

Emotion Regulation Skills for Individuals with Learning Challenges

Julie F. Brown, LICSW
(Doctoral Candidate)

juliebrown@theskillssystem.com

www.theskillssystem.com

Presentation Topics

- Emotion Regulation Basics
- Overview of the Skills List and System Tools

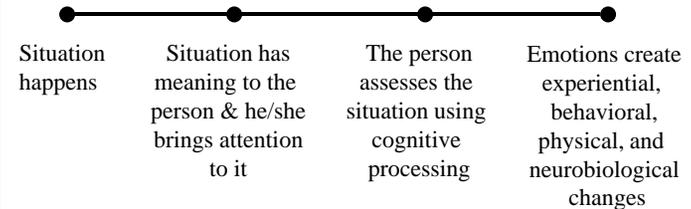
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The Process Model of Emotion Generation

(Gross & Thompson, 2007)

What is an Emotion?

Situation Attention Appraisal Response



What is Emotion Regulation?

The individual engages in processes to up- or down- regulate emotions depending on his/her goal. These processes can impact the intensity and duration of the emotional experience.

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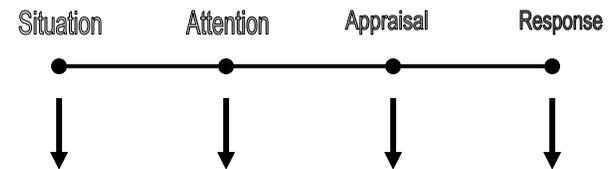
Cognitive Deficits outlined in the DSM-5 Diagnosis for ID

- Verbal comprehension
- Working memory
- Learning from experience
- Academic learning
- Abstract thinking
- Quantitative learning
- Perceptual learning
- Problem solving
- Priority setting
- Planning
- Strategizing
- Cognitive flexibility
- Judgment

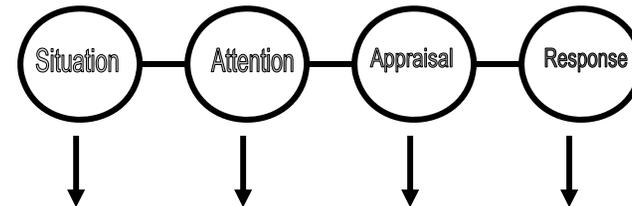
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Expanding Stimulus & Response Selection

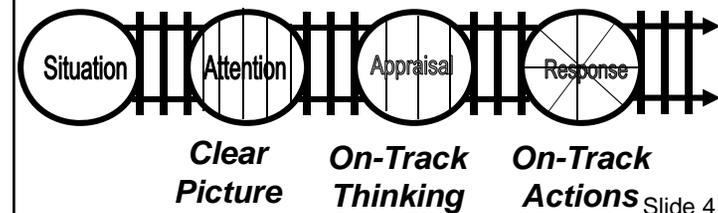
Early Stage-First Phase Responses



Late Stage-Second Phase Responses



Skills System: Provides Scaffolding for Late Stage-Second Phase Processing



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 Feelings Rating Scale- Handout 1

Overwhelming Feeling:
At a 5, I harm myself, others, or property  **5**

At a 4, I have a hard time talking & listening and staying on-track  **4 Strong Feeling**

 **3 Medium Feeling**

 **2 Small Feeling**
At 0-3 feelings I can talking & listening and staying on-track

 **1 Tiny Feeling**

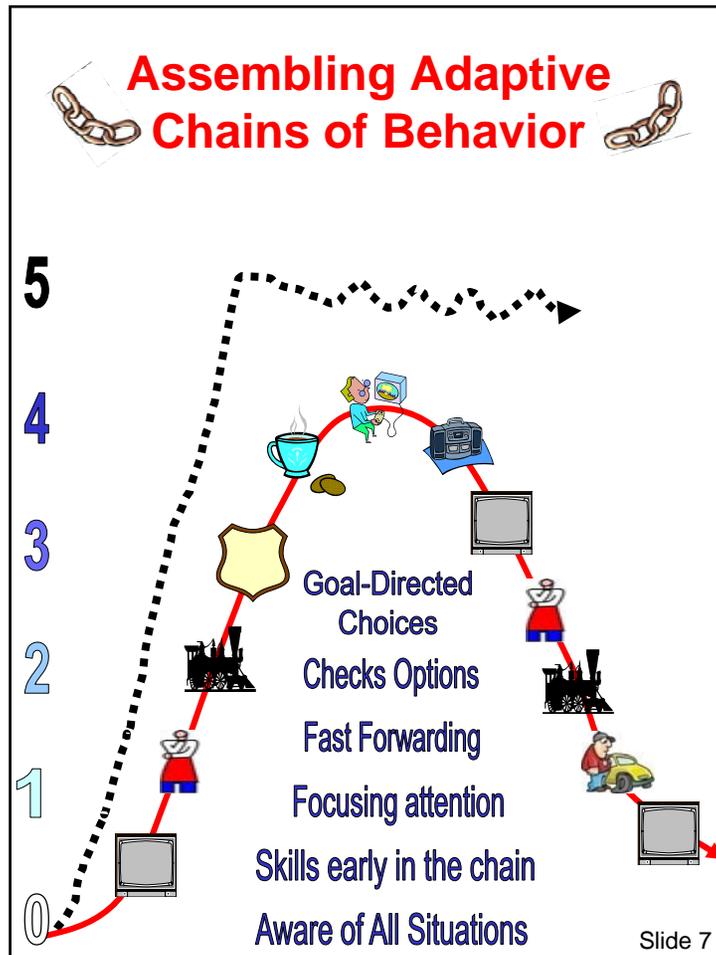
 **0 No Feeling**

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Emotional Dysregulation



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- The Skills System- Handout 1
- ## The Skills List
1. Clear Picture 
 2. On-Track Thinking 
 3. On-Track Action 
 4. Safety Plan 
 5. New-Me Activities 
 6. *Problem Solving* 
 7. *Expressing Myself* 
 8. *Getting It Right* 
 9. *Relationship Care* 
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The Skills System- Handout 2

How Our Skills Help Us

There are **NINE Skills** in the Skills System.
Here is a list of the nine skills and how they help us.

All-the-Time Skills



1. **Clear Picture:** Clear Picture helps me notice what is happening inside and outside of me *right now*. I see the situation as it is.



2. **On-Track Thinking:** On-Track Thinking helps me think clearly about what I want and what will work to help me reach my goals.



3. **On-Track Action:** Once I get a Clear Picture and have On-Track Thinking, I take an On-Track Action to *do* something positive to move towards my goals.



4. **Safety Plan:** I use a Safety Plan to handle risky situations that are happening right now or may happen in the future.



5. **New-Me Activities:** I do New-Me Activities to help me focus my attention, make me feel better, distract me, and to have fun.

Calm Only Skills



6. **Problem Solving:** I take time to solve problems in my life, so that I can be happier and reach my goals.



7. **Expressing Myself:** I share what is on my mind and in my heart to help me stay on track with myself and other people.



8. **Getting It Right:** Getting It Right helps me work with people to get what I want.



9. **Relationship Care:** Relationship Care helps me understand how to have on-track relationships with myself and others.

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The Skills System- Handout 3

How I Use the Skills System

a. *Feelings Rating Scale*

0-1-2-3-4-5

The Feelings Rating Scale is a 0-1-2-3-4-5 scale I use to rate how strong my feelings are. The Feelings Rating Scale helps me know what skills and how many skills I link together in a situation.

b. *Categories of Skills*



All-the-Time
0-5 Emotion



Calm Only
0- 3 Emotion

There are two Categories of Skills: All-the-Time skills and Calm Only skills. I can use All-the-Time skills at any level of feeling: 0-1-2-3-4-5. I can only use Calm Only skills when I am at a 0-1-2-3 feeling.

c. *Recipe for Skills*



The Recipe for Skills helps me know how many skills I need to link together in a skills chain. The Recipe tells me to add 1 skill for every level of feeling (including 0).

So, if I am at a 3 sad, I need to use 4 skills.

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 Feelings Rating Scale- Handout 1

Overwhelming Feeling: **5**

At a 5, I harm myself, others, or property



At a 4, I have a hard time talking & listening and staying on-track



4 Strong Feeling

3 Medium Feeling

2 Small Feeling

At 0-3 feelings I can talking & listening and staying on-track

1 Tiny Feeling

0 No Feeling

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 Categories of Skills- Handout 1 

Once I know my Level of Emotion (0-1-2-3-4-5), I know what Category of Skills I can use:

1. Clear Picture 

2. On-Track Thinking 

3. On-Track Action 

4. Safety Plan 

5. New-Me Activities 

All-The-Time Skills



0-#5 Emotions

6. Problem Solving 

7. Expressing Myself 

8. Getting It Right 

9. Relationship Care 

Calm Only Skills



Only 0-#3 Emotions!

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Recipe for Skills- Handout 1

Recipe for Skills

Once I know my level of feeling (0-1-2-3-4-5), I use the Recipe for Skills to decide how many skills I link together in a skills chain.
Skills Masters use more!



Combine 1 skill



for EVERY level of Emotion:

- Level 0 Feeling= At Least 1 Skill
- Level 1 Feeling= At Least 2 Skills
- Level 2 Feeling= at Least 3 Skills
- Level 3 Feeling= At Least 4 Skills
- Level 4 Feeling= At Least 5 Skills
- Level 5 Feeling= At Least 6 Skills

Helpful Hints: Bigger Feelings Need More Skills

Smaller feelings can pass in a few moments. Larger feelings are more intense and last longer. I use more skills one after another in skills chains to deal with larger feelings.

Double Up on All-The-Time Skills at a Level 5 Feeling

At a Level 5 feeling, I need 6 skills. If I can't use my Calm Only Skills over a 3, what is the 6th skill I use? I do more All-The-Time skills such as On-Track Actions and New-Me Activities.

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1. Clear Picture - Handout 1

Focus 100% on the Clear Picture Do's

1. Notice my
Breath



2. Check my
Surroundings



3. Body Check



4. Label & Rate
my Feelings

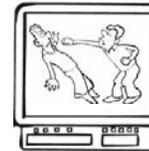


0-1-2-3-4-5

5. Notice my
Thoughts



6. Notice my
Urges



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2. On-Track Thinking- Handout 1

CHECK IT Does the urge help me reach my goal?

Helpful?  or  Not Helpful?

 **Turn It Up** 

 to On-Track Thinking 

 **Keep It Up**

Lots of on-track thoughts coach me to Do What Works to get me to my goal



 "I don't want to go off-track"
"I want to reach my goal"
"I will make the best of it"
"I can handle this"

 **Make a Skills Plan**

Can I use Calm Only skills? 

How many skills do I need? 

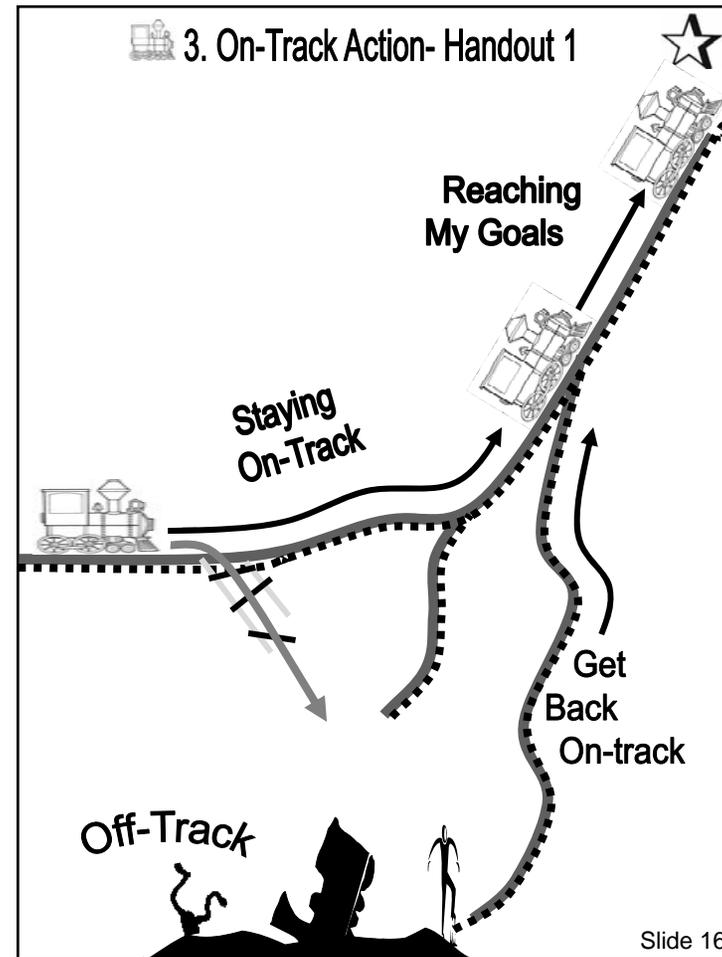
What skills will I link together to help me reach my goal?



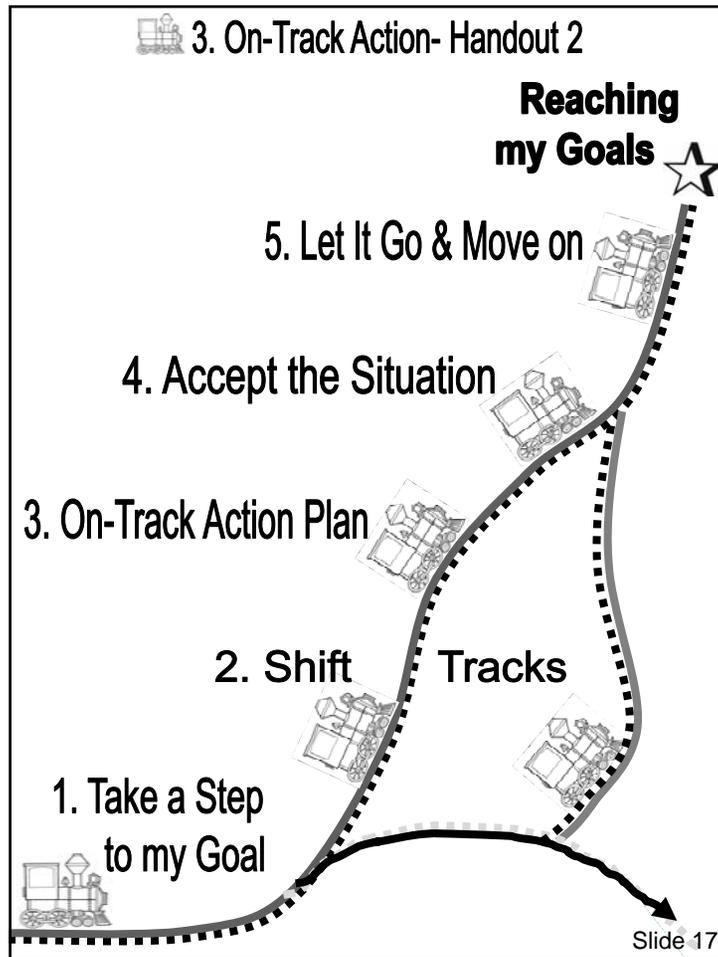
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Take an  On-Track Action

3. On-Track Action- Handout 1



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4. Safety Plan

3 Levels of Risk

-  **LOW Risk**
-  **MEDIUM Risk**
-  **HIGH Risk**

3 Types of Safety Plans

-  Thinking Safety Plans
-  Talking Safety Plans:
-  Writing Safety Plans

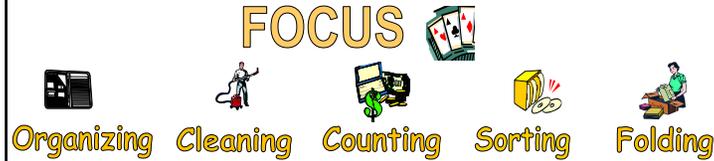
3 Ways to Handle Risk

-  Refocus on a New-Me Activity 
in LOW Risk Situations
-  Move Away 
in MEDIUM Risk Situations
-  Leave the Area 
in HIGH Risk Situations 

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5. New-Me Activities

FOCUS



FEEL GOOD



DISTRACT Myself



Have FUN



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6. Problem Solving- Handout 1

Problem Solving is a Calm Only skill. I have to be at a 0-3 emotion to do Problem Solving. I have to be focused so that I can think things through to reach my goals.

Problem Solving:



Clear Picture of the Problem

What's my goal & what's in my way
Size of the problem: small, medium, & large



Check all Options

Fast forward each option
Check the pros & cons



Make Plans A, B, & C

Plan A is the best option
Plan B is a back-up or 2nd favorite option
Plan C is the option if A & B don't work

Helpful Hints:

Be Careful of Fuzzy Pictures

I want to see small problems as small problems, so I don't overreact and drive up my feelings to higher levels. I also want to see big problems as big problems, so I do enough to fix them.



Ignoring problems can make problems bigger & feelings stronger



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 7. Expressing Myself- Handout 1

What is Expressing Myself?

When I Express Myself I share things that are

On My Mind & In My Heart

 Thoughts  Concerns  Needs  Feelings  Likes & Dislikes  Hopes & Dreams

I Express Myself in many different ways:

 Talking  In person
Phone
Video
Signing  Writing  Letter
Email
Texting  Pictures  Body
Language

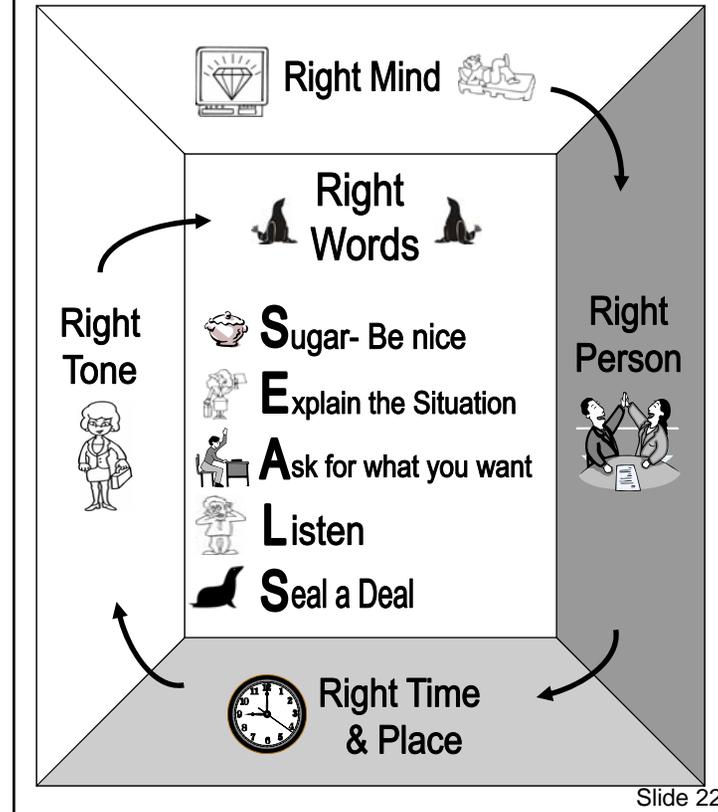
I Express Myself when I do New-Me Activities like:

 Singing  Dancing  Playing Music  Drawing  Acting

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 8. Getting It Right- Handout 1

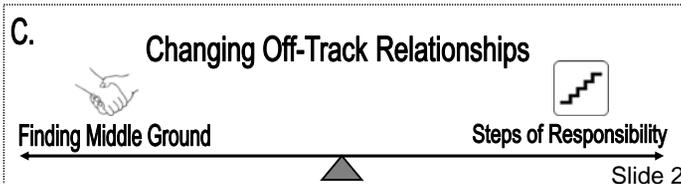
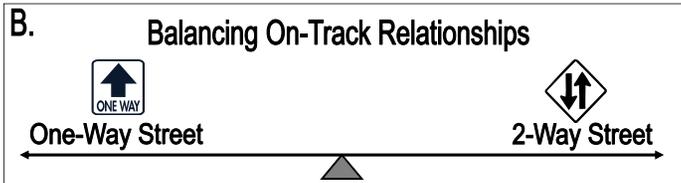
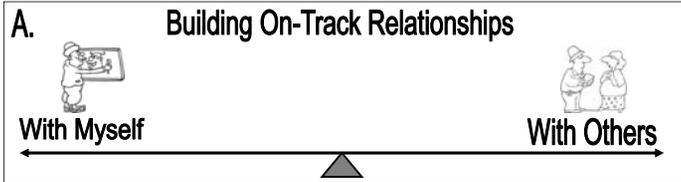
Getting What I Want!



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9. Relationship Care- Handout 1

Relationship Care is a Calm Only skill. This means that I can only use Relationship Care when I and the other person are at 0-3 level of emotion. When either person is over a 3, he or she may not be thinking clearly enough to manage relationships well. I use Clear Picture and On-Track Thinking to build, balance, and change my relationships.



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