

# Take Control of Your Emotional Health, Take Back Control of Your Mind

with Dr. Mark Goulston

This is a program, a purposeful mission and the beginning of a movement where participants improve their own mental/psychological/emotional health and then that of their families and communities. We see the latter aspect as critical to its success because until you teach what you know, you don't really know it.

## **Outcomes:**

1. Participants will change the way they look at and understand mental, psychological and emotional health and illness
2. Upon changing the way they look at and understand mental, psychological and emotional health and illness, they will deal with any and all the stressors in life more effectively and successfully
3. Participants will re-experience the power of being part of a "fire team" whose common mission is turning PTSD into mental, psychological and emotional strength and resilience
4. Participants will become part of a tight knit community that will support each other for the rest of their lives
5. Participants will become part of the first steps in creating and organically grown mission to improve the mental/psychological/emotional health of their families and communities thus empowering them with a renewed sense of purpose and meaning
6. Participants will feel less isolated and alone in their struggles

## **Game plan – Three 90-minute zoom sessions**

1. First 90 min zoom call - participants will be offered a new definition of mental/psychological/emotional health as: "the ability to modify their immediate internal reaction to anything life throws at them and to then modify their response in their mind and out into their life so that instead of it being destructive, it is constructive." This definition will be broken down into six component pieces with a "crowd sourcing" from participants and leader/facilitators examples from their own lives:

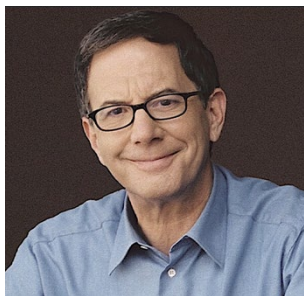
1. Mental, psychological and emotional health
2. is your ability to modify your immediate internal reaction
3. to anything life throws at you
4. to then modify your response in your mind and out into your life
5. so that is not destructive
6. but constructive

Teams/partnerships of two or three participants will be assigned to deal with any stress in the next two weeks using the steps they have learned and keep checking in with each other

2. Second 90 min zoom call - participants will reassemble to share homework results and refine the process even more.

New teams will be formed so that participants are widening their supportive community with the same homework as above. In addition, each participant will teach and coach someone else in their life or at work what they have learned and to answer those people's questions.

3. Third 90 min zoom call - participants will reassemble to share results of homework including who and how they taught what they learned to someone outside this program. There will be a facilitated discussion/dialogue of the merits of the program, how it can be improved and how it can be expanded beyond the original participants into the communities that participants live in.



Mark Goulston, M.D., is a former clinical psychiatrist, UCLA professor of psychiatry and FBI/police hostage negotiation trainer. He is the creator of Surgical Empathy, an approach he used for 30+ years with depressed, suicidal and PTSD patients during which time none of his patients died by suicide. He is the author/co-author of nine books which have been translated into 42 languages. His books, *Get Out of Your Own Way* and *Just Listen* have become international best sellers. He was recently honored at the 10 Annual LA Healthcare Awards by the Los Angeles County Medical Association with the "Shine the Light Media" award for his dedication to improving mental health in diverse populations. He is an Executive Producer of the teen mental health documentary, *What I Wish My Parents Knew*.