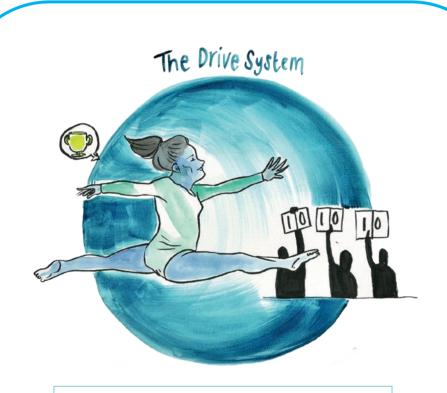
Resilience Based Clinical Supervision

Three Emotional Systems



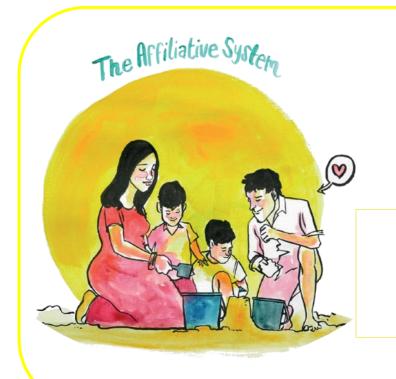
Incentive/resource focused
Seeking/behaviour activating

Drive/excite/vitality



Threat focused/safety seeking

Activating/inhibiting Anger/anxiety/disgust



Non-wanting/affiliative focused

Soothing/safeness Content/safe/connect





Gemma Stacey, Aimee Aubeeluck and Grace Cook (2018) *Resilience-based Clinical Supervision: A Course Companion*. London: FoNS. pp 14-15.