

Emotional Intelligence and Mental Health

Implications for Clinical Practice

16th September 2010 – Novotel (Brisbane)

OVERVIEW OF EMOTIONAL INTELLIGENCE (EI)

Swinburne University are developing new methods to improve resilience and psychological health in Australian schools and organisations. One new method is in the area of emotional intelligence (EI).

Their research indicates that EI (the way that we understand, use and manage emotions) is related to stress, coping strategies and well-being indicators. Typically, people who report having higher levels of EI also report suffering from less stress, engage in more adaptive coping strategies and report fewer symptoms of psychological ill health such as anxiety and depression. They have also found that employees who have higher levels of EI are more satisfied with their job and more committed to their organisation and students with high EI are more likely to achieve their academic potential.

From these exploratory studies they have developed a psycho educational training program to teach individuals to enhance their resilience through the development of EI. Empirical evaluation of the training program suggested that teaching people to better use EI results in a reduction in stress, improved psychological health and increased feelings of satisfaction.

WORKSHOP PROGRAM

Morning Session 9.00am - 12.30pm

- 8.30am Registration and morning coffee
- 9:00am Commencement of workshop
- 9:05am Introduction and overview of workshop content
- 9:15am
 - Introduction to emotion
 - Introduction and brief history of EI
 - The Swinburne Model of EI
 - Swinburne's research
- 10:30am Morning Tea
- 10:50am
 - The seven EI factors
 - About the SUEIT assessments and reports
 - Interpreting self-report profiles
 - linking the EI facets to resilience and psychological health
- 12:30pm Lunch

Afternoon Session 1.15pm - 5.00pm

- 1:15pm
 - Developing emotional self-awareness and effective emotional expression
 - Developing the ability to understanding others' emotions
 - Developing emotional reasoning skills
- 2:30pm
 - Developing emotional management strategies
 - Developing emotional control
 - Running a feedback session (group and individual)
- 3.00pm Afternoon Tea
- 3.15pm
 - Application of EI program
 - Developing personal action plan
 - The big questions
- 5:00pm Finish

About the day

This 1-day professional development workshop describes the content and structure of Swinburne's EI development program and provides suggestions for how to apply this knowledge in organizations or to clients in a clinical setting. The program includes information about: the Swinburne EI Research Unit, the EI training program (structure, content, aims, development, evaluation); stress and resilience (theory and practical exercises); the history of EI; the Swinburne Model of EI; the seven EI factors; the Swinburne University Emotional Intelligence Test (SUEIT) assessments and reports; interpreting self-report EI profiles; running group and individual EI feedback sessions; linking the EI facets to resilience and psychological health; developing EI; and implementing the EI development program in organisations.

REGISTRATION FAX LINE 02 6628 2902

