



The Associates: The Community Education Program of the Training Institute for Mental Health
 22 West 21 Street, 10th Floor, New York NY 10010-6904 212-627-8181 ▲ www.timh.org
Hillary G. Volper, LCSW, President
Dale B. Schneitzer, LCSW, Director of Memberships

Friday, April 18, 2008 7:30 P.M.

Color Me Green: A Graphic Look at Our Emotions

Presenter: Hilary Ryglewicz, LCSW

All of us have feelings, and sometimes our feelings are hard to handle. We all need ways to understand, express, and modulate the emotions that get us into trouble:

- anger that swells into rage
- anxiety that spikes to panic
- depression that deepens into despair

In psychodynamic therapy, and in good personal relationships, we develop a shared language to identify and convey the nuances of our emotions. One of the luxuries of therapy—and of intimacy—is the permission and leisure to explore fully the sources and meanings of our emotional responses.

But it can help us also to have a shorthand—a way of quickly identifying and signaling a pattern of reaction—and a level of emotion—that gives us that too-familiar sense of being overwhelmed and ‘swept away.’ For many of us, intense emotions have a problematic fallout, in the form of behaviors that worsen situations and spoil relationships. For some of us, too, the fear of strong emotional responses—



our own and others’—leads to avoidance, indecision, and what some writers in our field have called ‘affect phobia.’

This program will present a graphic approach to the subject of feelings—using schematic drawings or ‘graphic metaphors’ to create a supplementary language, a visual shorthand for learning to assess and modulate our emotions.

Hilary Ryglewicz, LCSW, is a psychotherapist with over 25 years of experience in agency and private practice, and as a writer and trainer in community mental health services. She has presented workshops nationwide on dual (emotional/substance use) disorders, affect modulation, and the use of cognitive techniques and metaphors within a psychodynamic framework.

Ms. Ryglewicz is a supervisor and adjunct faculty member at the Training Institute for Mental Health, Couples and Group Program. She is in private practice in Nyack, NY and in New York City.

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- I would like to join/renew my membership* for the '07/08 season, and I will ___ will not ___ attend on Friday, 4/18/08 at 7:30 P.M.
 Membership Fees: General Membership: \$95.00 Senior Membership: \$45.00 (Over 65 with ID) Student Membership: \$45.00 (with ID)
- I am not interested in joining but would like to attend on Friday, 4/18/08 at 7:30 P.M.
 Non-members per program: Regular: \$15.00 Senior: \$12.00 (Over 65 with ID) Student: \$12.00 (with ID)

Enclosed is my check for \$_____ made payable to: **Associates of Training Institute. Send to:** Associates of Training Institute
 22 West 21 St 10th Fl
 New York NY 10010-6904

Please note: **Reserved seating** can only be made **by prepaying in advance by mail. Seats will be held until 7:20 P.M.** and then released to walk-ins. No tickets will be sent; names of registrants will be at door. Please, no phone reservations. No refunds will be given – your good intentions will become donations to the Institute. Continuing Education hours verification may be obtained when you check in at the program. Each program is 2 C.E.U.

* **Members of the Associates of the Training Institute** are admitted free to programs but must advise us **by mail if they wish to have their seats reserved** for particular program(s) until 7:20 P.M. Note: Membership will run from October '07 through April '08.

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Name _____ Occupation _____
 Address _____ Apt or Box # _____ City _____ State _____ Zip _____
 Email Address _____ Business Phone () _____ Home Phone () _____