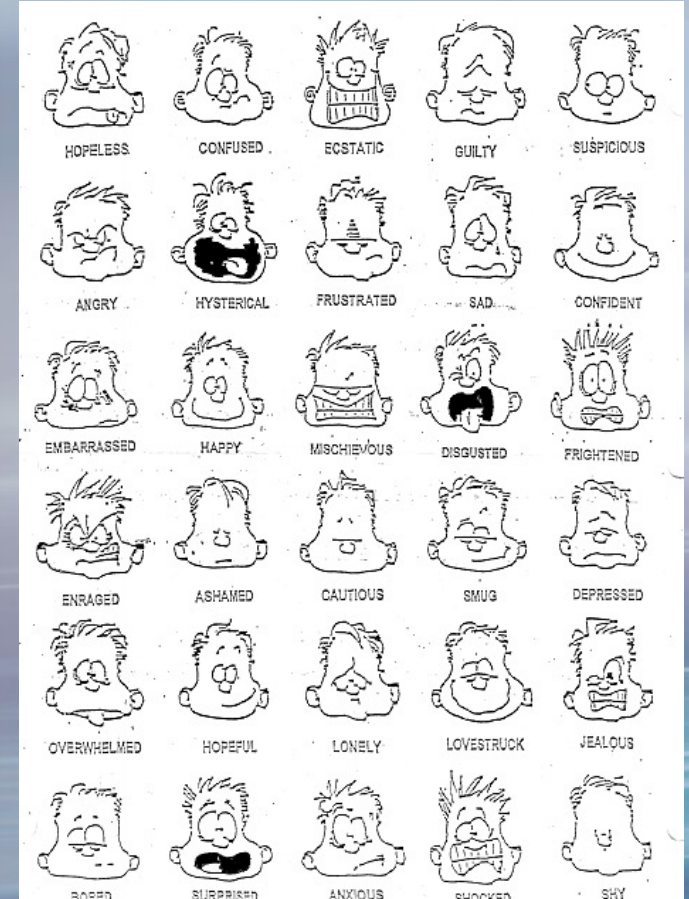


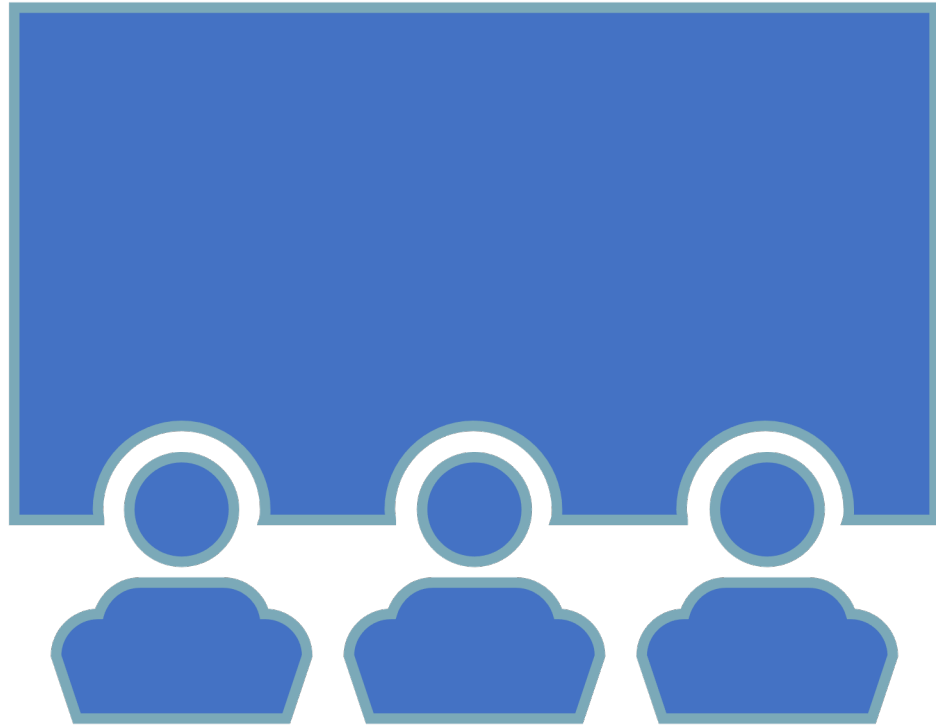


# The Basics of Emotional Regulation: Understanding and Teaching Emotion Regulation Skills

Presented by Amy Shoffner,  
PsyD and Damalye Barclay-  
Debi , MA



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- Emotional regulation is one of the most important skills in addressing mental health issues. The topic of emotional regulation is often over-complicated which can be overwhelming for those trying to learn emotion regulation skills and for professionals trying to teach emotion regulation skills.
- 




- . Our goal today is to teach some of the basics of emotional regulation. We want to take the mystery out of emotions and help you understand your own emotional regulation system. And we would like you to feel skilled at teaching these basics to others.





## Objectives:

1. Understand the basics associated with emotional regulation.
  2. Understand one's own emotional regulation system, including how to use coping skills to lessen the intensity of unwanted emotions.
  3. Teach this model of emotional regulation to diverse diagnostic populations.
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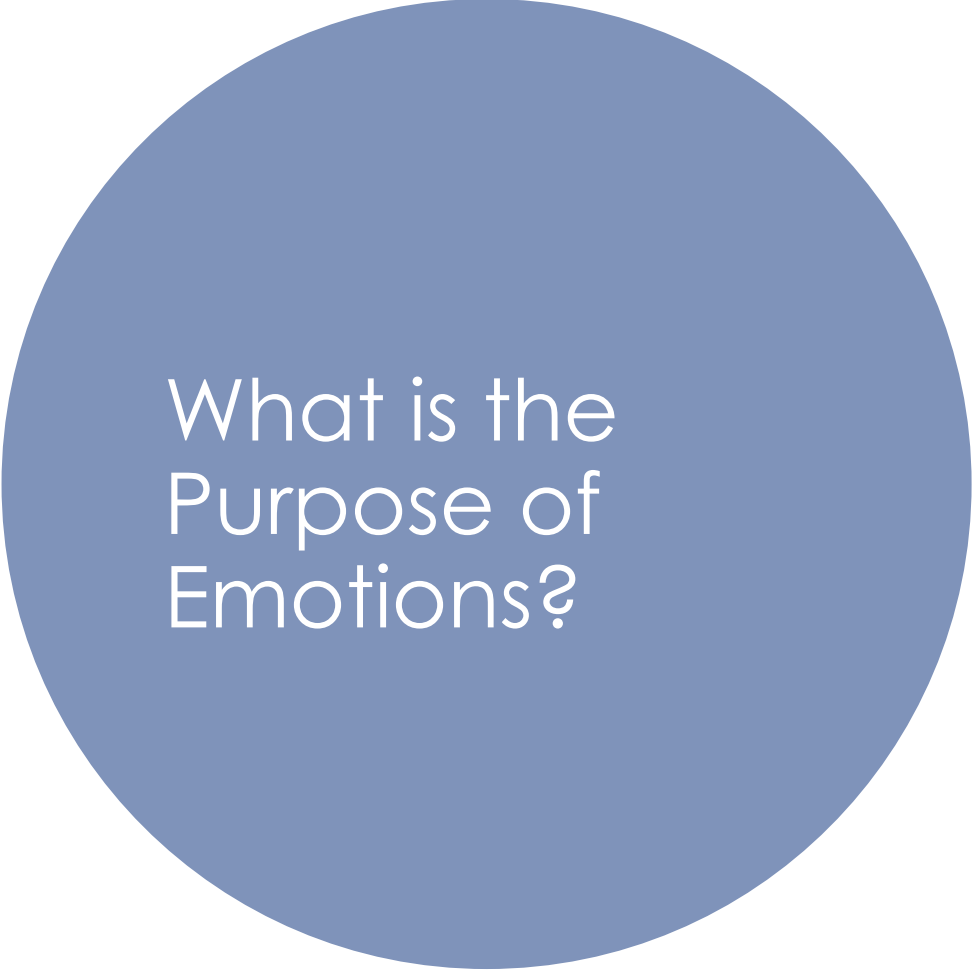
**What is an  
Emotion?**

**Define an Emotion**

**Consider the Functions of  
an Emotions**

**What makes it hard to  
regulate our emotions?**





What is the  
Purpose of  
Emotions?

**Anger → CHANGE**

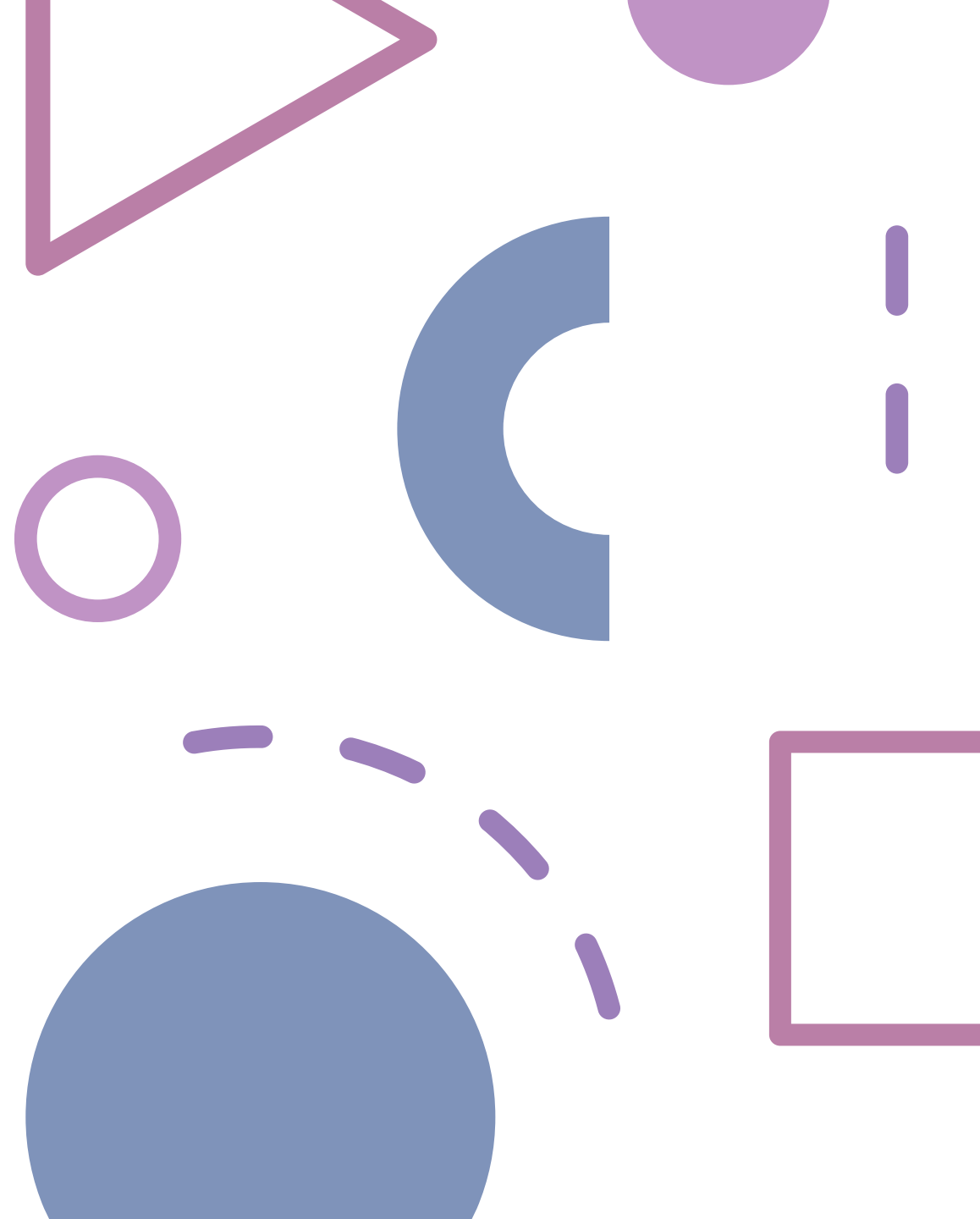
**Fear → SAFETY/PROTECTION**

**Sad → CONNECTION**

## The Complexity of an Emotion

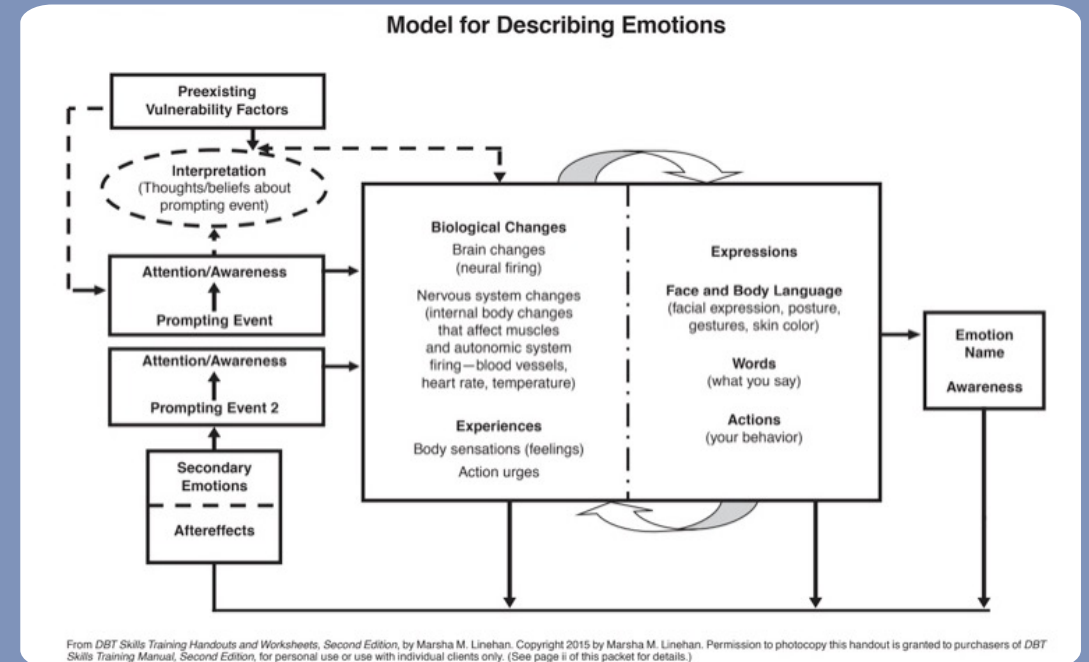
- Psychologists mostly agree that “an emotion” includes the intersection of:
  - Appraisals (Cognitions; Interpretations; Narratives)
  - Physiological Changes
  - Expressions
  - Subjective Experience
  - Action Tendencies / Urges

(Zelenski, 2020)



# Map of an Emotion

(Linehan, 2015)





PRACTICE:



Prompting Event:	
Interpretation:	
Physiological Changes:	
Expressions:	
Action Urges	

# Teaching Emotional Regulation



Can the prompting event change?

Does changing the Appraisal / Interpretation change the emotion?

What about creating a change in one's physiology?

Is there benefit to changing the subjective experience or expression of the emotion?

What happens to emotions when one acts on "action urges?"

Is the emotion the problem? Or, is the problem the intensity of the emotion?

## Application Considerations for Diverse Populations

Autism Spectrum Disorder

Over-regulated Individuals

Explosive Disorders

Children and Adolescents

Alexthymia

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