

The slide features two large, abstract green geometric shapes. On the left is a solid green triangle pointing downwards. On the right is a complex, multi-layered green shape composed of several overlapping triangles and polygons in various shades of green, creating a dynamic, layered effect.

# Emotion Regulation

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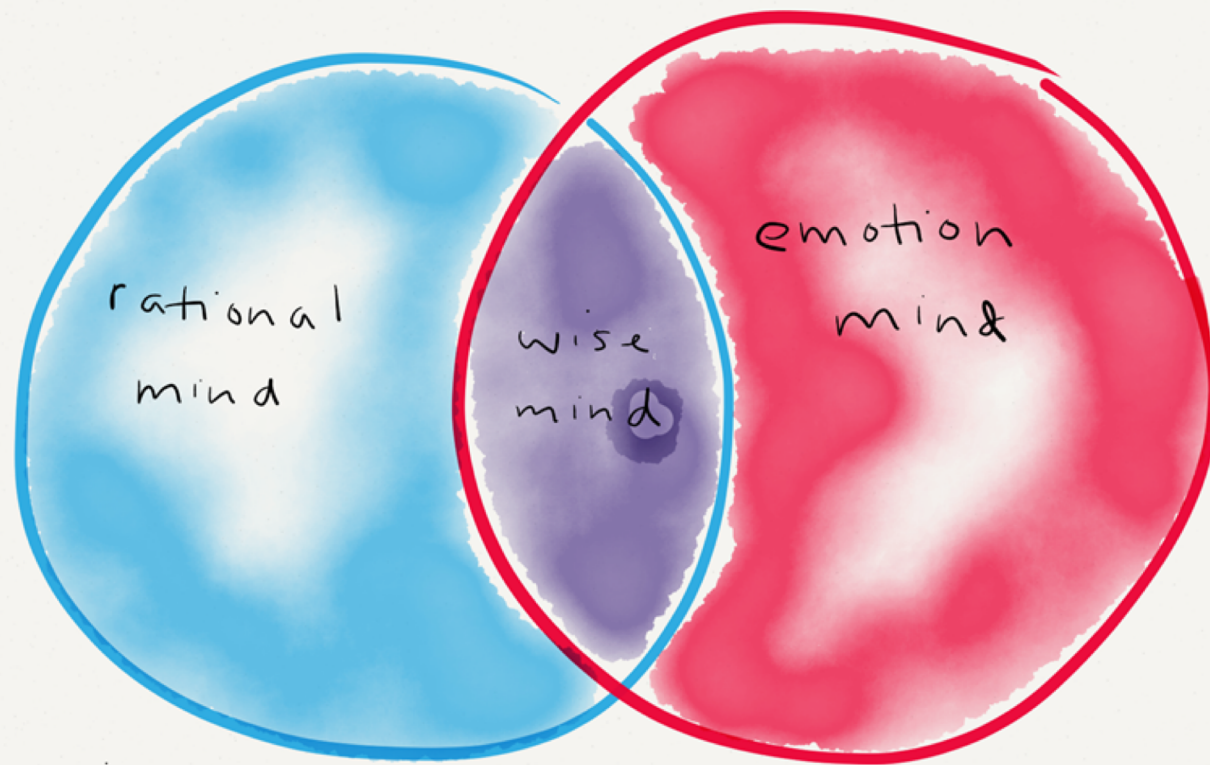
# Mindfulness Activity



# Mindfulness

- ▶ What is mindfulness? What does it mean to be mindful?
- ▶ Mindfulness is nothing new
  - ▶ Buddhist traditions
  - ▶ MBSR/Jon Kabat-Zinn
  - ▶ Spiritual practice
  - ▶ Integration into mental health practice (DBT, trauma informed tx)





- icy
- focused on rules
- void of emotion

- hot
- driven by emotion
- no thought of consequences

# Core Mindfulness Skills

## ► “What” skills:

- Observe
- Describe
- Participate

## ► “How” skills:

- Nonjudgmentally
- One-mindfully- stay focused
- Effectively - do what works



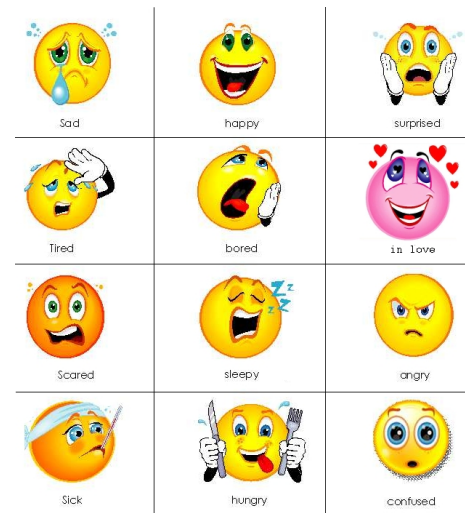


## Emotion Regulation

What is it? Why do it?

# Emotion Regulation

- ▶ Understand and name your own emotions
  - ▶ Identify your emotions
  - ▶ Know what emotions do for you
- ▶ Decrease the frequency of unwanted emotions
  - ▶ Stop unwanted emotions from starting
  - ▶ Change unwanted emotions once they start
- ▶ Decrease emotional vulnerability
  - ▶ Decrease vulnerability to emotion mind
  - ▶ Increase resilience
- ▶ Decrease emotional suffering
  - ▶ Reduce suffering when painful emotions overcome you
  - ▶ Manage extreme emotions so you don't make things worse



# Reducing Vulnerability: ABC PLEASE

- ▶ Reduce vulnerability to emotion mind:
  - ▶ Accumulate positive emotions (pleasant events)
  - ▶ Build mastery
  - ▶ Cope ahead
  - ▶ PLEASE
    - ▶ treat Physical Illness
    - ▶ balance Eating
    - ▶ avoid mood Altering substances
    - ▶ balance Sleep
    - ▶ Exercise





# Changing Emotional Responses

- ▶ Check the facts!
  - ▶ What is the emotion?
  - ▶ What event prompted the emotion?
  - ▶ What are my thoughts, interpretations, and assumptions?
  - ▶ Am I assuming a threat?
  - ▶ What's the catastrophe?
  - ▶ Does my emotion/intensity fit the actual facts?
- ▶ Opposite action
  - ▶ Change the emotion by acting opposite to its action urge
- ▶ Problem solving



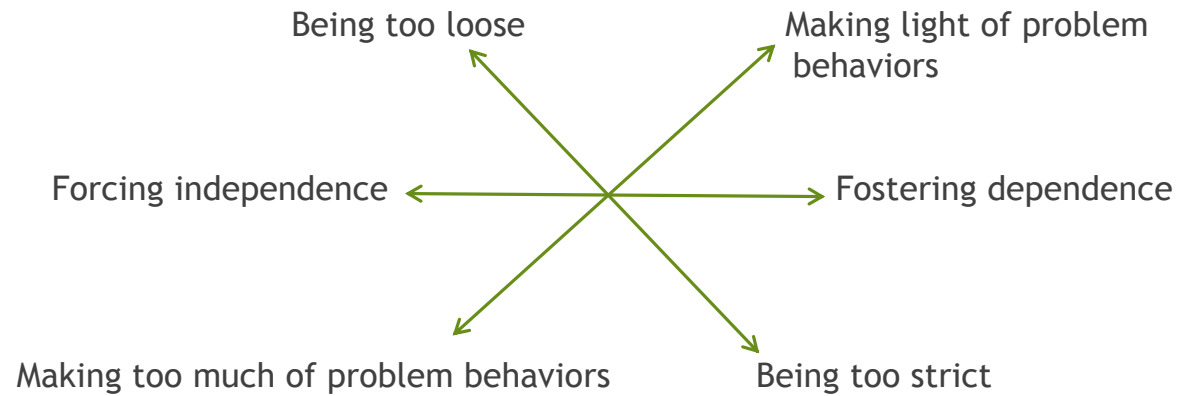
# Managing extreme emotions

- ▶ Be mindful
  - ▶ Step back and get unstuck
  - ▶ Practice riding out the emotion like you would surf a wave
- ▶ Shift
  - ▶ Temporarily shift attention away from current emotion
  - ▶ Once the emotion is at a tolerable level, use ER skills
- ▶ TIP
  - ▶ Change your body Temperature to change your autonomic nervous system
  - ▶ Intensely exercise to calm down your body
  - ▶ Progressively relax your body



# Walking the Middle Path

## ► Adolescent dialectical dilemmas



# What now?

- ▶ Practice, practice, practice
- ▶ Try using mindfulness in daily activities: washing dishes, showering, raking leaves
- ▶ Model emotion regulation
- ▶ Walk the middle path
- ▶ SPENJ
- ▶ Facebook group



Thank you!

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