Storiez: A Feelingz Guide
Full-Day Training Outline

Training Outline
- I.   **Understanding Feelingz**
- II.   **Feelingz and the Brain**
- III.   **Trauma, Stress, and the Brain**
- IV.   **Storiez: A Feelingz Guide**

I. Understanding Feelingz

1. The Role of Feelings

     a.   Feelings are a survival strategy

     b.   Feelings influence our ability to act

     c.   Feelings help us understand ourselves and others

2. Emotional Regulation

     a.   Defining emotional regulation

     b.   Positive benefits of emotional expression

         i. It can make us feel less distressed and more in control

         ii. Leads to deeper understanding of ourselves and our experiences

         iii. Improves the depth and quality of our relationships

         iv. Contributes to overall health and well-being

3. Consequences from failure to express emotions

     a.   How does dysregulation impact the individual?

     b.   What is volume control and how does it influence people if they don't have it?

     c.   Unhealthy coping

     d.   Physical consequences

4. Emotional Intelligence

     a.   Defining emotional intelligence

     b.   Significance

5. Developmental model of emotional expression

     a. Contributing factors

     b. Stage theory of emotional expression

6. Broaden and Build Theory

II. Feelings and the Brain

1. Neuroscience
2. The emotional brain
3. The limbic system
4. Cerebral cortex
5. Interaction between limbic system and cerebral cortex

III. Stress, Trauma, Feelings, and the Brain

1. Positive and negative stress
   a. Benefits of positive stress
   b. Toxic stress
   c. Lazarus' stress theory
2. How does the brain/body respond to trauma?
   a. Changes in the nervous system
   b. Difficulty filtering out stimuli
   c. Emotional flashbacks
   d. Chaotic emotional activation
3. Pathways to healing

IV. Storiez: A Feelingz Guide

1. Introduction
2. Section 1: Name Them
3. Section 2: Notice Them
4. Section 3: Allow Them
5. Section 4: Understand Them
6. Section 5: Master Them
7. Section 6: Share Them
8. Section 7: Hold Them
9. Section 8: Learn from Them
10. Section 9: Infuse Them