

STOP OVERREACTING



Effective Strategies for Calming Your Emotions
Judith P. Siegel PH.D., LCSW



Important skills for coping with intense and overwhelming emotions without **overreacting, withdrawing, lashing out or raging.**

Wednesday, May 16th
Bldg. 50 Auditorium
Noon

Dr. Judith Siegel applies cutting edge research and more than thirty years of clinical practice experience to present the key concepts to understanding and overcoming intense emotional reactions to life's less than ideal situations, specifically in the realms of relationships, family and the workplace. Based on new research that is changing the way therapists view emotional regulation, Dr. Siegel identifies the common factors that contribute to overreaction. She will present approachable, applicable skills for understanding and gaining control over them in order to reduce overreaction and improve relationships.

About the Author & Presenter:



Photo by Phyllis Ferris

Judith Siegel has taught for the past twenty years at the New York University Silver School of Social Work. In addition to *Stop Overreacting*, she has written *What Children Learn from Their Parents' Marriage*.

She has appeared on *The Today Show*, *Good Morning America*, NPR's *Fresh Air*, and has been quoted widely in magazines including *Parenting*, *Parents Magazine*, and *Good Housekeeping*.