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How To Lose Control And Gain Emotional Freedom: Embracing the "Dark" Emotions Through Integrative Mindful Exposure

Jerry D Duvinsky Ph.D.

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This book is designed as a "user's guide" for individuals engaged in psychotherapy as well as for therapists and the general population. It endeavors to teach the reader how to embrace the so called "dark emotions" through a process that that the author refers to asl Integrative Mindful Exposure. The basic premise of the book is that much of human suffering and symptoms are the product of our attempts to control and avoid these difficult emotions. Methodologies to help embrace fear/anxiety, shame, and anger are offered. Personal growth and liberation requires learning tools to directly embrace these avoided experiences. Integrative Mindful Exposure is a conceptual and practical therapeutic model that the author developed over twenty years of conducting psychotherapy that integrates behavioral exposure based approaches as well as mindfulness practices. "Attachment theory" and findings from contemporary neuroscience are also incorporated into this model. The reader will be led on a journey deep into the layers of their emotional lives. The topography of this inner realm will be revealed as well as the fears, challenges, obstacles and opportunities that emerge as the layers of our avoided emotions are peeled back. The book also contains self-assessments, worksheets and home exercises to facilitate personal understanding and growth.

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