



## SEFAPP at the MOVIES

# “Inside Out:” A Story of Emotional Life

Presented by

Linda B. Sherby, Ph.D., ABPP

### **THE PRESENTATION:**

In this presentation, Dr. Linda Sherby takes us through the movie, “Inside Out,” an animated Disney/Pixar film whose target audience was supposedly children.

On the contrary, Dr. Sherby maintains that “Inside Out” is an insightful movie that touches on the complexity of emotions, memory, childhood development, attachment, defense, the unconscious, and more. The movie visually depicts what therapists deal with in their offices every day, illustrating both that emotions organize rather than disrupt both our internal and external worlds and that the integration of emotions, including sadness, is essential for growth and development.

The movie also illustrates how memories are internalized and how these internalizations affect our view of both ourselves and our lives. How and what we feel is crucial to our way of being in the world. The movie also succeeds in arousing our own emotions. We care about these animated characters, including the visually depicted internalized emotions, voices and even an imaginary playmate. This success is due to the movie’s ability to tap into our universal experience of loss as an essential part of development and life.



### **When**

**Sunday - 2/26/2017**

**10:00 AM - 1:30 PM**

sign-in at 9:30

Brunch Included

### **Location**

**Delaire Country Club**

4700 Cherry Laurel Lane

Delray Beach, FL 33445

(Home of Barbara Lurie, Ph.D., LMFT)

**From I-95:** Take the Linton Blvd. exit and head west for two miles. Turn left at Military Trail and continue south on Military Trail for approximately one mile until you reach Live Oak Boulevard. At Live Oak Boulevard turn left into Delaire Country Club. After you pass through the gate, continue around the roundabout, and turn left onto Cherry Laurel Lane. Dr. Lurie’s house is the third house on the left.

### **FEE:**

**Professional Members: \$35.00**

**Professional Non-Member: \$50.00**

**Student Member: FREE**

**Student Non-Member: \$10.00**

Visit [sefapp.org/events](http://sefapp.org/events) to Register

## THE PRESENTER:

Linda B. Sherby, Ph.D., ABPP is a psychologist and psychoanalyst in practice in Boca Raton. She is the author of the book, *Love and Loss in Life and in Treatment*, published by Routledge. She previously co-authored the book, *Getting Free: Women and Psychotherapy*, as well as numerous professional papers. Presently she writes a blog, *Inside/Outside*, that addresses the complex interaction between patient and therapist, that appears on her website, as well as various social media sites.

For over 20 years, Dr. Sherby has been active in the Southeast Florida Association for Psychoanalytic Psychology, where she has held most board positions and is currently co-President. She is also a founder, faculty member, supervisor and board member of the Southeast Florida Institute for Psychoanalysis and Psychotherapy. She has been involved with the New Directions writing program, "Writing with a Psychoanalytic Edge," since 1999, first as a student and presently as a faculty member.

## LEARNING OBJECTIVES

1. Discuss how emotions serve an organizing as opposed to a disruptive force in the psyche.
2. Describe how memories are internalized.
3. Discuss the necessity of all the emotions, including sadness, to propel a person forward developmentally.

## CE Credits

This event is offering three (3) CE credits when program is attended in its entirety.

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Or, complete the form below and send it with your check to the SEFAPP Administrator address below.

Name: \_\_\_\_\_

Member \$35

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Student Member Free

E-mail: \_\_\_\_\_

Student Non-Member \$10 (Student ID required)

License Type & #: \_\_\_\_\_

If you would like to join or renew your SEFAPP Membership and register for the symposium please mark this box and add \$90 (\$60 for Early Career professionals/\$30 for students copy of student ID)

Total Enclosed: \$ \_\_\_\_\_

Please make checks payable to: SEFAPP

\*REFUND POLICY

Refunds will be made upon written request until the day of the event.

No refunds will be made after date of event.

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