

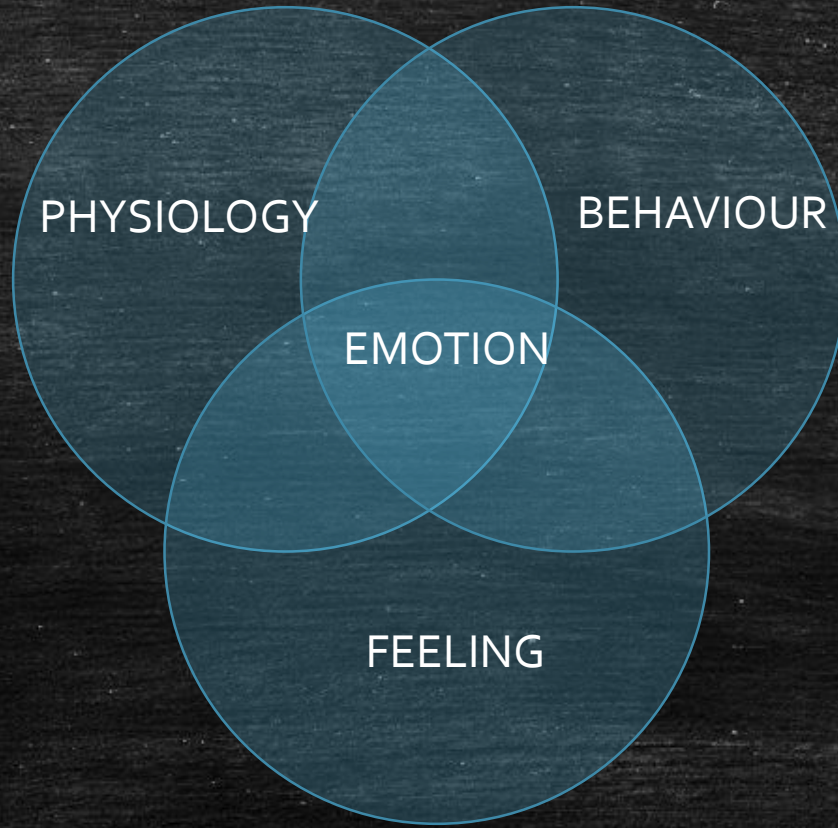


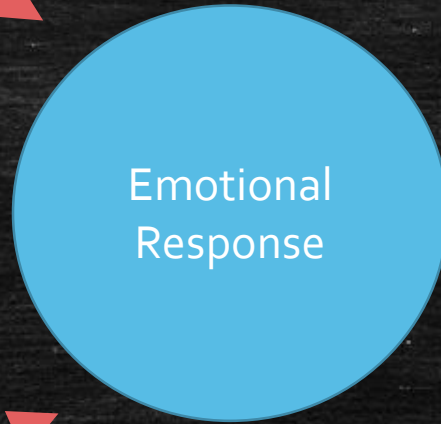
# Emotion Regulation

Onslow College Parent Evening  
15<sup>th</sup> August, 2017

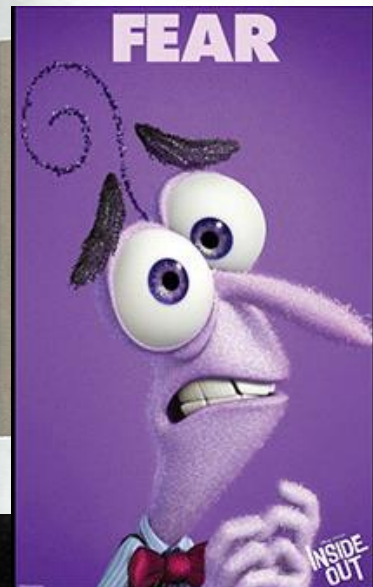


**What is an emotion?**



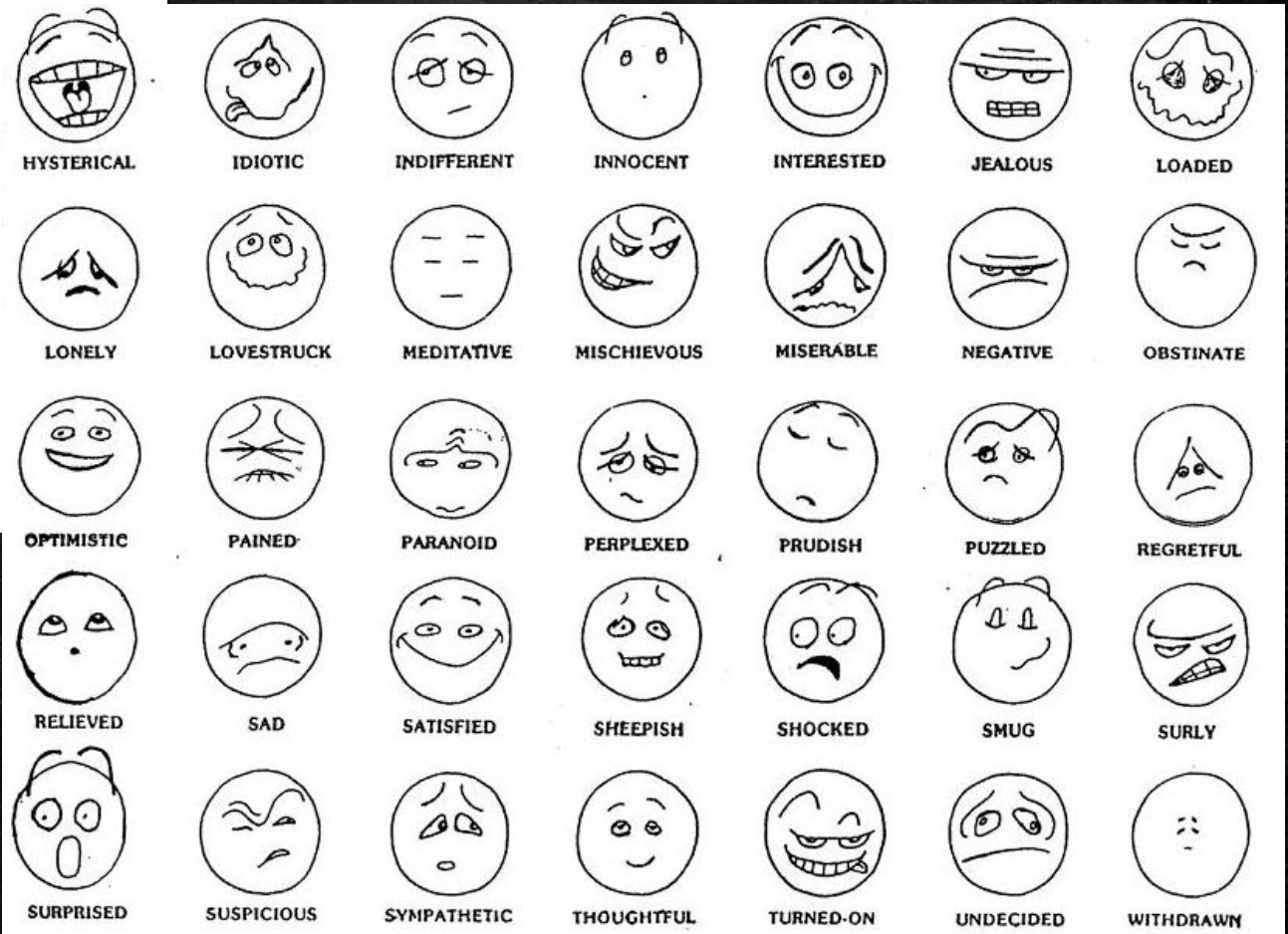


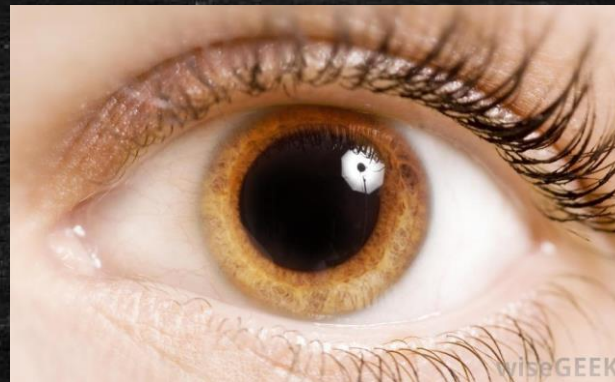
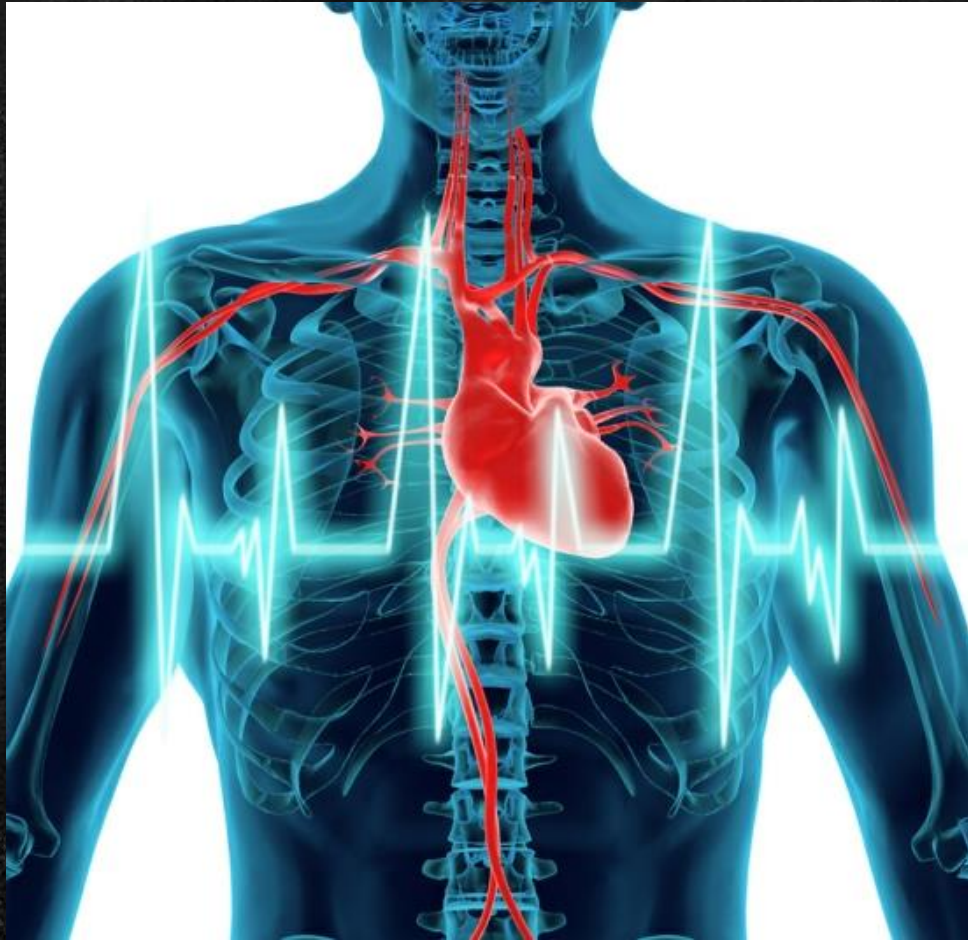
# The Basic Emotions



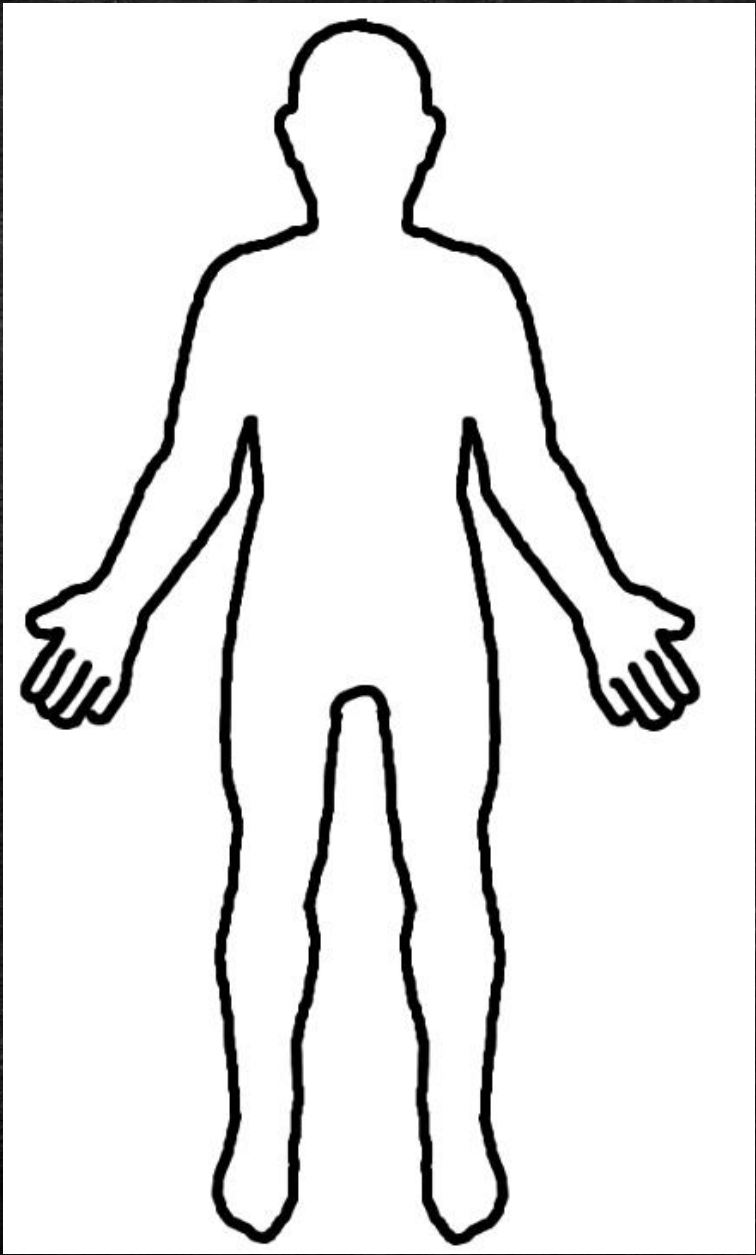
Surprise

From Gleitman et al. (2012) Psychology, 8<sup>th</sup> ed.

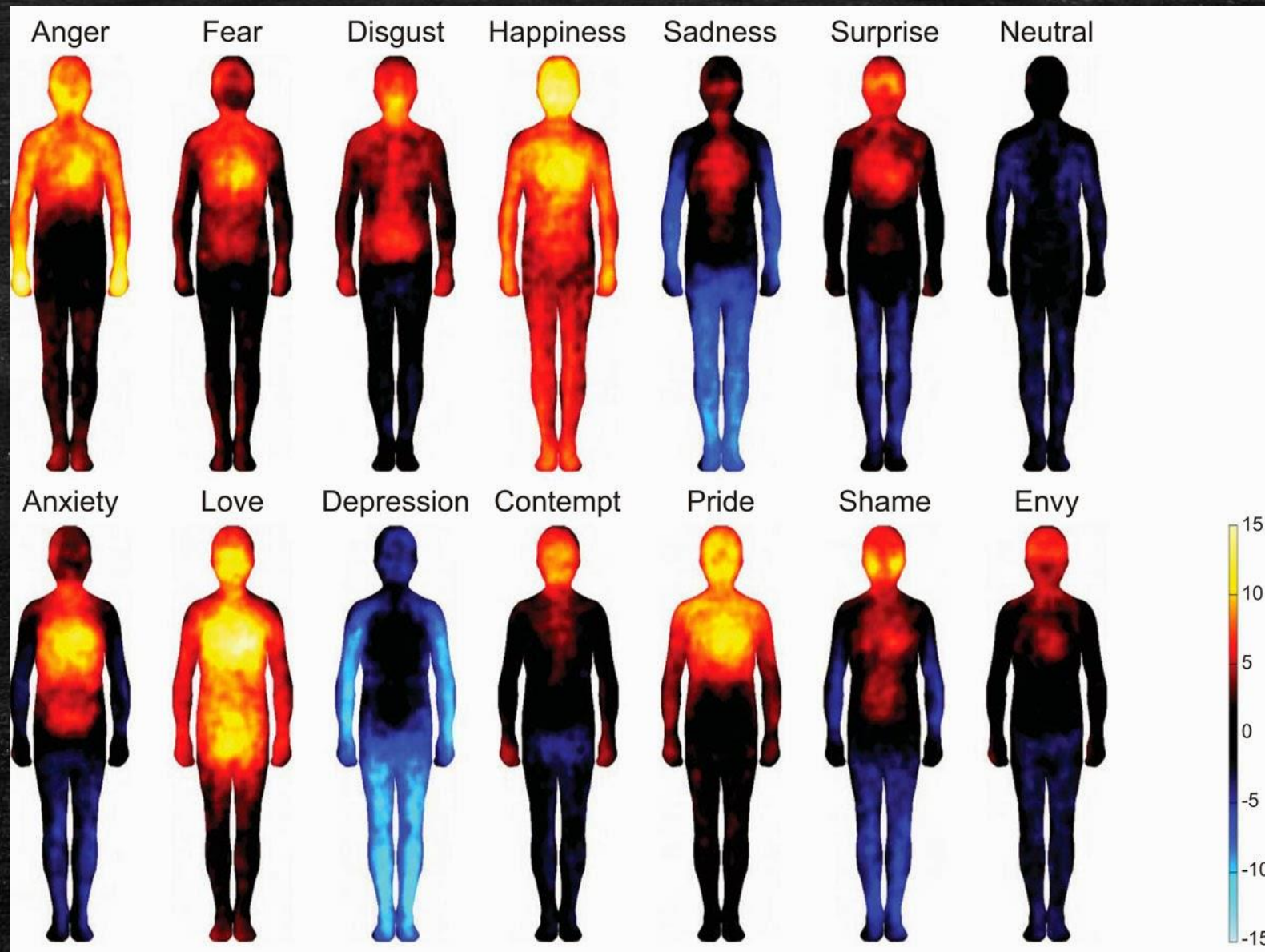




# Body changes





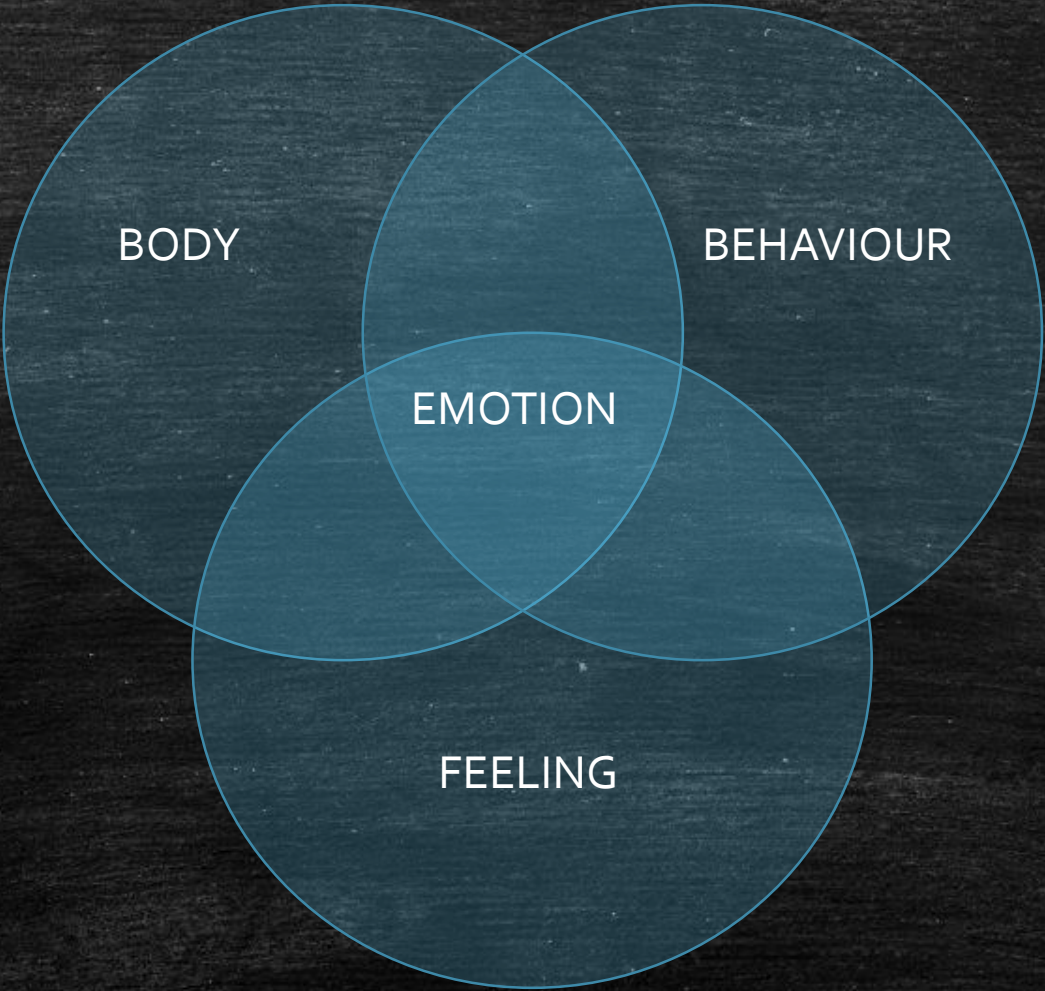


From Nummenmaa, L., Glearan, E., Hari, R., & Hietanen, J.K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111, 646-651.



**Behaviour**





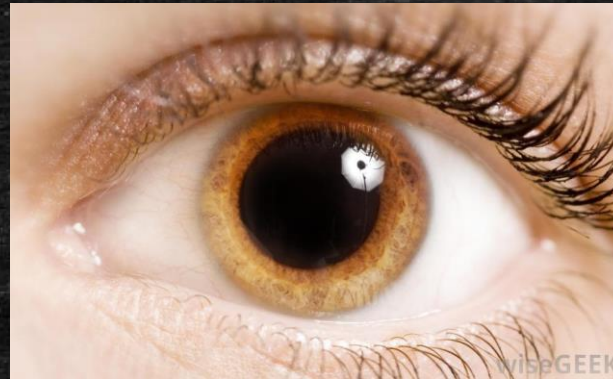
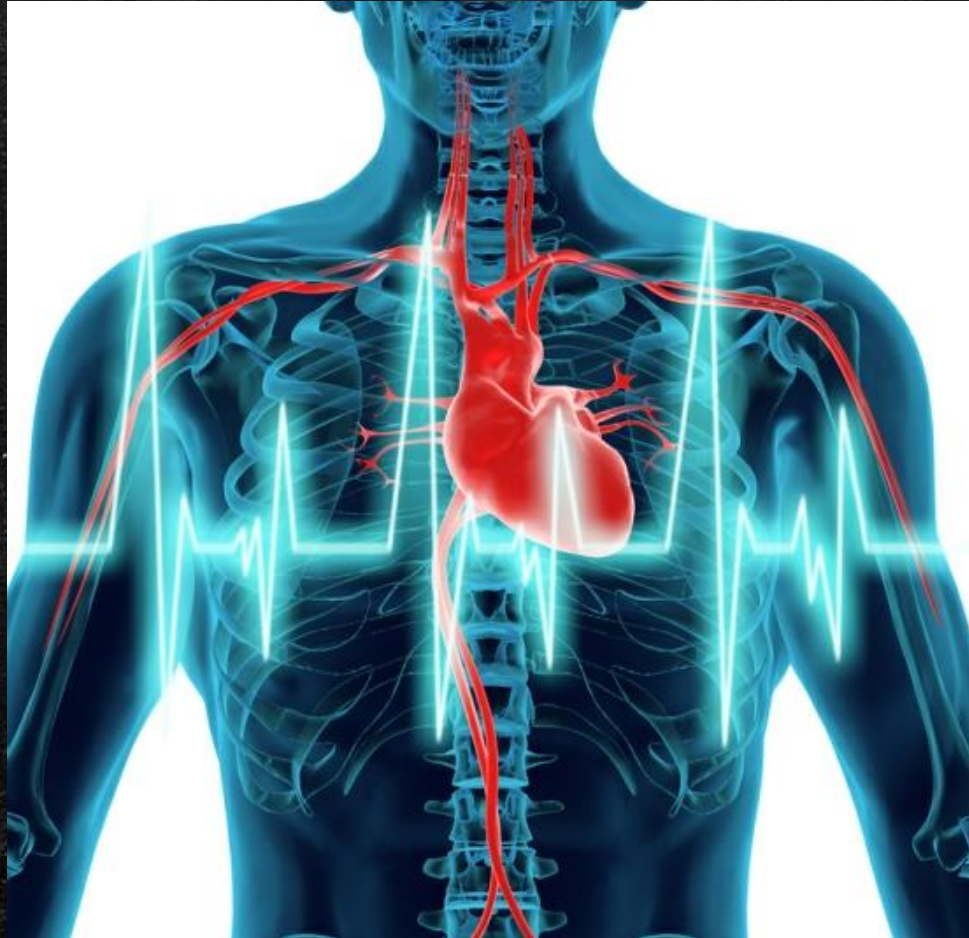
**Why do we have  
emotions?**



**Highlights important things**



**Prepare us to take action**





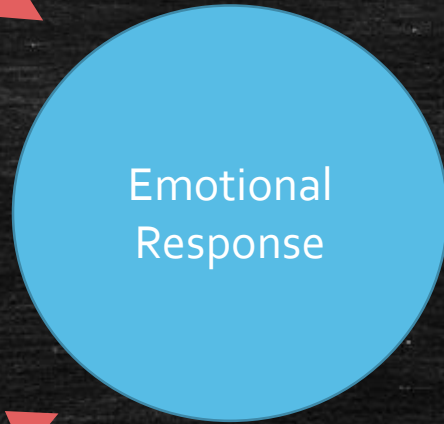
**Why do we need to regulate  
our emotions?**





**How do we regulate our  
emotions?**





Emotion  
Regulation



# Process Model of Emotion Regulation

Situation  
Selection

Situation  
Modification

Attentional  
Deployment

Cognitive  
Reappraisal

Emotional  
Suppression



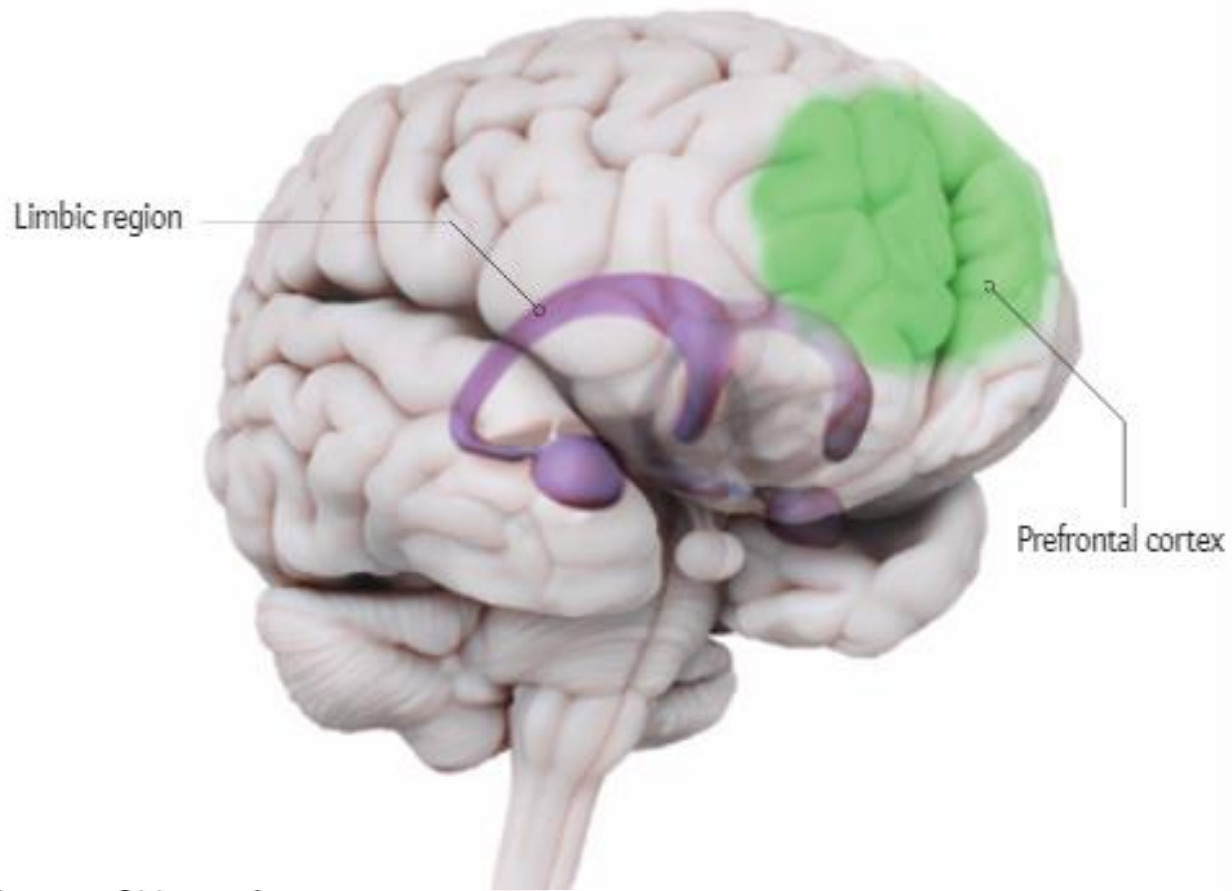
# Emotion regulation strategies and psychological disorders

Strategy	Relationship	# Studies	Specific Disorder
Avoidance	Positive	37	Depression; Anxiety; Eating Disorder
Rumination	Positive	89	Depression; Anxiety; Substance Use; Eating Disorder
Suppression	Positive	51	Depression; Anxiety; Eating Disorder
Problem-solving	Negative	42	Depression; Anxiety, Eating Disorder
Reappraisal	Negative	15	Depression

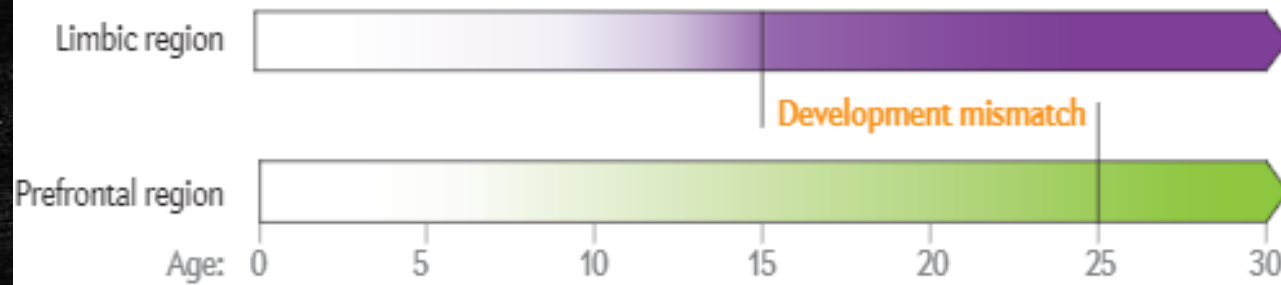
From Aldao, Nolen-Hoeksema, & Schweizer (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30, 217-237.

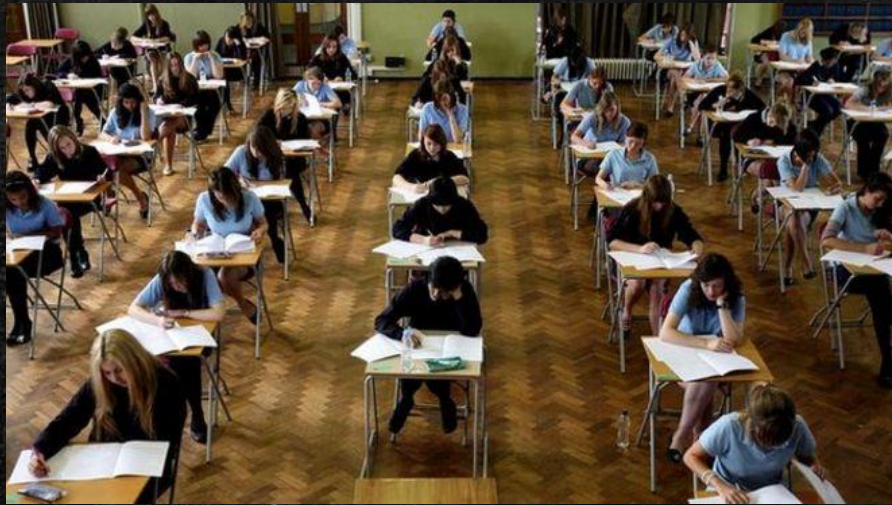


**What about adolescents?**



### Degree of Maturation





Emotion Regulation:

Laying the foundation

Knowing when and what emotions you're having  
Validation of experience



Capital thinking. Globally minded.



# Cultivating awareness of emotions

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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?

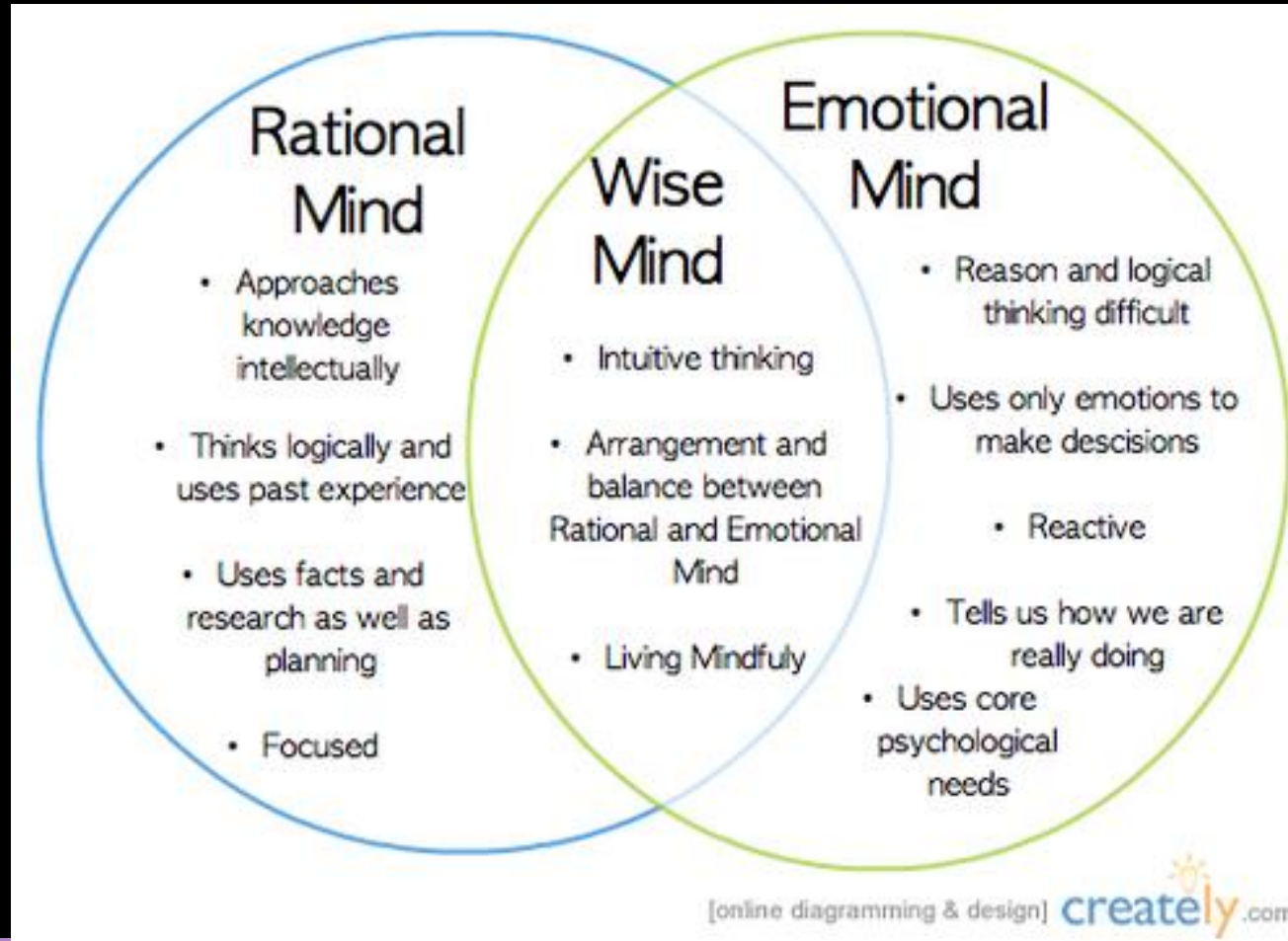
# Wise mind

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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

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To acknowledge and accept a person's feelings, thoughts, behaviours and internal experience as valid and understandable



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*'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

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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

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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

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Active listening

Mindfulness

Dialectical thinking

Letting go of any set rules

Compassion

Celebrating difference

# References

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Linehan, M. (1993). *Cognitive-Behavioural Treatment of Borderline Personality Disorder*. Guilford Press

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Thank you for listening! 😊

Thank you to Linda Eastman for organising this education evenings

Thank you to the Parent and Staff organisers

Thanks to the Health Research Council