Course: building emotional literacy in clinical practice

Address: https://asadis.net/en/course/building-emotional-literacy-in-clinical-practice/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $60.00

Overview:
Many clients arrive in our offices with profound disruptions in their capacity to recognize, name, and safely experience emotion—a legacy of early relational trauma, insecure attachment, or developmental adversity that shapes every aspect of the therapeutic encounter.

This training provides you with an integrated neuroscience-informed framework for cultivating emotional literacy as a cornerstone of trauma treatment. Drawing on polyvagal theory, attachment research, and developmental neurobiology, you will examine how emotional awareness develops through early co-regulatory experiences, how trauma disrupts this developmental trajectory, and how therapeutic relationships can serve as powerful agents of neuroplastic change. Dr. Patti Ashley - psychologist with over 40 years of clinical experience working with complex trauma - will guide you through the neurophysiology of shame, the autonomic foundations of emotional safety, and the clinical application of right-brain therapeutic processes that support genuine transformation.

Through this training, you will:

• **Refine your clinical assessment skills** by recognizing how emotional literacy develops in early childhood, identifying the neurophysiological signatures of attachment trauma and shame, and distinguishing between autonomic states (dorsal vagal immobilization, sympathetic mobilization, and ventral vagal social engagement) that inform treatment planning.
• **Integrate polyvagal theory** into your therapeutic approach using the Three Rs framework—Recognizing autonomic states, Respecting adaptive survival responses, and Regulating through co-regulation—to create holding environments where clients can safely explore emotional experience without retraumatization.

• **Implement attachment-informed interventions** tailored to specific relational patterns (secure, anxious, avoidant, disorganized), utilizing strategies that range from playful engagement to environmental soothing, while addressing shame-based defenses including grandiosity, perfectionism, isolation, and people-pleasing.
• **Strengthen your therapeutic presence** through right-brain empathy, mirror neuron activation, and embodied attunement that models the co-regulatory capacity many trauma survivors never experienced, supporting the development of new neural pathways through sustained relational connection.

This training will equip you with evidence-based assessment tools and intervention strategies grounded in contemporary neuroscience and attachment research. By refining your capacity to work with neuroception, facilitate ventral vagal engagement, and support clients in moving from implicit shame responses to explicit emotional awareness, you will enhance therapeutic alliance and create the relational conditions necessary for lasting change in clients presenting with complex developmental trauma, affect dysregulation, and disrupted emotional literacy.

Learning objectives:

1. Define emotional literacy, recognize challenges in clients, and explain its development in the first six years of life
2. Utilize emotional literacy and polyvagal theory as key components in trauma-informed care
3. Develop therapeutic empathy to integrate across emotional literacy frameworks
4. Demonstrate increased self-awareness of emotional attunement and self-reflective practice

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert

Dr. Patti Ashley, PhD, LPC is a renowned psychologist and trauma specialist with over 40 years of clinical experience treating complex trauma and narcissistic abuse. As founder of Authenticity Architects, she pioneered innovative approaches integrating neuroscience, attachment theory, and developmental psychology.

Her groundbreaking work on shame-informed therapy has transformed treatment protocols for survivors of narcissistic abuse. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, with additional specialization in developmental psychology and trauma treatment.

A respected researcher and author, she wrote the influential text *"Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self"* (2020). Dr. Ashley regularly conducts advanced clinical trainings internationally, helping practitioners develop expertise in trauma-informed, attachment-based approaches to healing.

Her integrative treatment model combines:

• Neurobiological trauma processing
• Attachment-based interventions
• Somatic regulation techniques
• Identity reconstruction protocols
• Shame-informed therapeutic strategies

Syllabus

PowerPoint
Introduction
How Emotional Literacy Develops
What Is Emotional Literacy and Its Challenges
Attachment as the Core of Regulation
Understanding Shame
Shame, Trauma, and the Nervous System
Emotional Literacy in Trauma-Informed Care
Repairing the Ruptures
Creating a Holding Environment in Treatment
The ANS and Polyvagal Theory
Some Defenses Against Shame
The Four Therapeutic “R” s
Attachment Styles
Therapeutic Empathy
Naming & Regulating Emotions
List Of Emotions
Bridging Paradox
ABC exercise and Expressing Anger
Excavation Exercice- The Deep-SEA Dive
Connect The Dots- Rewiring the Story
Re-Storying
Activating the Right Brain Part I
Activating the Right Brain Part II
Therapist Emotional Attunement and Self-Reflection Practices
Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*