



## HANDLING EMOTIONS CONSTRUCTIVELY AND CHANGING NEGATIVE THOUGHTS

**Jude Bijou, MA, MFT, Psychotherapist**

Regardless of professional training, we and those we serve have two things in common: ingrained layers of unexpressed emotions and nonproductive thinking. Emotions are defined as a natural instinctive state of mind derived from one's circumstance, mood or relationships with others. Groundbreaking insights about emotions, feelings, and thoughts bring to light alternative ways to express emotions constructively and change old patterns of thinking, resulting in effective and powerful transformations.

This presentation outlines six emotions, correlates them with thoughts and feelings, and offers straightforward and practical tools to create tangible joy, love, and peace. Integrating eastern spirituality and western reliability, this approach is based on Attitude Reconstruction, whose premise is that unexpressed sadness, anger, and fear are behind negative attitudes. Emotions are nothing but pure physical sensations, and by releasing that energy, we think more clearly, hear intuition better, communicate more lovingly, and act in line with our hearts. Learn how to recognize habitual destructive thinking and offer both time-tested contradictory thoughts and a simple and systematic technique to assist clients to internalize positive thought and emotions.

After attending this presentation participants will be able to:

1. Identify the six emotions and their influence on health and well being.
2. Describe the important distinction between emotions and feelings.
3. Recognize destructive thoughts, born of unexpressed sadness, anger, fear, and discover what contradicts them.

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**Jude Bijou, MA, MFT**, is the daughter of pioneer child behavioral psychologist Dr. Sidney W. Bijou. She earned a BA from Reed College in Portland, Oregon, and an MA in psychology from Carleton University in Ottawa, Canada. She is a licensed marriage and family therapist in private practice residing in Santa Barbara, CA. where she has been serving individuals and couples for more than 35 years.

Jude's approach blends western innovation and Vedic philosophy from India to transform emotions with doable tools of empowerment. She is a

Santa Barbara Cottage Hospital  
Psychiatry and Addiction Medicine  
Department invites you to attend  
its April 2019 presentation.

**Wednesday, April 10, 2019**

**Noon to 1:30 PM**

**Santa Barbara Cottage Hospital  
Amphitheatre**

teacher of communication through Santa Barbara City College Extended Learning and conducts in-depth workshops and lectures. She's also the author of the multi-gold award-winning book, *Attitude Reconstruction: A Blueprint for Building a Better Life*.

You can learn more about Jude's work at [www.AttitudeReconstruction.com](http://www.AttitudeReconstruction.com).

## CONTINUING EDUCATION

**Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.**

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

[cottagehealth.org/mentalhealth](http://cottagehealth.org/mentalhealth)

## Program Coordinators

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