

Responding

to

Afffectt

**Affective-Cognitive
Integration Skills**



Dr. Leigh

Affective-Cognitive Integration Interaction Skills of Noetic Psychology

*The following slides provide a basis for
understanding the Affective (emotions)
Cognitive (intelligence) Integration Skills of
Noetic Psychology (NP).*



The Basis of the Affective-Cognitive Integration Model

A man called Tomkins once said,

“Out of the marriage of reason with affect there issues clarity with passion. Reason without affect would be impotent, affect without reason would be blind”

(Tomkins, 1962, p. 112).

The Affective-Cognitive Integration approach facilitates the marriage of passion with reason.



How

The big questions is



How do we integrate Affect and Cognition?



**The answer is Noetic Psychology, an
integration of**

Rogers

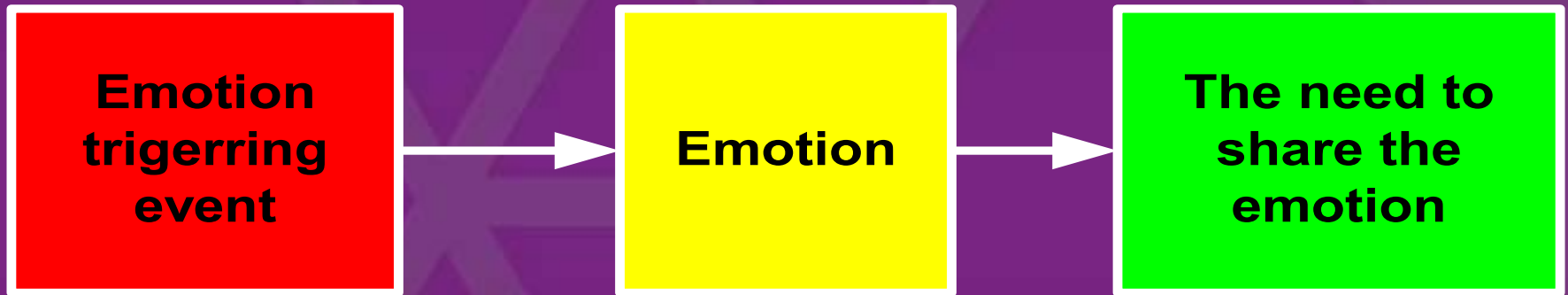
Ellis

Frankl

**The solutions are supported by research into
Emotions Triggering Events.**



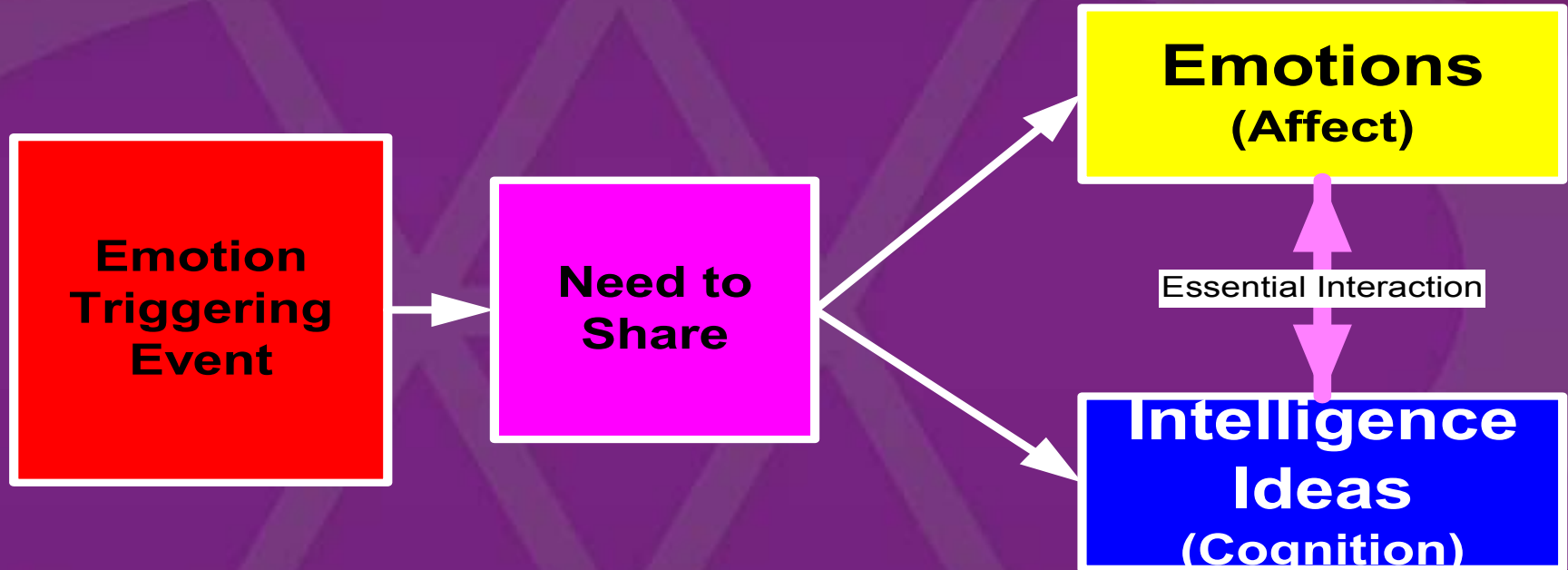
Emotions Triggering Events Model



An emotion triggering event drives a need to share.



Emotions Triggering Events Model

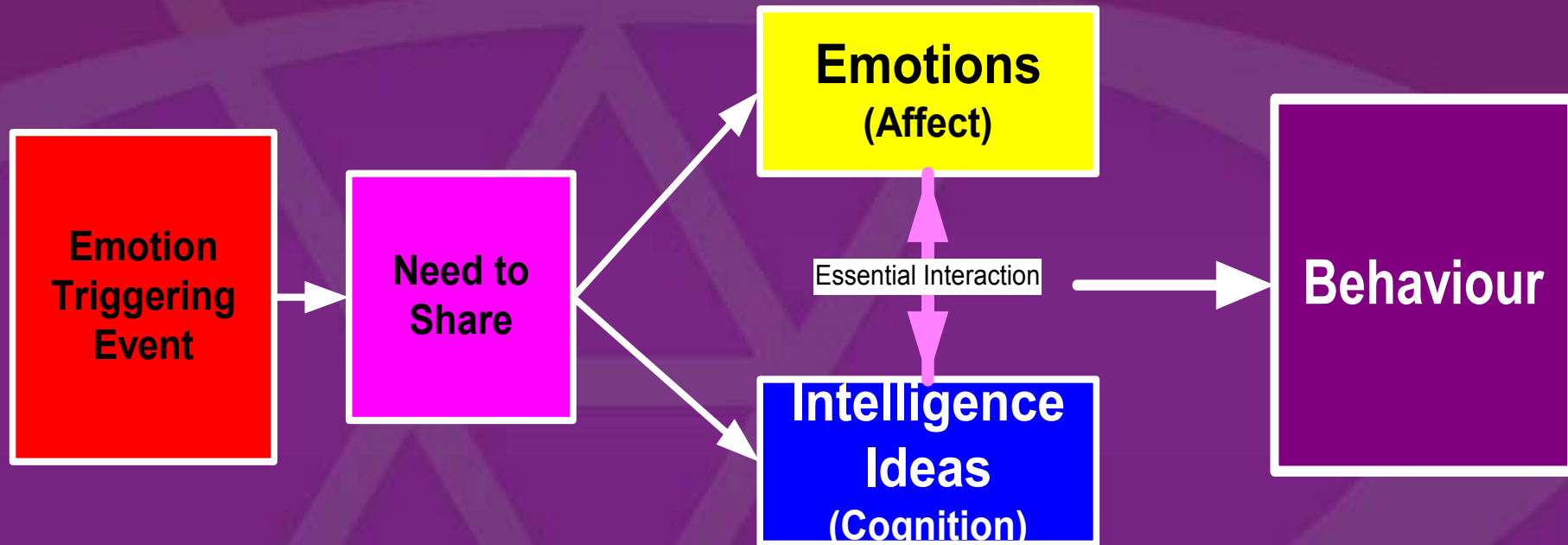


Sharing involves exploring emotions, feelings and ideas.

The Need to Share encompasses the joint need to express an emotion and undertake cognitive reappraisal.



Emotions Triggering Events Model

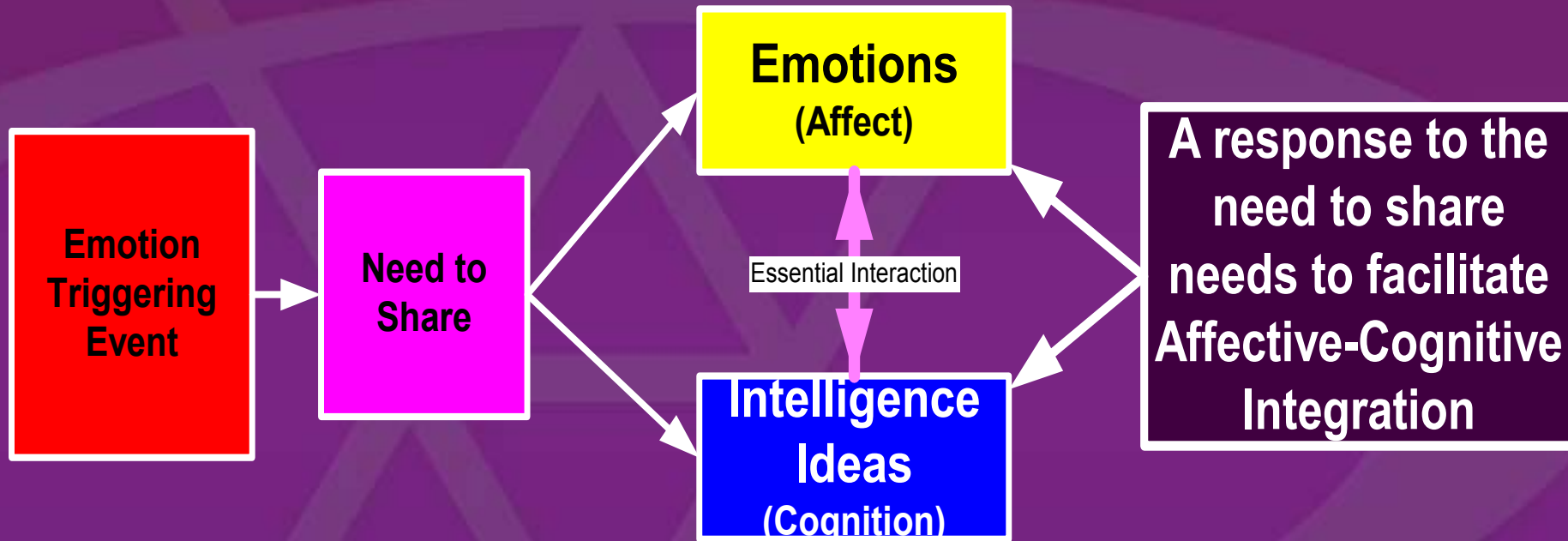


This model indicates that behaviours that flow from emotion are determined by an interaction between Affect and Cognition.

Hence, AFFECT AND COGNITION DETERMINE BEHAVIOUR



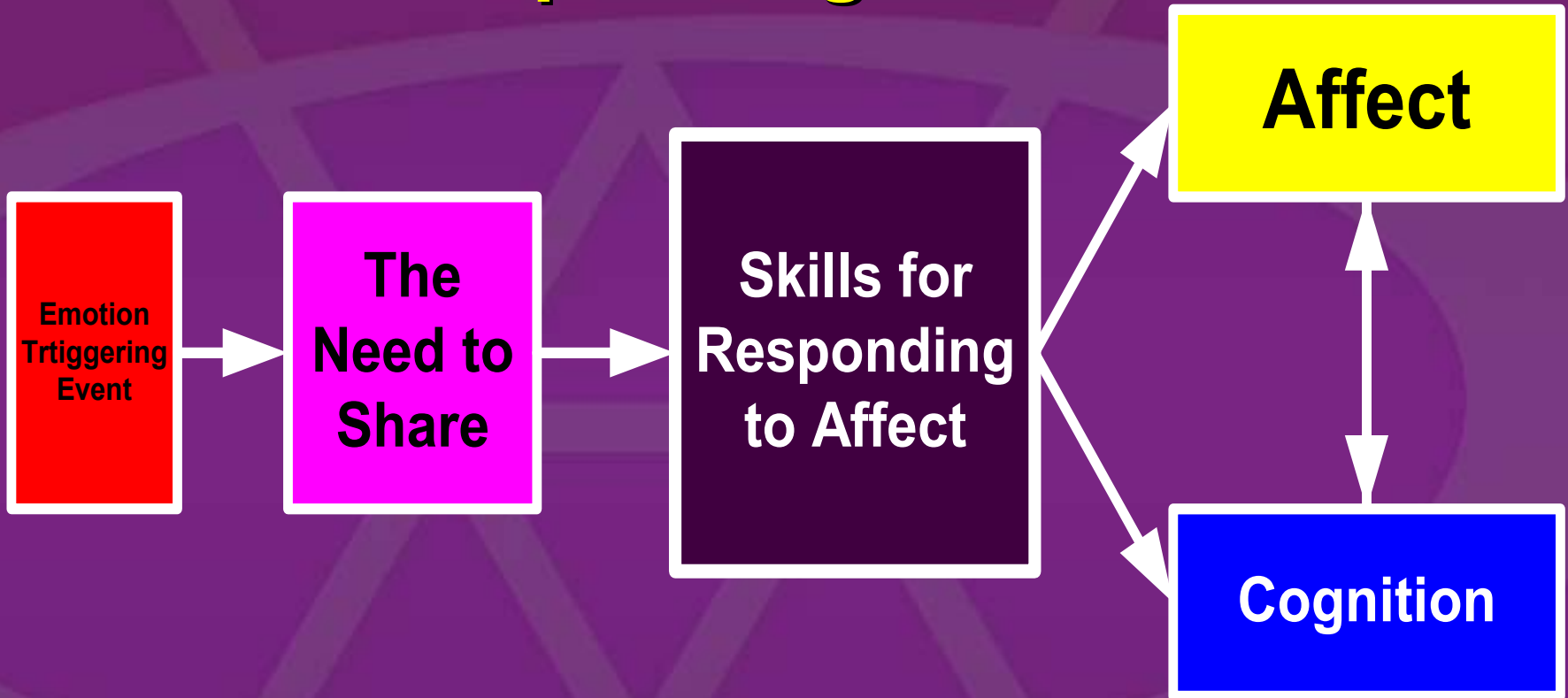
Emotions Triggering Events Model



Thus, responding to Affect must enable an interaction between, and the integration of affect and cognition. The obvious place to facilitate this is at the point of the need to share.



Responding to Affect

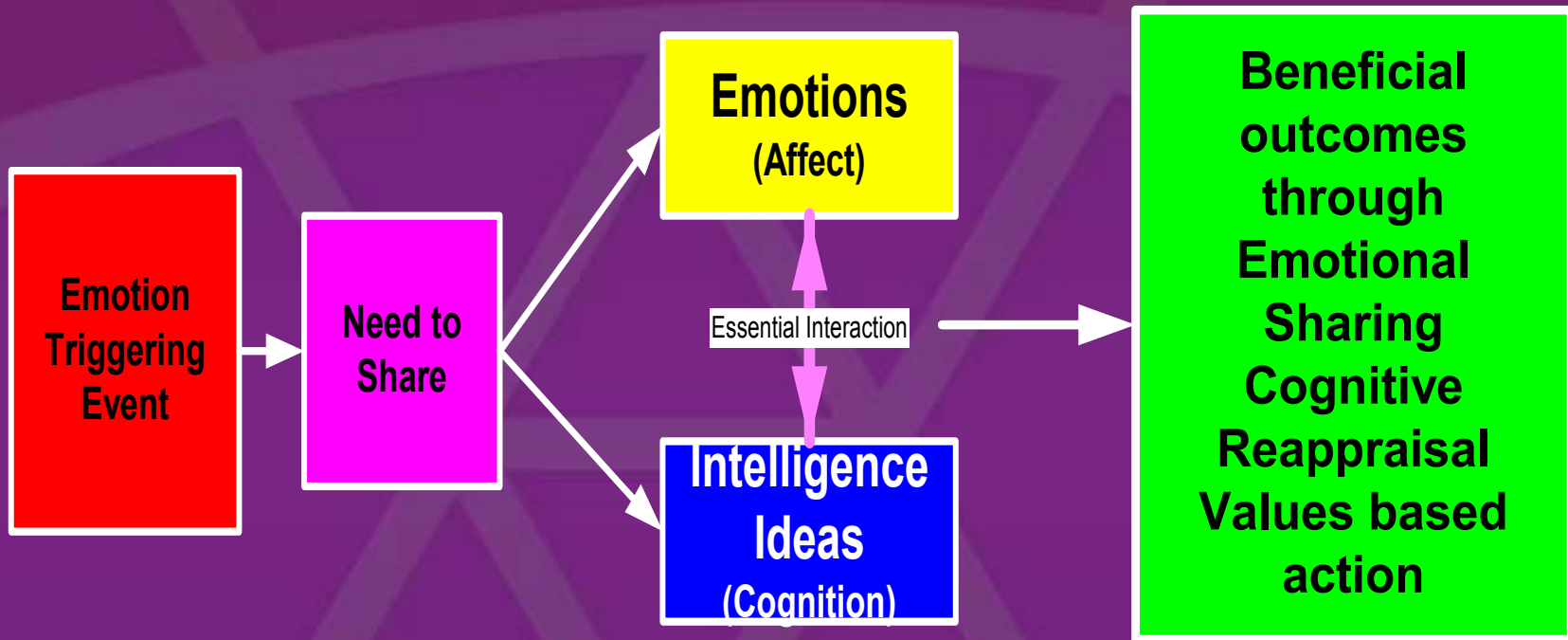


Skills for responding to Affect need to enable an interaction between Affect and Cognition.

What then are those skills?



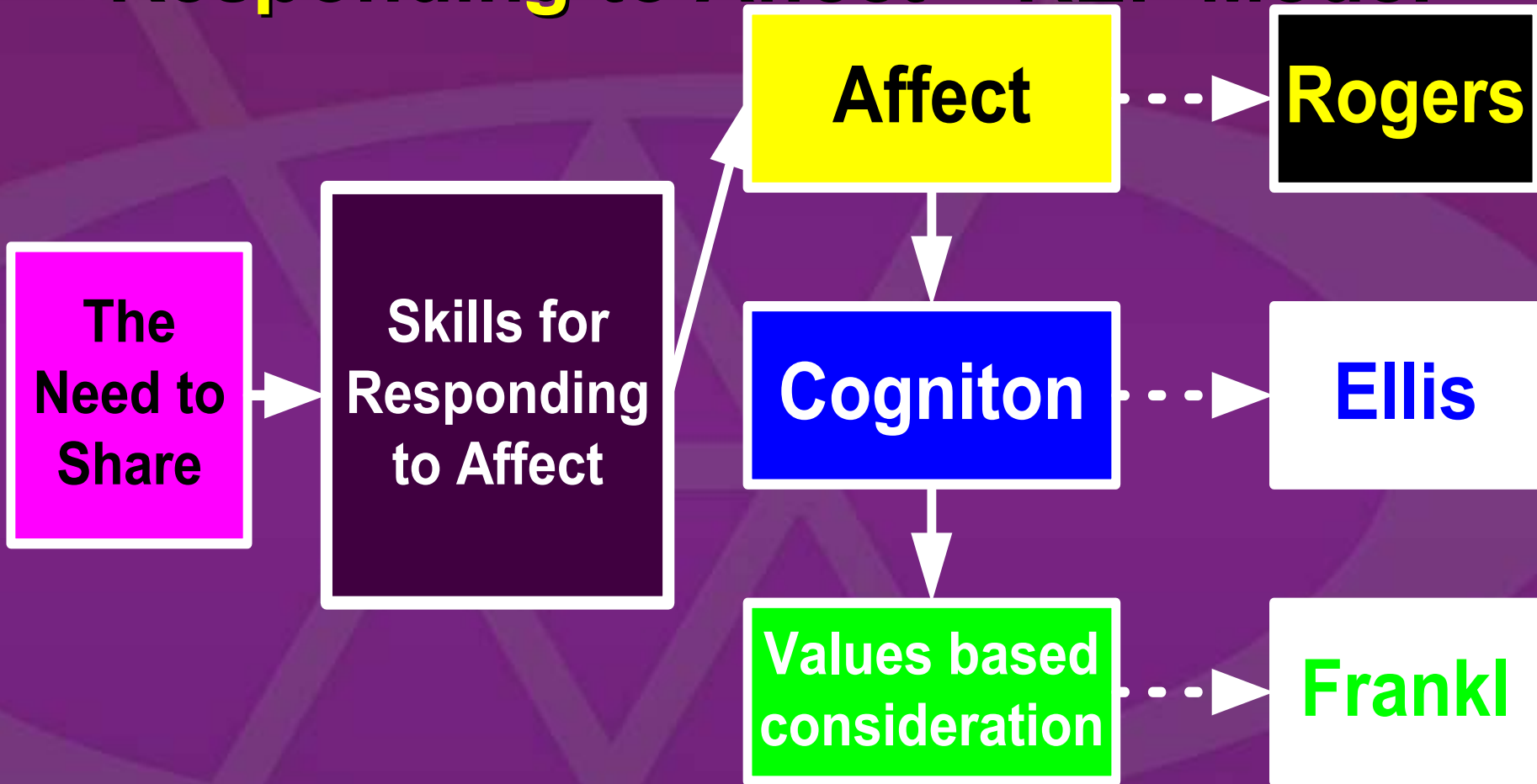
Emotions Triggering Events Model



This model indicates that beneficial outcomes are evoked by enabling the expression of Affect along with Cognition reappraisal that is linked to values.



Responding to Affect – REF Model

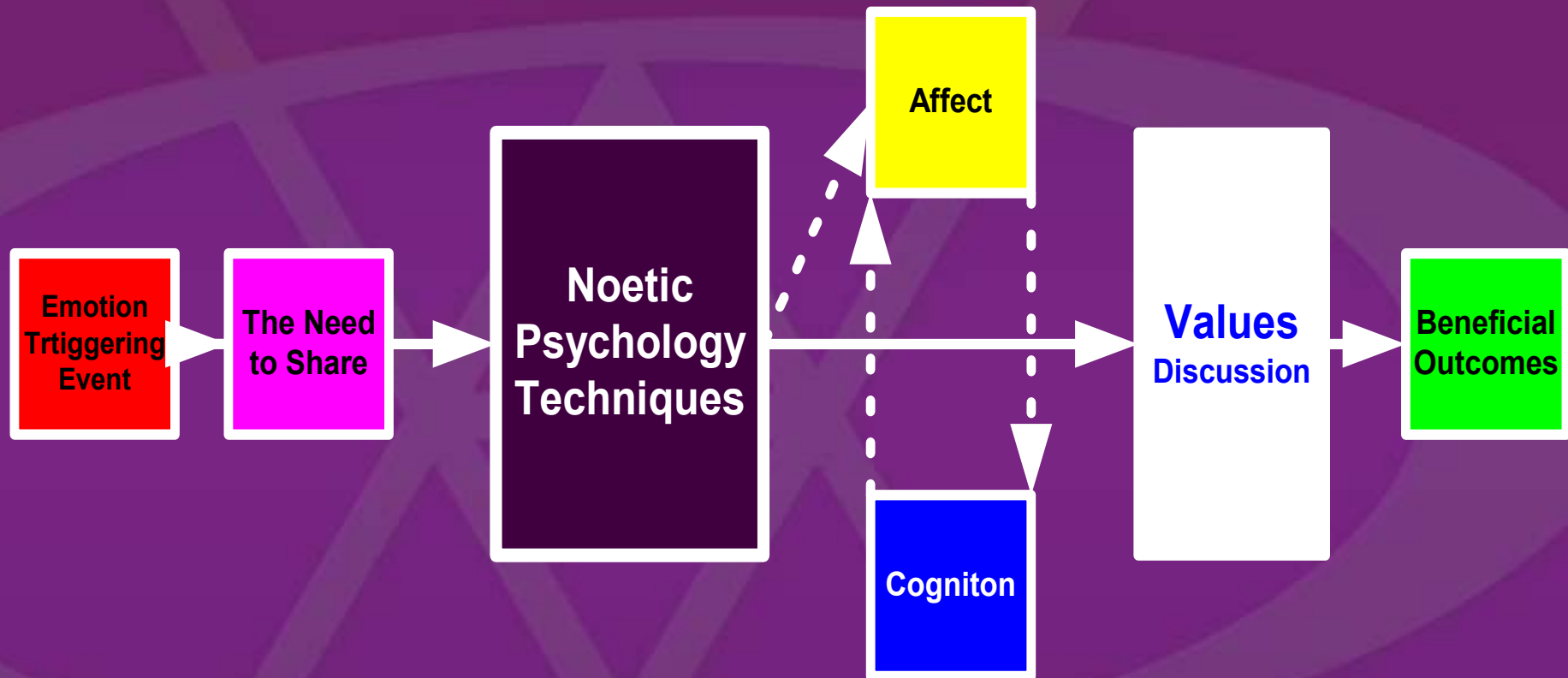


Skills for responding to Affect need to enable an interaction between Affect and Cogniton.

What then are those skills?



Responding to Affect – NP Techniques



REF interaction techniques integrate Affect (emotions) with Cognition (intelligence) and fulfillment through Values (Noetics) in order to produce beneficial outcomes.



What techniques

The next questions is

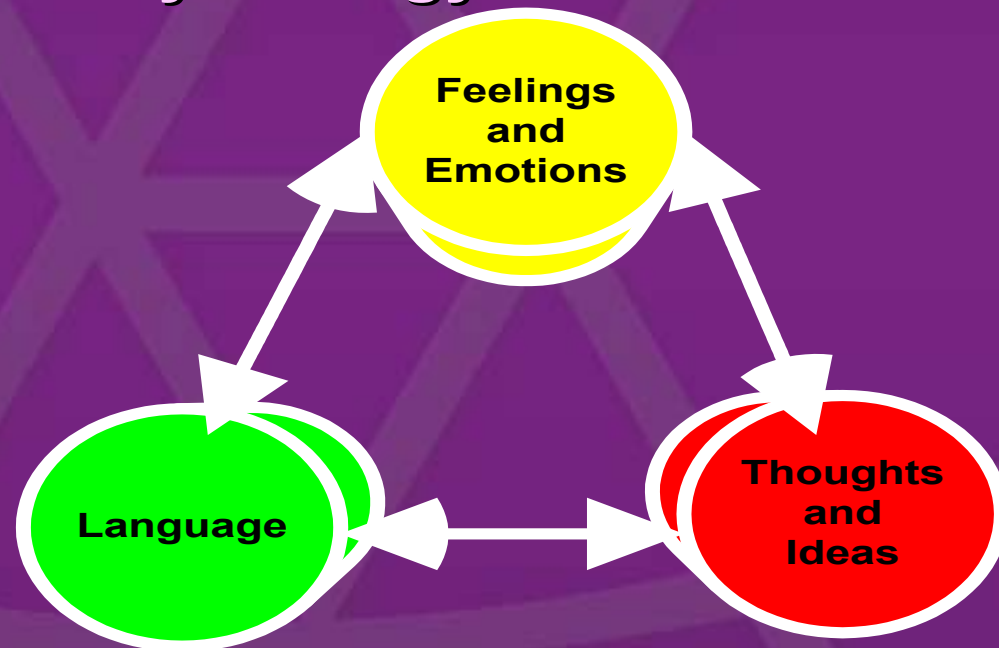


**What techniques do we use to integrate
Affect and Cognition?**



NP – The Language-Emotion-Thought Connection

The **L.E.T.** Psychology of Emotions



The **L.E.T.** Model depicts a breakthrough in thinking about emotions management i.e. the connection between emotions, thought and language.



The NP and Developing EI

To summarise

NP techniques use the Language-Emotion-Thought connection to facilitate Emotions Sharing; Cognitive reappraisal; and Values based decision making.

Therefore, skills for responding to Affect are described as “Noetic” – Noetic meaning ethically fulfilling and uplifting.



NPT Techniques

Core Emotions Management Techniques

**Listen, Empathise, Ask, Restate, Note
(LEARN)**

Empathic-Reflective-Action Based (ERA)

Emotions, Belief, Behaviour (EBB)

Affect, Perception, Testing (APT)

Emotion, Thought, Action (ETA)

Emotion, Values, Action (EVA)



NP Techniques

Core Emotionally Fulfilling and Invigorating (Charismatic) Techniques

Attending, Listening, Learning (ALL)

Structural, Emotional, Entire (SEE) Needs

Clarifying, Listing, Enacting, Assessing,
Results (CLEAR)

Personal, Individual, Existential, Communal,
Ethical
(PIECE)

Respect, Empathy Attention, LEARN, Needs
Outcomes, Way (REAL NOW)



Evidence to date has validated NP theory and specifically supports NP skillset.

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