

The topic for North Central Texas Counseling Association's January meeting is "*Feel the Feeling; Find the Strength: The Theory of Emotion*"

January's presenter, Linda Duncan, has been a Professor of counseling and Coordinator of the counseling program at Tarleton State University, Southwest Metroplex in Fort Worth since 1987. She maintained a private practice in counseling until recently, when she decided to devote her time and energy to finishing two books. One, entitled *The Phases and Skills of a Counseling Session* will be published soon. The other, as yet untitled, but the working title is *Emotional Super Strengths: A Theory of Emotion*. She is a frequent speaker at various events, on topics related to the psychology of living well. In addition, she presents at professional conferences, state, national, and international. Recently, she spoke at the European Symposium in Group Analysis in London. Last month, December 2011, she spoke at the 11th International Ericksonian Congress in Phoenix.

She has a wide range of interests including exercise, healthy eating, meditation, Yoga, dance, and hanging out. Her favorite pastime is spending time with her children (two daughters, both teachers) and five grandchildren.

This workshop presents a theory of emotion and model for therapy, founded on the positive view that emotions offer us opportunities to realign with our inherent wholeness, once disruptions occur. The key lies in resolving the destabilizing effects of emotion with a stabilizing emotional and psychological strength. With fear for example, the strength is personal power. Her presentation includes principles and interventions. A map of emotion illustrates the arc of its occurrence from stimulus and effect to resolution and transformation. This presentation is applicable for group and individual therapy.