



## Emotions

By

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### **Description of Presentation**

It may difficult to know what to do to help clients with their emotions. This workshop attempts to inform counselors in a practical way how to understand emotions, how to help clients understand theirs and how they can help clients make use of them.

### **Objectives**

1. Participants will understand "core" versus "secondary" and "combination" emotions and their purposes.
2. Participants will be able to discuss the "appropriate rules for emotional expression" and typical differences between male and female emotional expression.
3. Participants will understand how to help clients use emotions in new ways that will improve their relationships.

### **Bio**

I Rich Wedemeyer is an educator with more than 30 years of experience. He began his counseling career 25 years ago assisting clients with their struggles to overcome substance abuse and addiction, and then as a sexual relationship therapist, assisting couples in making more meaningful connections. He has worked in a wide variety of clinical settings, including outpatient and partial hospitalization settings, a clinic for HIV+ clients, and a health clinic for Native Americans. He completed his post-graduate internship in Counseling Psychology at The University of Oklahoma Counseling and Testing Services in 1992. He is a Professor of Psychology at Rose State College where he teaches a variety of courses, including The Psychology of Human Sexuality, The Psychology of Human Relationships, Developmental Psychology, Introduction to Counseling, Introduction to

Psychology, and The Psychology of Abnormal Behavior. He is the recipient of both teaching and academic awards, including the Great Ideas for Teaching Award from the Oklahoma Association of Community Colleges as well as the Excellence in Teaching Award from Rose State College. He focuses his time on conducting workshops for clinicians, teaching, and writing. He likes nothing more than assisting students in making good decisions that promote their growth and protect their relationships, and keeping the dialog between clinicians open.

