthesis this is the simple meaning of the word **empathy**. The serious big problem is not to confuse *cognitive* empathy with *emotional* empathy, which is much more difficult to identify. Where does the border in relationships collocate? We will never know, maybe...

Robert Hare, a famous Canadian forensic psychologist, international luminary in the field of PSYCHOPATHY, described some experiments in "particular subjects" in which, upon presentation of different photos (for example a chair or the image of a suffering person), some individuals showed the same physiological reaction, simulating an expression of wonder and "empathic transport" in relation to the proposed image: an emotion of coldness seeing a chair and an expression of "fake disgust" observing an injured person.

This is one of the biggest differences between animals and human beings.
People lie, simulate, disguise, project, generalize, invent stories... Animals don't!

Chapter 6

AWARENESS

- Human relations
 1. Family/Caregiver
 2. Neuropsychological models
- The Personality
 1. Personality styles
 2. Diagnostic tools
 3. The sub-personality
- Social relationship
 1. Work
 2. Free time
 3. Interaction

Chapter 6

AWARENESS

- Human relations
- The Personality
- Social relationship

Zygmunt Bauman, a well-known Polish sociologist and academic, recently deceased, spoke of a "**liquid personality**" describing a patient he met in clinical practice. "He has a variable age, different characteristics but he is recognizable for a particular style in emotional relationships. It is a person looking for a container that can give them the unity, a sense of self that they lack. [...] she worries about something that she herself is not able to define, she is in the throes of dissatisfaction which often takes the form of the frustrating search for an ideal partner, she is looking for a container, a jug that can give her an individuality, a definition of self, of whom she is dramatically lacking, she suffers about a more or less extensive narcissistic wound, having a low self-esteem, in search of constant reassurance and external confirmation".

Personality disorders are on daily basis, in an interaction mechanism based on control, power, image, "likes", reality built by social networks and influencers.

In the United States, they estimate a percentage of psychopaths ranging from 2 to 4%. Everything is fine until this involves an emotional suffering to those walking next to us, then problems arise, as inconveniences up to the implementation of the rate of psychosomatic pathologies and of running to hospitals and/or pharmacies, asking ourselves in frustration: "why did he/she brutally left me?"

Self-esteem is the starting point every day, it is linked to three key principles: I am not capable, I cannot do it, I am unlucky. *Self-esteem is not a point of arrival, but the point for daily growth*, a training ground for our mind by cultivating emotional intelligence, a concept not to be confused with personal skills.

Emotional balance represents the alpha and omega to trace harmonic life paths.



Chapter 7

TRAINING THROUGH IMAGES (1)

- Self report
- Gratitude
- Mindfulness



Chapter 7

TRAINING THROUGH IMAGES (1)

- Self report
- The Gratitude
- The Mindfulness

In the last four chapters, we will make a full immersion towards a mental training through paths of images. As intrusive thinking unbalances our immune system, if it were consciously reprogrammed in a subjective way, it could rebalance the fragmented interiority.

When an individual remains prisoner of toxic beliefs, inherited and/or structured by imprinting, he often plays the role of the victim in a **primordial reactive stage**, getting caught in four frustrating negative dimensions: Accusation, Judgement, Complaint and Claim.

Throughout the day write down on an exercise notebook every time you have judged, demanded, accused and complained about something or against someone. This is a way to understand one's mental illness.

The assumption of responsibility for a subjective psychological state and for the related actions carried out represents the thermometer of interiority, all the rest are "paranoid excuses" which risk turning into even severe psychosis.



Chapter 8

TRAINING THROUGH IMAGES (2)

- Music-Therapy
- Kaleidoscope
- Spatial dimensions
- The Infinite



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TRAINING THROUGH IMAGES (2)

- Music-Therapy
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During the personal exercises, we must internalize how important it is to be on the outside of life situations, making the practical exercise simpler and more effective to balance the cognitive-emotional systems.

What does it mean? It means starting to read situations and imagine placing yourself on the chandelier in your room, or climbing to the top of the hill overlooking your neighbourhood, or rising in space to "map" the territory above our streets. Imagine floating in the solar system, walking towards the unknown, the infinite, the galaxies... It is one of the greatest powers of an individual, because it develops a great ability, which consist in not holding to negative, intrusive, repetitive thoughts, those that link significant and painful events and determine the "bad mood" for days, weeks, months, years.

The more we try to avoid negative experiences, the more we empower them.

The abundance between past and future determines this continuous loop, to the point of redesigning life situations, with the certainty of experimenting something new, to then reinterpret and relive it in the same way.

We can learn a specific activity even as adults: the emotions linked to a task are already present in ourselves. Therefore there are not "new emotions". This concept is fundamental: *the environment acts as a "trigger", the scenario changes but the emotion arises from the internal experience.*





Chapter 9

TRAINING THROUGH IMAGES (3)

- The Sounds of the Universe
- Nature and its path
- Art, Painting, Sculpture

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TRAINING THROUGH IMAGES (3)

- The Sounds of the universe
- Nature and its path
- Art, Painting, Sculpture

The observation point. In medicine as well as in life in general, the observation point systematically changes the perception of events.

In 2009 in the publication "Neuro-mania", Legresti and Umiltà paid attention on the interpretation of human functions, not only as trivial activations of some brain circuits compared to others. Above all, they underlined how the complexity of an individual travels according to his own spirituality.

The WHO, in the definition of health, talks about a social psycho-physical wellness of the human being. How can we define **inner wounds**?

It will be essential to improve therapies at all levels, but it will also be important to work on subjective psychological prevention, illuminating the shadow areas that are too often hidden and unaware.



Chapter 10

TRAINING THROUGH IMAGES (4)

- The Prism of consciousness
- Human Dimensions
- Love, Friendship, Self-Care

Chapter 10

TRAINING THROUGH IMAGES (4)

- The Prism of Consciousness
- Human Dimensions
- Love, Friendship, Self Care

Two important considerations before starting the journey:

- 1 – We cannot change others. Nobody is able to change another person.
A tool, a path, can never become a magic wand to live a better life condition.
- 2 – The **awareness** between the balance of cognitive and emotional processes will allow us to relieve and accept our wounded interiority.

A.M.A.T.E. represents a therapeutic support to illuminate the dark roads of our life.

« We have a great opportunity.
To be free, to travel together and discover new secrets.
In order to know deep dimensions with an eye to the window.
We are ready to share a different vision, a better quality of life.
Let's give ourselves the permission to develop great skills,
remaining in harmony, looking along the streets for a place to return to.
Balancing the heart with a musical rhythm, managing thoughts with familiar sounds.
We have a great opportunity... To be free. »





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