



## BASIC E-COURSE INFORMATION

### EE – *Embracing Emotions: God’s Gifts for Thriving*

#### COURSE DESCRIPTION

Our emotions are a part of our human design, our Imago Dei, along with our spirit, intellect and body. Ignatius and others taught that emotions are content bearers of our deep interiors where God speaks and builds relationship with us. Hence, to prayerfully discern and listen for God’s voice and grow in deeper union with God, we must not only welcome and listen to our emotions but learn their language.

Even though our learning how to welcome and listen to them may have been stunted, it is still something we have natural ability to learn. The purpose of this course is to embrace our emotions once more so we may hear the stirrings of our deep interiors and God’s voice, to move more deeply into our Imago Dei and into a fulfillment of our deepest yearning.

#### COURSE FOCUS

In this course we will begin to learn our innate emotions’ language primarily by inviting them to speak and dialoguing with them through practices and reflection. We will also learn a framework of understanding our emotions from **Dynamic Emotional Integration®** (DEI). DEI is a non-clinical approach to emotional awareness, healthy empathy, and social-emotional education. It is praxis-driven and reconnects people with God, themselves, others and creation.

- Emotional awareness relates to an understanding of the language of emotions and a fully operationalized model of the 17 emotions — what they are, how (and why) they arise, how they work, and how to work with them.
- Healthy empathy includes the self-care, self-awareness, and emotion regulation skills that form the foundation for healthy and intentional empathy and emotion work.

#### COURSE FORMAT

This is a six-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, some or all of the class will have opportunity to meet “live” via web conference (dates and times TBD). Each week includes a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and work.

#### REQUIRED TEXT

McClaren, Karla *The Language of Emotions Workbook*

**Note:** There will be other supplementary resources for the course.