Emotion Regulation

Onslow College Parent Evening
15th August, 2017
What is an emotion?
Emotional Response
The Basic Emotions

Body changes
Behaviour
Why do we have emotions?
Highlights important things
Prepare us to take action
Why do we need to regulate our emotions?
How do we regulate our emotions?
Emotional Response

Emotion Regulation

Image of a spider, two dogs, and a person thinking.
Process Model of Emotion Regulation

Gross, 2001
## Emotion regulation strategies and psychological disorders

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Relationship</th>
<th># Studies</th>
<th>Specific Disorder</th>
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<tbody>
<tr>
<td>Avoidance</td>
<td>Positive</td>
<td>37</td>
<td>Depression; Anxiety; Eating Disorder</td>
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<tr>
<td>Rumination</td>
<td>Positive</td>
<td>89</td>
<td>Depression; Anxiety; Substance Use; Eating Disorder</td>
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<tr>
<td>Suppression</td>
<td>Positive</td>
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<tr>
<td>Problem-solving</td>
<td>Negative</td>
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<tr>
<td>Reappraisal</td>
<td>Negative</td>
<td>15</td>
<td>Depression</td>
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What about adolescents?
Emotion Regulation:

Laying the foundation

Knowing when and what emotions you’re having

Validation of experience
Cultivating awareness of emotions

Assessing body sensations associated with different emotions

Emotion words – cultivating language for expression of emotions

Emotion games – e.g. matching different experiences with an emotion

What do you use?

What aspect of insight is the most challenging to cultivate?
Wise mind

Emotions tell us important information
- Values
  - What’s important to us
- When our needs are/aren’t met
- When rules have been transgressed

- It’s important to attend to them & the facts
Wise mind
Importance of Validation

To acknowledge and accept a person’s feelings, thoughts, behaviours and internal experience as valid and understandable.
‘The essence of validation is this. The therapist communicates to the client that her response make sense and are understandable within her current life context and situation. The therapist actively accepts the client and communicates this acceptance to the client. The therapist takes the client’s responses seriously and does not discount or trivialise them. Validation strategies require the therapist to search for, recognise and reflect to the client the validity inherent in her responses to events. With unruly children parents have to catch them while they’re good in order to reinforce their behaviour, similarly, the therapist has to uncover the validity within the client’s response, sometimes amplify it, and then reinforce it’ (Linehan, 1993, 222 – 223).
Importance of Validation

Facilitates emotion regulation

Strengthens persistence through hard times by communicating an understanding of the distress (feel heard)

Recognises the kernel of truth in all perspectives. By recognising someone’s perspective you lessen resistance.

Enhances relationships

Enhances identity
Levels of validation

Level 1: Being present
Level 2: Accurate Reflection
Level 3: Guessing about unstated feelings
Level 4: Validate in terms of past history
Level 5: Validate in terms of present events and the way most people would react (Normalising)
Skills required for validation

Active listening
Mindfulness
Dialectical thinking
Letting go of any set rules
Compassion
Celebrating difference
References

Thank you for listening! 😊

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