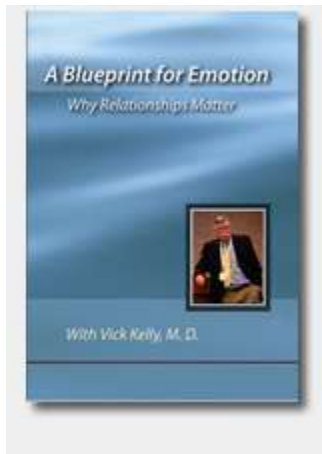


## **A Blueprint for Emotion: Why Relationships Matter**



**with Vick Kelly, M.D.**

**DVD (68 mins) (2010, Heartspeak Productions)**

Review by: Les Drelich, JLD Restorative Practices, Hobart, Tasmania, Australia

Dr Vick Kelly's entertaining lecture outlining Affect and Script Psychology (ASP) presented on this DVD makes sense of a complex concept. His flowing and often humorous style makes the lecture easily watchable.

The lecture details the origin of ASP from Charles Darwin to the present, clearly explaining with excellent examples the affect system and its relationship to the central nervous system; the nine affects and how they relate to the innate life scripts that we develop that are so strongly evident in relationships, especially when relationships are damaged and need to be repaired.

The lecture explores the concept of traditional methods of punishment that leads to shame, often toxic shame and the pivotal part that shame can play in creating dysfunctional people and relationships, as well as highlighting the negative loop that is created by persistent shame leading to chronic distortion of the central blueprint.

Perhaps most importantly he details the various components of Affect Theory in a logical and sequential manner which is excellent for both viewers learning about the Theory for the first time and for revisionists. For the latter category there are significant new insights especially in aligning Affect Theory to the facilitation of restorative conferences.

Highly recommended for restorative practice practitioners.

Available from: [Heartspeak Productions](#)