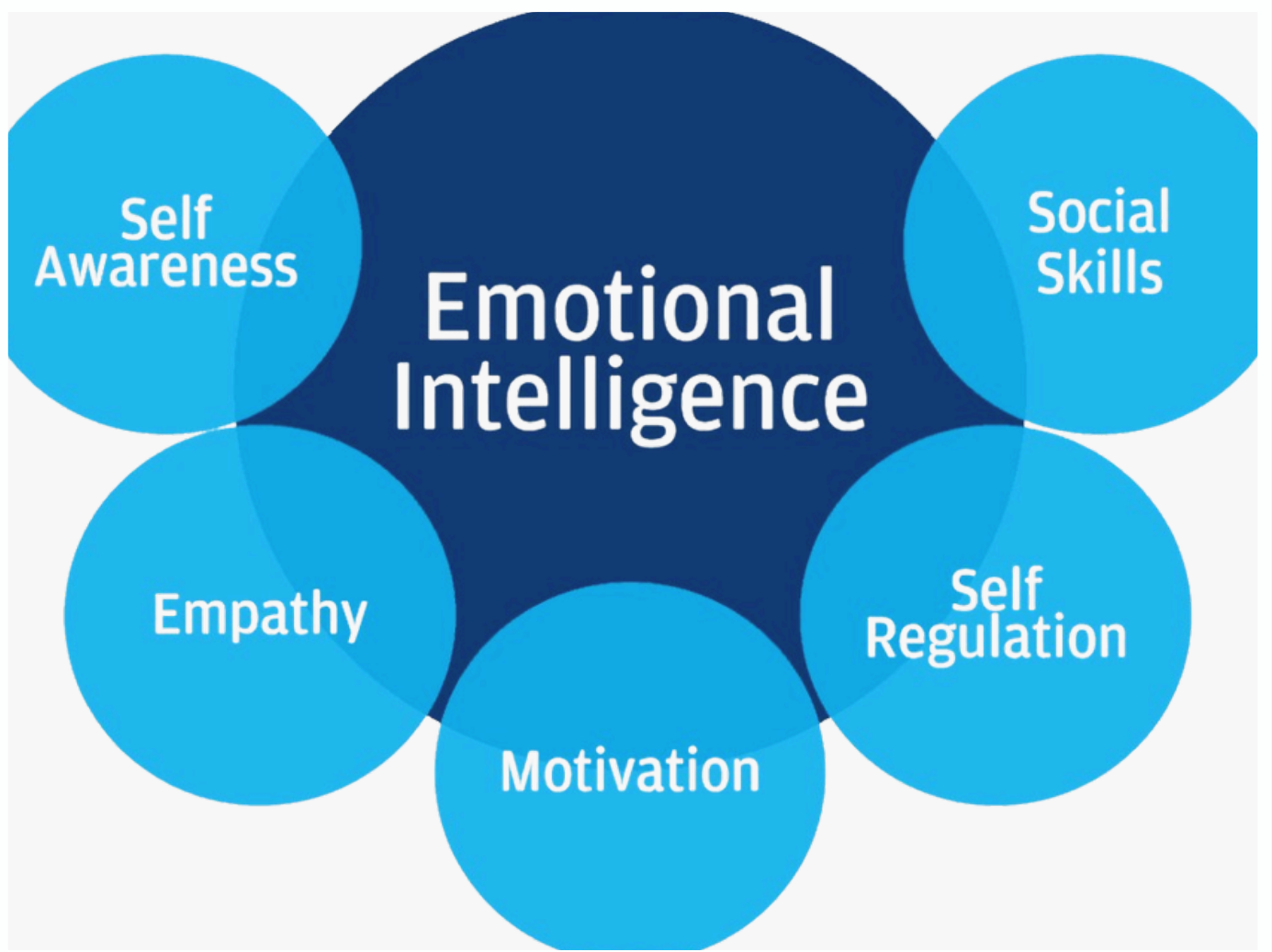


Emotional Resilience & Healing with AI (ETP Model)



SEH ACADEMY

Emotional Resilience & Healing with AI (ETP Model)

Program Overview

This specialized program introduces participants to the Emotional Processing & Resilience Profile (ETP Model), a structured framework designed to assess emotional patterns, identify vulnerabilities, and support emotional healing.

The course uniquely integrates Artificial Intelligence tools into psychological practice, enabling participants to analyze emotional patterns, generate insights, and develop structured intervention plans more efficiently.

Participants will gain a deep understanding of emotional injuries such as rejection, failure, trauma, low self-esteem, intrusive thoughts, and emotional distress—along with practical tools to process and heal them using both psychological methodologies and AI-supported techniques.

Program Duration

- 36 Training Hours
- 9 Hours Collaborative Graduation Project
- Total: 45 Hours

Program Structure (6 Weeks)

Module 1: Foundations of Emotional Processing & Resilience

- Understanding emotional injuries (rejection, failure, loneliness, guilt)
- Differentiating emotional processing vs emotional resilience
- Introduction to the ETP Model and its dimensions
- Emotional awareness and pattern recognition
- Identifying when intervention is required

Module 2: Emotional Assessment Using ETP

- Practical application of the ETP scale
- Identifying strengths and weaknesses in emotional patterns
- Understanding healthy vs unhealthy emotional responses
- Developing emotional profiles
- Linking emotional patterns to mental and physical health

Module 3: AI in Emotional Analysis

Using:

- ChatGPT
- NotebookLM

Participants will learn how to:

- Analyze emotional responses and behavioral patterns
- Detect recurring emotional triggers
- Generate structured reflections and summaries
- Support case analysis using AI

Improve documentation and reporting

Module 4: Emotional Healing & Recovery Techniques

- Techniques for healing emotional wounds
- Managing intrusive thoughts and emotional triggers
- Strengthening self-esteem and emotional balance
- Reducing anxiety and emotional overload
- Building long-term emotional resilience

Module 5: AI-Supported Intervention & Case Management

- Developing intervention plans using AI tools
- Writing professional psychological reports
- Monitoring emotional progress over time
- Designing personalized support strategies
- Enhancing efficiency in psychosocial support

Module 6: Practical Application & Case Studies

- Real-life case analysis and discussion
- Applying the ETP model using AI tools
- Group-based emotional assessments
- Presenting case findings
- Preparing for the graduation project

Collaborative Graduation Project (9 Hours)

Participants will work in teams to develop a complete emotional assessment and intervention plan, including:

- Emotional profile using the ETP Model
- Identification of emotional patterns and vulnerabilities
- AI-supported analysis and interpretation
- Structured intervention and healing strategy
- Final presentation and evaluation

Target Audience

- Psychologists & Counselors
- Social Workers & PSS Specialists
- NGO Professionals
- Educators & School Counselors
- Individuals interested in emotional intelligence and mental well-being

Trainer

Dr. Mustafa Abbas

PhD in Psychological Sciences, specialist in emotional processing, and consultant for international organizations in mental health and psychosocial support.

Expected Learning Outcomes

By the end of this course, participants will be able to:

1. Apply the ETP model professionally
2. Identify emotional patterns and vulnerabilities
3. Analyze emotional data using AI tools
4. Develop effective intervention plans
5. Improve emotional resilience and stability
6. Support individuals in emotional healing
7. Integrate AI into psychological and counseling practice

About SEH International

SEH International is a leading training and professional development institution specialized in delivering high-impact, practical programs across various fields. With a strong focus on real-world application, SEH bridges the gap between theoretical knowledge and operational excellence.

Our programs are designed to equip participants with practical skills, enabling them to manage operations efficiently and make informed decisions based on data, in line with modern market demands and international standards.

