

## Where on Earth is Emotional Logic in 2018?

A report 15 years after the foundation  
of this training charity



### Our Vision

One day, people everywhere will feel empowered to harness their unpleasant emotions during times of change or hurt, and turn them to constructive, useful purposes.

### Our Mission

To train and support networks of skilled practitioners who enable individuals and families to learn practical life skills that help to turn the stress of unpleasant emotions into adaptability and stronger relationships.



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## Introduction

In 2003 The Foundation for Growth Through Grieving (FGTG) was incorporated as a Registered Charity and Company Limited by Guarantee to equip healthcare professionals and counselling psychologists with an additional *lifelong learning skill* – to enable emotional literacy in their clients about the *useful purposes* of their unpleasant loss emotions arising from everyday setbacks, disappointments and hurts. Since then, a much wider health promotion and social adaptability remit has evolved. Quality teaching from a faculty of qualified tutors, the *Emotional Logic Training College*, is administered and made accessible worldwide from an administrative hub, the *Emotional Logic Centre*. A global view on wellness development is now our focus, restoring humanity to families and organisations.

Over the six years before 2003, Emotional Logic's lifelong learning method had been developed in a primary healthcare setting, and in a therapeutic community, to help patients and residents build stronger and more adaptable relationships. The improved quality of relatedness, we believe, provides the inner resilience needed to prevent common mental illnesses and socially disruptive behaviour. Piloting since then in diverse settings, cultures and translations has shown how the benefits of more constructively understanding unpleasant emotions has far wider relevance than only healthcare. Schooling, carer support, pastoral care services and leadership all benefit from understanding that there are *no negative emotions*, only unpleasant ones that have useful purposes to improve personal and group adjustment to changing life circumstances.

Now fifteen years after the Foundation started to teach, this report gives an overview of how widespread and substantial are the benefits of learning to activate one's in-built Emotional Logic.

## Purposes of the Foundation for Growth Through Grieving (FGTG) (of the Emotional Logic Centre - ELC)

- The relief of any persons who are in conditions of poverty or sickness arising from grieving, and the prevention of any sickness which may arise from grieving.
- The advancement of the education of the public in the nature of grieving and the provision of suitable training for persons wishing to learn about or work with unrecognised aspects of grieving.
- The promotion of religious and cultural harmony, in particular where relationships have broken down as a result of unrecognised aspects of grieving.

## How are the Foundation's Purposes being worked out around the world?

### Russia – Krasnoyarsk, Central Siberia

The original work abroad was in Siberia after perestroika, when new businesses were starting-up. A community psychologist Elena Strigo and her assistant Maria Smirnova made EL training available for thirty start-up business people. After seventy years of oppressive attitudes to individual enterprise, they had found that reading emotions was essential to be able to trust others when running businesses. Emotional Logic is now integrated as part of the normal language of this private health-promoting community psychology unit and its clients. Elena Strigo has significantly contributed to developing the background theory of 'Speaking Life', which is based in the ELC Founder's original work, 'Emotional Chaos Theory with the emergence of inner and social order by feedback learning'.



### Russia – Moscow

A psychology teacher at the Moscow Institute of Christian Psychology, Tatiana Kim, offers Emotional Logic courses for twenty people from a wide range of backgrounds twice a year. This Institute is a ground-breaking development within the Russian Orthodox Church. A selection of testimonials is presented in the next section. One relates to a Russian Orthodox pastoral community psychology service that now includes Emotional Logic in its pastoral support.

### Pakistan

A visit was made to Karachi and Islamabad to initiate Emotional Logic teaching into healthcare, medical training and schools. Contacts with Muslim communities were initiated. We await further development. We would teach how the Prophet Muhammad in his humanity had his Year of Sorrow after his wife Khadijah died, and how learning the creative purpose of grieving for his new religion of Islam (Submission to God) could encourage teachers of Islam now to strengthen this same humanity in family life. This would promote wellness in home and community, by honouring new ways to manage daily setbacks and disappointments that prevent grief emotions from building up into illness and confrontational behaviour, and instead release them to improve immunity and respectful relationships.





## Zimbabwe – Bulawayo and Rural Matopos

The orphan project *Sethule* in rural Matopos in southern Zimbabwe has opened the door to Emotional Logic in this country. The charity places and supports orphans in trained foster families. The leaders, Thabbeth and Michael Cotton, have invited Emotional Logic to infuse their whole organisation, so that it is part of foster parent training and bereavement counselling for children. They are now employing a full-time dedicated EL teacher to teach staff and children at 19 rural schools with possible extension into the city of Bulawayo.



Through connections made via *Sethule*, Emotional Logic has been incorporated into the work of an inter-church counselling organisation in Bulawayo called *Life in the Light* through their counselling centre 'The Life House'.

June Mills now leads the Emotional Logic Centre (Zimbabwe) from an office in her own home, training new tutors to our International Award standard, who can spread the work into schools, pastoral support systems, and possibly other settings. Over 100 city and rural vicars and pastoral workers from the Anglican Diocese have been introduced to Emotional Logic, with a hope to extend that training further. A clinical psychologist Sandrah Moyo is available as an Emotional Logic teacher and tutor to help people whose lives have become troubled.



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Emotional Logic has become a significant tool used by a peace-building charity in southern Zimbabwe helping those who remain bereaved after many years of social turmoil. They have found that using the cards translated into IsiNdebele opens many conversations that could not otherwise have started.

## Republic of South Africa – Johannesburg

Prof. Nicolene Joubert runs the Institute of Christian Psychology (ICP) in Johannesburg. She trains counselling psychologists to work in any setting – faith-based or secular – using a model of humanity and wholeness that is consistent with, not exclusively focused on, Christian spirituality. Emotional Logic was taught as a Degree level module on trauma counselling, which has enabled many of her students subsequently to integrate EL into their counselling work.

Hermina Bac is a counselling psychologist who encountered Emotional Logic by chance when she was in Kenya while her husband attended a conference. She took a distance-learning course with practical supportive supervision by Skype, and now uses Emotional Logic in her counselling of HIV and AIDS patients within a Charity framework in hospital and community settings. The Charity may roll-out the method to other workers.

### Republic of South Africa – Pretoria

Reinet Blignaut qualified as a psychologist through ICP Johannesburg. She uses Emotional Logic extensively and innovatively in her work with trauma victims, also in eight township schools commissioned by the Gauteng Province Department for education, and with autistic children's private schooling. She had the inspiration for the *Shelly and Friends* children's book series representing the seven core loss emotions as savannah animals who all cooperate to solve problems by turning their unpleasant emotions to useful purposes.

### Republic of South Africa – Port Elizabeth

Drummond and Lindah Robinson founded and run *Family Transformation International* as a para-church training organisation promoting strong relationships, now active in over twenty nations. With the Founder of Emotional Logic, they have integrated Emotional Logic into their course to reduce leadership stress in faith and secular settings. They have used EL to help reconciliation after divisive upsets between people in church congregations, and promote its use also for family reconciliation in their wider work, including the reablement of prisoners.

### Kenya – Nakuru

Bishop Mike Brawan oversees sixty church fellowships in Nakuru and the Rift Valley, and is lead Chaplain for two thirds of Kenyan prisons. He introduced Emotional Logic into a Christian personal development programme in maximum security male and female prisons. In the two years since this development there have been no suicides (reduced from several per month) and much reduced re-offending after release from prison. Emotional Logic is successfully included in the pastoral support programmes for women leaving behind prostitution and moving on to run micro-enterprises, and in the children's education ministry of his churches.



### Kenya – Nairobi

Pastor Julius Akenga is the Kenya representative of *Family Transformation International*, running their courses in prisons in Nairobi District. He has started to run the integrated leadership course *Finding Emotional Wellness in a Troubled World* with prison warders and now with prison inmates. The Prison Governor has ordered this programme to be rolled-out to all warders and prisoners in the Nairobi District.



## Israel-Palestine

Hedva Haymov runs the women's reconciliation programme for *Musalaha* – a charity that brings together Messianic Jews and Arab Palestinian Christians, in environments that allow mixing, to explore reconciliation possibilities. She includes Emotional Logic in the programmes they run. This enables common values to be identified despite vast differences of culture, and language, and separation. Triple language emotional 'Stepping Stones' cards have been produced to facilitate the process.



## Jordan

Jamal Hashweh, Rami Hanna and Noor Saad lead the Global Hope Network International (GHNI) work in Jordan. They organise financial, spiritual and practical support for refugees from Iraq and Syria, especially those who are too afraid to remain in those refugee camps where there is high risk of rape and violent control. The GHNI policy of Transformational Community Development is very active among the churches in Jordan. Emotional Logic training has equipped the leaders with another skill to add to their already extensive support systems.



## Qatar - Doha

Kim van Zeeventer added counselling psychology to her nursing skills via a Masters in Psychology at Johannesburg University. She moved via Dubai to Qatar, where she has been asked to establish a hospital counselling service for the bereaved, which she will base around the Emotional Logic method, receiving distance supervision by Skype from ELC (UK).

## France

Fiona Sandford was part of the ELC team (with Sarah Kobrus) visiting Jordan to train the GHNI team, having been based previously in Doha, Qatar where she learned Emotional Logic to provide pastoral support for expatriate families. Fluent in French, she with her husband Carl re-settled in the French Alps at St Jean D'Aulps in Haute Savoie. There they are engaged in community building by drawing families together to explore their spirituality and wellness in terms of mutual support within Godly values. Fiona is translating Emotional Logic into French. She includes Emotional Logic in her conversational interactions locally, and can provide distance support as a tutor to others learning Emotional Logic.

## Germany

The IGNIS Akademie for Christian Psychology has been an inspirational centre for whole person approaches to counselling psychology and pastoral care. In recent years Wolfram Soldan and three other members of the teaching and support team have translated Emotional Logic into German. They are now providing Continuous Professional Development opportunities to Christian counsellors throughout Germany. One area of interest is to support the cultural re-acclimatisation and integration of the large numbers of Muslim refugees in Germany.



## Australia

Ravenswood School in Sydney, a private primary school, has recently trained a number of staff in Emotional Logic. We shall be following up to assess the impact and potential roll-out.

## Guatemala

On a recent trip to this Central American nation, John Bunce was exploring with another charity that helps the extreme poor living on a city rubbish dump, when he also introduced Emotional Logic to them as a potential aid to adjustment. The enthusiastic response has opened a search for how to translate into Spanish to advance this latest opportunity.

## United Kingdom

### Schools

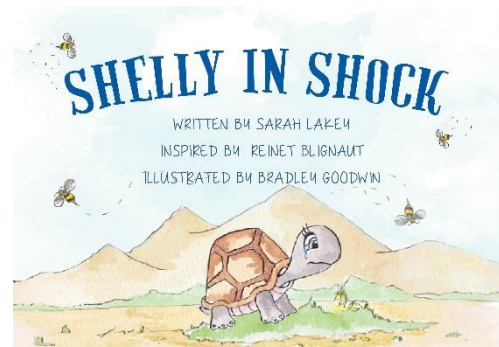
Emotional Logic spreads by word-of-mouth recommendation when remarkable changes are seen in people who have not been helped by any other method over several years. This was the way things started at Trinity Academy, a secondary Academy in Yorkshire, where an Inclusion Unit was set up based entirely on the Emotional Logic method. As a consequence, a set of lesson plans were developed by Liz Bunce and Zoe Jagelman to teach EL in PSHE classes to promote healthy adjustment and adaptability. OFSTED subsequently interviewed parents, staff and children attending the inclusion unit, and said the Unit was highly recommended.



Plymouth Excellence Hub Inclusion Project subsequently modelled their method on the Trinity Academy system. Also the Alternative and Complementary Education for excluded school children in Plymouth trained all 100 teachers in the Emotional Logic method.

Devonport High School for Boys and a primary school in Tavistock also adopted the method and has rolled it out through every aspect of school life. From there, interest has taken off, with Babcock-Education specialist teachers now preparing to train SENDCo teachers in Devon and Worcestershire schools. Likewise Blue Coat Preparatory School in Birmingham is becoming a showcase for the benefits of whole-school community development.

The original *Six Lesson Plans* for PSHE preparation for transition from primary to secondary has proved itself transformative. Resources have now been expanded to include *The Talking Together Tree* for Key Stage 1, and the illustrated seven book series *Shelly and Friends* for Key Stage 2 (aged 6-10).



### Fostering and Adoption

In Somerset and Dorset, Parent and Family Support Advisors (PFSAs) and people involved in foster parent training are planning distance learning materials specifically to make training accessible to foster parents who cannot get away to courses.

### **Healthcare**

Over the last fifteen years numerous counsellors and counselling psychologists have incorporated Emotional Logic into their range of services. A study of twelve showed that all were very pleased with the speed with which EL helped to clarify important issues, but also that each was using the method uniquely for their consulting style. This study was a pre-pilot for research, following which we recommend not using double-blind randomised controlled trials, as the conversational intervention and the measurable impact on lives are both too variable. Instead, evaluated service development can generate the evidence of health-related change that can follow a lifelong learning intervention. (Learning Emotional Logic is NOT counselling or therapy.)

Early work with several Learning and Support Clubs for people with serious (suicidal) mental illness on long-term sickness leave showed the method to be highly effective, accessible and safe. Further work with carers of people with mental illness or dementia also proved very helpful. Unfortunately funding issues and the current focus on cognitive therapies have prevented the roll-out into these areas. However, this work did provide the basis to develop our evaluation tool, the Emotional Logic Development Profile (ELDP), which can be used in any setting to measure change of adaptability.

Highlands Health Centre in Devon has provided Emotional Logic tutors on site for their patients for six years. A paper published in the International Journal of Psychiatry in Clinical Practice validating the ELDP against standard illness measures used in primary healthcare show the method's safety and clinical effectiveness for diagnosed anxiety and depression. Other medical practices are starting to make the method accessible to their patients also.

An End of Life Care Consultant Doctor in Somerset has identified a need for Emotional Logic to help relatives of those facing terminal illness, particularly younger relatives who currently have no resource available to them.

### **Adventure Training**

John Bunce, former Vice Principal at Trinity Academy, now runs an adventure training business called *Up Mountains*. By taking people of all ages who have life difficulties 'up mountains', John presents them with a physical, emotional and spiritual challenge, and introduces Emotional Logic both conversationally and using laminated 'Stepping Stone' cards to help them overcome their barriers to progress, adjustment and re-motivation.

### **Creative Arts**

Sophie Northmore is a dance teacher and trainee Emotional Logic tutor who is developing a dance workshop that could be taken into schools to explore emotional development through movement rather than words.



### **Homelessness**

Through its connections with *Up Mountains*, the *Exaireo Trust* in Loughborough has trained in Emotional Logic all its support workers for the homeless and in its Housing Association.



### **De-radicalisation and Young Leaders Training**

Active Change Foundation in NE London is a charity that used to go out to talk to street gangs to prevent radicalisation. They had learnt to include Emotional Logic language into their approach, including the concept of whirlpools of loss emotions. The leaders work also to rehabilitate convicted terrorists in prison. They confirm that radicalisers use the Anger-Depression whirlpool of loss emotions (identifiable using Emotional Logic tools) to drive people to suicidal and destructive behaviour. The same whirlpool can be used by traffickers to manipulate girls into dependency on them. The charity's main work now is leadership training for young people in schools, in which Emotional Logic is part of the programme.

### **Bereavement Support – Carer Support**

Roger Womack is developing ways to include Emotional Logic in programmes that help especially men who are bereaved, although the method can be helpful for anyone and for people of all ages. The use of cards and diagrams is a remarkably effective way to help men break through the ‘Tell me how you feel’ barrier, and to connect instead conversationally around the values that might be recovered relationally after bereavement.

### **Faith Communities**

It is clear from statistical evidence that people who are members of faith communities tend to be healthier and live longer than those who are not. Emotional Logic can help people to gain a sense of belonging within any community that they feel comfortable to explore, and also help people to leave communities and seek independence if they need to embark on another stage of their life journey. Emotional Logic has been incorporated into the pastoral care systems of some churches. It was, for example, translated into Mandarin Chinese for use by the Chinese Church in London. An important area for future development is peace-building with diversity-in-community. Although much work has started in Christian and Abrahamic religion communities, Emotional Logic promotes the same core humanity within any faith or cultural setting. Our sights are set on enabling the adaptability needed to let go of old and divisive ways of thinking to be able to speak life, not death, and thus to gladly or equably share an ever-shrinking and ever-more challenging world.

## Testimonials

The following eight testimonials all come from the Moscow courses. However, similar reports could be repeated from anywhere in the world. International piloting has confirmed that Emotional Logic addresses core humanity and identity development, deeper than culture and language differences.

#### **Tatiana Aruschanova** (tourist company manager)

The course of EL was very useful to me. It helped me to look at my emotions, at my usual reactions as if from outside, to realize my "favorite" emotional whirlpools, being stuck in my emotions, and also to receive effective skills. It was very important for me to know about such notions as “loss”, “grieving”, to learn something new and good about depression, about the logic of grieving and the Growth Cycle ( especially the importance of Bargaining). It is remarkable that anger in its healthy manifestation is the energy necessary for a breakthrough to change and acceptance. In general I attained a greater understanding of my own behavior, more opportunities to express healthy emotional reactions and, therefore, more chances for inner freedom and acceptance.

**Andrey Pozdnyak** (manager) The course of Emotional Logic gave me not only new knowledge, but also benefits in solving personal psychological problems. I began to solve my problems and analyze situations using the Emotional Logic (for complex tasks). During this time, my self-confidence gradually began to increase. I have to learn to re-build my relationships (showing patience, respect and confidence), learn to make decisions and take the responsibility for my choice and for my life. Thank you for the EL course.

**Ekaterina Ivanova** (wife and mother of 3 children)

In my childhood I was not taught to deal with my emotions, and the main things that I learned from adults were - do not cry, do not scream, do not bother me. I have always considered my emotions as an unfortunate imperfection, something that a good girl is not supposed to have. It is very difficult to live with such an attitude. Therefore, the EL course became for me the key to understanding myself. Living has become much easier and more exciting.

**Pavel Ivliev** (parish psychologist in the Church of St. Cosma and Damian in Moscow)

For me, the course of Emotional Logic was as a gift. It has helped me personally and in my counseling work in the parish. First, very important and valuable for me in this method is that it helps in understanding the useful purposes of emotions. It helps a lot not to get stuck in the stages of grieving, and sets up a constructive search for solutions. Secondly, that was important for me is the visibility of the method - working with cards, tables. It is very inspiring to work creatively with emotional experience. And thirdly, if to speak in general, I like the consistency, structure, aesthetics and beauty in this method.

**Dvoynikova Irina** (insurance company manager)

When I entered the course, I had no idea what it would be. It turned out that I faced many interesting and unexpected discoveries! For example, the fact that two strong emotions can arise tightly connected, they can strengthen and aggravate each other and make a serious problem in life. I regularly use the knowledge of EL. It helps to find out quickly - what is happening to me at the moment?

**Alexandra Pilyugina** (business analyst)

I have noticed that attention to emotions is working to increase self-worth. They have logic, and they are valuable to me! I am interested to understand this logic, to listen to myself. As a result, it is possible not to act automatically, but more carefully in respect to myself and to others.

**Larisa Maslova**, (55 years old philologist, teacher of Russian language and literature)

EL classes helped me not to swim helplessly in the rapid flow of my emotions. And to systematize the emotions, to understand that it is possible to work with them, to realize what emotion I am experiencing at the moment. It was a turning point for my inner life. It helped me to live more consciously.

**Maria Poluektova** (school teacher of English)

Speaking about the Emotional Logic course in general, it was really useful. First of all, it got us acquainted with our emotions, as well as the idea that even negative emotions can provide us with sufficient amount of energy necessary for solving urgent problems was totally new to me. Since my job involves constant dealing with children's conflicts and problems, knowledge of different ways of working with them comes in very handy.

## Future prospects

Demand is growing for Emotional Logic in several diversifying areas: leadership and business management; veterans and the families of veterans; prison and families to prepare for release from prison; wellness promotion in communities of living.

We have developed a cloud-based platform from which digital products can be released rapidly and at low cost anywhere in the world. The first product to be launched from this Client Portal is the seven children's book series *Shelly and Friends* for schools. Later a version for families will be released, with optional hard-copy purchase of selected (favourite) books. Plans are in progress for a product to ease the transition from sixth form colleges to university, to reduce the mental ill-health burden during this important transition.

We also plan a Second Edition of the successful self-help book *Lost and Then Found*, first produced in 1999. A more recent book *Building Bridges of Grace* applies the Emotional Logic method to unearth the roots of divisive attitudes that have disrupted the Christian Church worldwide through the last two Millennia. The same analysis applies to divisive attitudes between any people.

Plans are in place to develop the third Purpose of the Foundation for Growth Through Grieving – the promotion of religious and cultural harmony. The need is greater now in a conflicted and divided world than ever before.

## Funding Needs

Emotional Logic spreads by word-of-mouth recommendation, linked with our capacity to respond with agility to requests for further information in a timely way when people are ready to learn more.

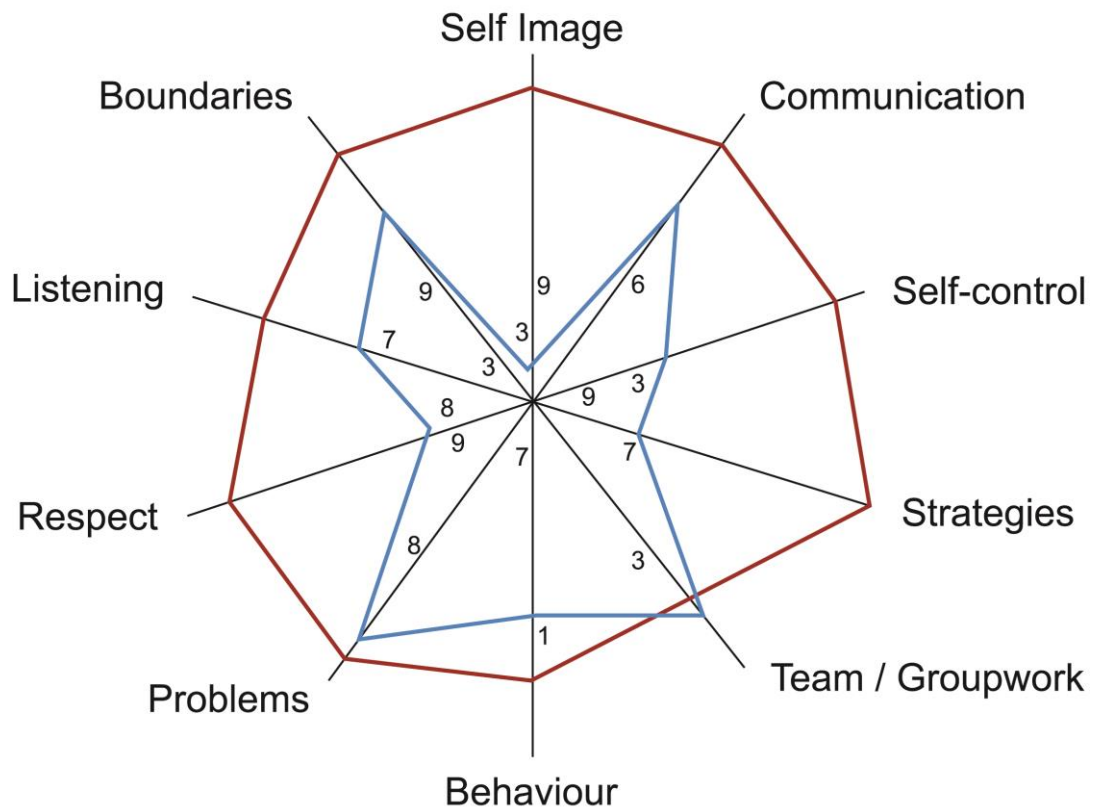
We have never succeeded in explaining to a generally sceptical public that they would be more able to manage disappointments and setbacks if they understood Emotional Logic in advance. Most people would much rather live in hope, and merely insure against catastrophe. They would also much rather ignore unpleasant emotions than imagine that a course to learn more about them could be enjoyable! Consequently, planned programmes of the sort that grant-providers require do not fit our approach to global and local development.

Training courses and materials sales currently bring in about a third of the revenue needed to provide a central administration that maintains quality in materials production, and ensures the availability of casework supervision to support our frontline tutors. Two thirds of our funding comes from one benefactor, who is concerned that this is an unsustainable situation.

If anything in this report has stirred your imagination, and you would like to fulfil your dream of investing in humanity by supporting an organisation that can respond with agility to expressed needs (and in so doing promote adaptability to future needs), then please do find a way to come alongside our existing benefactor. Your financial support will strengthen our responsiveness. Together, we can make a lasting difference as a beacon of renewed life in an indifferent world.







### Rickter Scale change for a teenager *on learning Emotional Logic*

Inner line – before (diminished personality)

Outer line – after (fulfilled personality)

Rickter Scale Ref: <http://www.rickterscale.com/>

If you would like to donate to advance this cause, please use the button located at the end of the Shop on our website [www.emotionallogiccentre.org.uk](http://www.emotionallogiccentre.org.uk) . We would be pleased and grateful also if you emailed or phoned the office, so that we can get to know you and send you updates on our progress.