

Please return to  
David M. Pittle  
TurningSpirit Center  
369B Third St. #408  
San Rafael, CA 94901

(Acceptance into workshop is at the discretion of Dr. Pittle and contingent upon a telephone or in person interview. Please call 415-479-3945 for more information.)

Name(s):

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David M. Pittle, M.Div., Ph.D.

Dr. Pittle is certified by:

- American Assn. of Pastoral Counselors
- American Assn. of Marriage and Family Therapists
- National Assn. of Cognitive Behavior Therapists
- American Psychotherapy Assn.
- American Group Psychotherapy Assn.
- American Mental Health Counselors Assn.
- International Transactional Analysis Assn.

AAPC 7099  
NPI:1003025495

## Emotional Retraining Workshop

An Emotional Retraining workshop will improve your relationships with . . .

- Yourself
- Your spouse, lover, friend
- Your children
- Your work colleagues

## Schedule and Details

The next workshop will be scheduled for six sessions beginning in March, 2009

Cost for the full workshop is \$360, paid before the first session. Couples in life committed, relationship may attend at a reduced fee of \$600. This fee includes all charges for published materials.

Space is limited to the first eight participants registered with payment. Location, in Marin will be provided prior to the first date.



Dove courtesy of Plum Village Zen Buddhist community.

# Emotional Retraining<sup>®</sup> Workshop

**TurningSpirit Center**  
Spiritually-Integrated  
Psychotherapy and Counseling

[www.turningspirit.com](http://www.turningspirit.com)

**415-479-3945**

® The expression, Emotional Retraining, is registered to David M. Pittle, Ph.D.

## Being Your Own “Therapist”

Imagine a scene in an office. Mary’s supervisor insults Mary exploding, “How could you be so incompetent? Now you have messed up the Kleinjans file and you should have known better. Any idiot off the street could have done it right.” How does Mary now feel? Of course you don’t really know, but you could ask Mary.

- Perhaps Mary would answer:

*“I am worried. I need this job. Maybe he is just looking for a reason to fire me. How could I pay the rent if I lose my income.”*

**Mary might now be feeling anxiety, maybe even panic.**

- Another response could be:

*“He’s an SOB. He’s always picking on me and everyone else. He’s just using all of us in order to propel himself into a promotion.”*

**In this case Mary’s feelings are hostility and anger.**

- Alternatively Mary might say;

*“He’s right. I am a loser. I never get it right. I deserve it.”*

**Mary’s depression just keeps building.**

- But there is a completely different possibility:

*“I don’t deserve that kind of treatment, but that’s just the way he is. Besides, maybe he had a fight with his kid this morning. Or didn’t get enough sleep. That doesn’t excuse his behavior, but it really isn’t about the one page in the Kleinjans file. I can fix that in a minute. He’s having a tantrum, maybe like a child.”*

**Now, while Mary is perhaps appropriately**

***annoyed, she doesn’t react with self-damaging emotions. Her emotions do not immobilize her or lead her to make her life worse.***

Of course there are other possibilities, but these examples illustrate that our feelings do not come from things that happen to us. If they did, they would always result in the same feelings for everyone. Rather, the activating event—the boss’s insult—triggers a belief or automatic thought. The belief creates the emotion. While everyone’s irrational beliefs are somewhat different, there do tend to be a few common ones.

Most, but not all, emotions are a result of the way we have learned to react. Some emotions come from life-rules we have been taught by parental figures. Others we learn by experiencing pleasure or pain from the days of our childhood. In other words, these emotions are like rubber-bands, tied between us and our other places or times.

Another way of looking at it is that our minds have tapes recorded in our past. When something occurs in the present instead of mindfully dealing with reality and real emotions, a switch flips, the old tapes play and we have the old emotions. Of course, some painful emotions arise from our immediate circumstances, from the here and now. These make us alive and authentic.

We are best served by learning to be here and now; accepting what is really present and engaging our “reality checker” to react with the most helpful and life affirming emotions.

Emotional Retraining, based partly in Cognitive Behavior Therapy, is a key to a healthy emotional life. ER teaches you to use some of the best tools of psychology and therapy

for yourself. With ER, you learn to be your own therapist, checking your emotional responses and giving yourself feedback to handle situations well for a happier, healthier more authentic life.

Some of what your parents taught you is useful, but you need to be in charge, to decide for yourself which life-rules work in the present, which are your congruent and present emotions.

## About Emotional Retraining

Emotional Retraining is behavioral. ER helps you match your behavior and emotions. This is called congruency.

Emotional Retraining uses the confluence of several sources to help us have and experience our best emotions. This is core to being truly human, to self-actualization.

- Focus on emotions and their context. The beginning point is to know what you are really feeling.
- Increase awareness of our “tapes”, rules and beliefs from our parents and our childhood reactions and adaptations that we rubber-band to the present circumstances.
- Learn to put our adult cognition in charge of our beliefs, rules and thus, emotions.
- Find and act out the core values of our lives.

## It’s Not All About You

We live much of our lives with other people, friends, family, children, spouse, work or school colleagues. ER uses the insights of Transactional Analysis to focus on relationship improvement; to improve “life together,” a key to our happiness.