

Behavioral Impacts of Emotional Dysregulation

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Introduction

- LCSW in the state of Utah
- Dialectical Behavior Therapy
- Mindfulness
- Emotional Dysregulation

Overview

- Emotional Dysregulation
- Biosocial Theory of Emotional Dysregulation
- Behavioral Impact of Emotional Dysregulation
 - Wise Mind Model
- Distress Tolerance Skills
 - Temperature
 - Intense Aerobic Exercise
 - Paced Breathing
 - Paired Muscle Relaxation

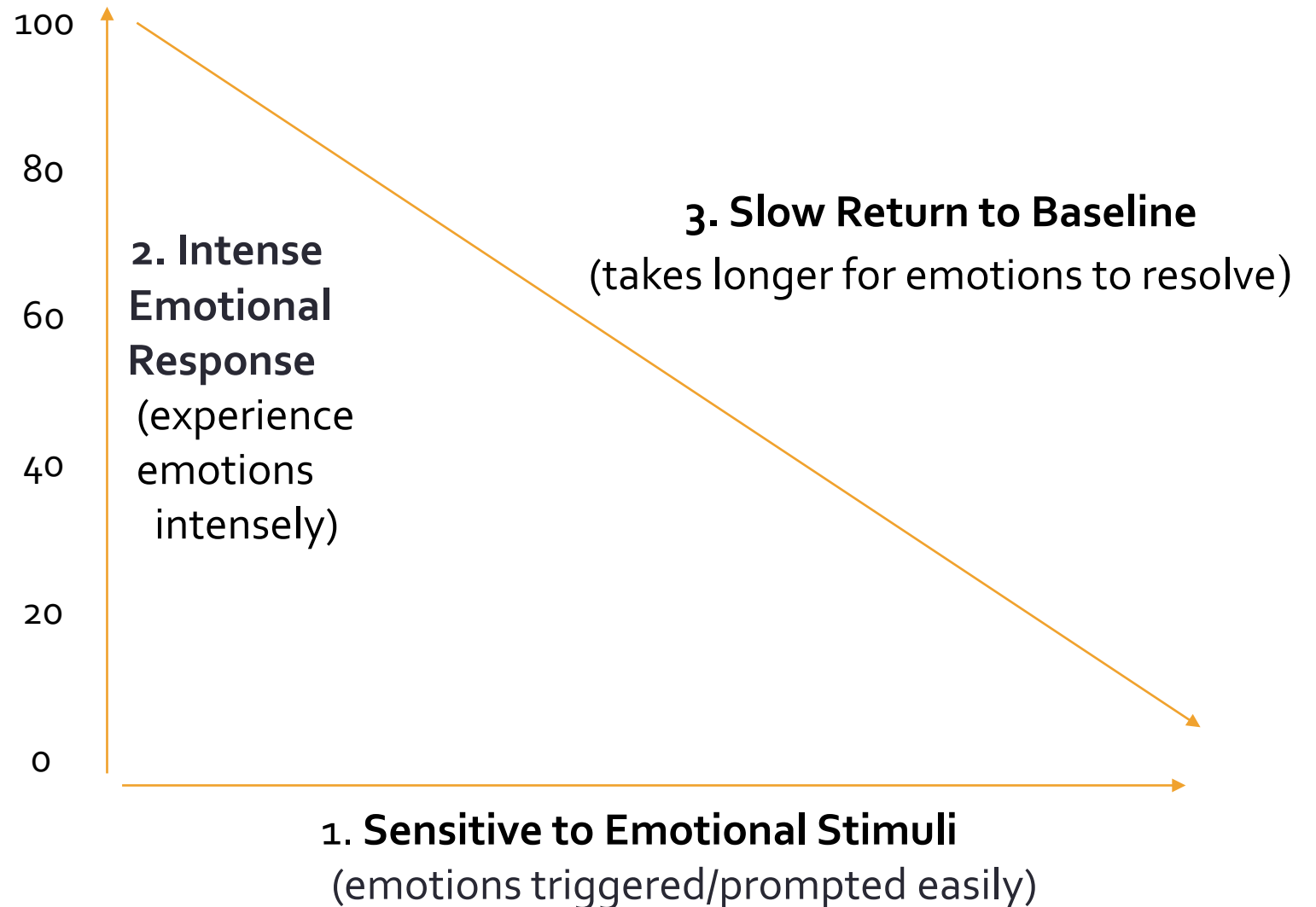
Emotional Dysregulation

- The inability of a person to change or regulate emotional cues, experiences, actions, verbal responses, and/or nonverbal expressions under normative conditions.
- Characteristics include:
 - excess of painful emotional experiences
 - inability to regulate intense arousal
 - problems turning attention away from emotional cues
 - cognitive distortions
 - failures in information processing
 - insufficient control of impulsive behaviors
 - difficulty coordinating non-mood-dependent behaviors
 - tendency to freeze or dissociate under high stress.
 - emotional over-control and suppression

Emotional Dysregulation

- Has been directly linked to a variety of mental health problems
 - Substance use disorders, eating disorders, borderline personality disorder, major depressive disorder, anxiety disorders, schizophrenia, bipolar disorders.
- Destructive behavioral patterns often function as escapes from unbearable emotions
- Some victims and survivors of domestic and intimate partner violence experience emotional dysregulation as a barrier to their safety and quality of life.

Biosocial Theory of Emotional Dysregulation

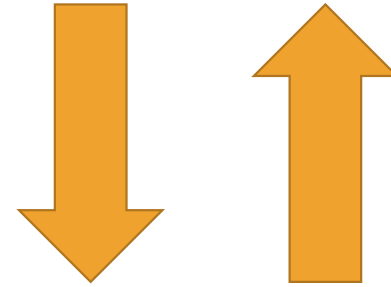


Biosocial Theory of Emotional Dysregulation

- Tendency to invalidate emotions
 - Minimize, diminish, nullify the private experience of another
- Inability to model appropriate expressions of emotions
- Interaction style that reinforces emotional arousal
- Poorness of fit

Biosocial Theory of Emotional Dysregulation

Biological Dysfunction in the Emotion Regulation System

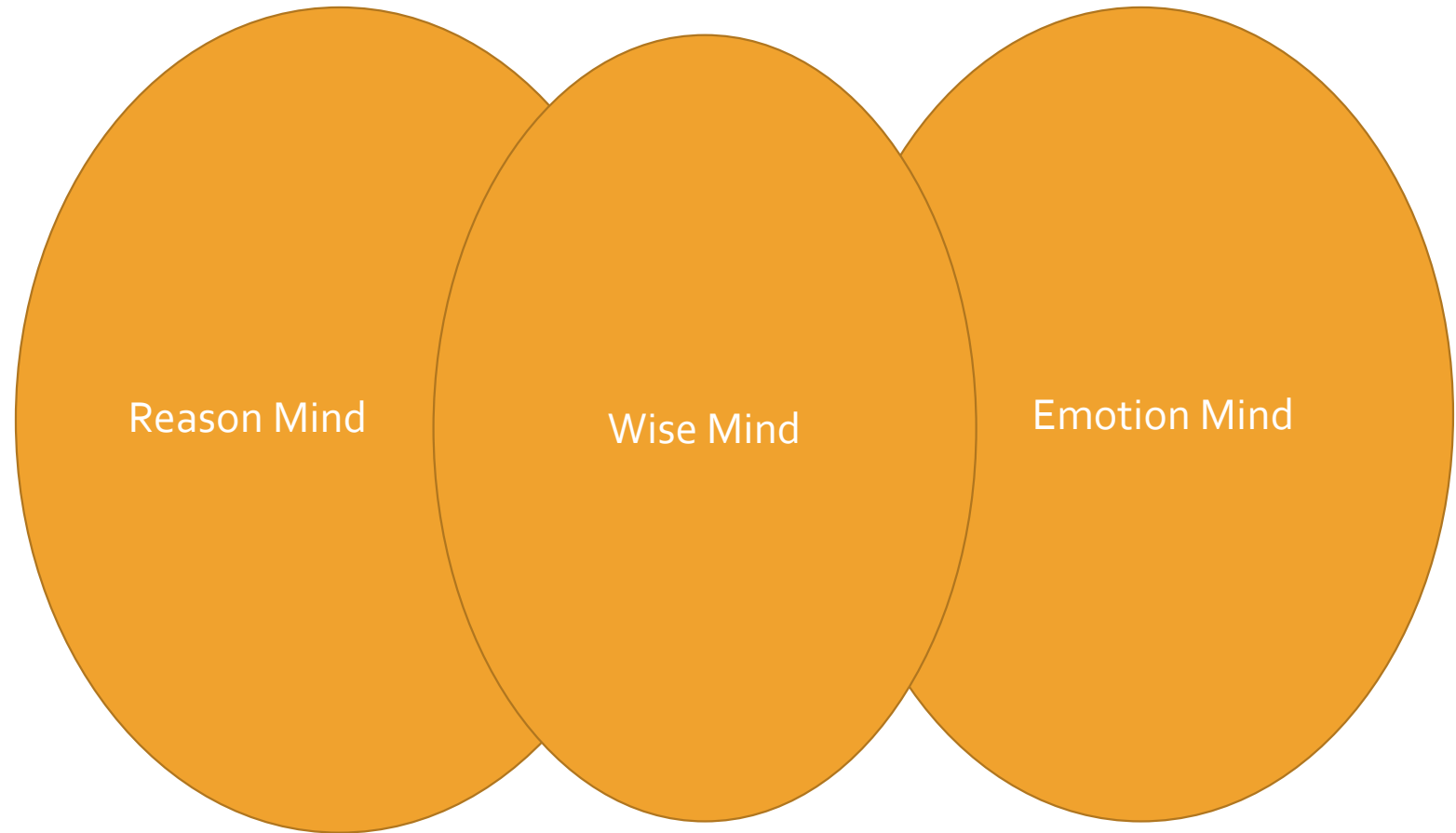


Invalidating Environment

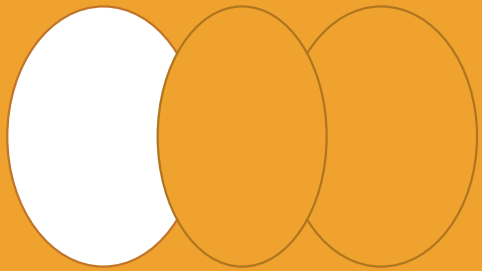


Pervasive Emotion Dysregulation

Behavioral
Impact
Wise Mind Model

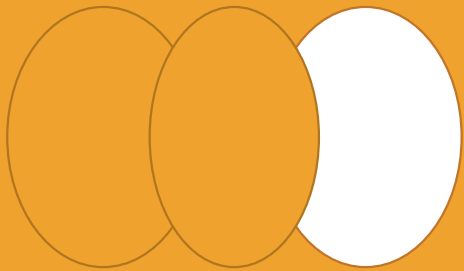


Reason Mind



- *"The extreme of reason."*
- Planning & evaluating logically
- Ruled by facts, reason, and pragmatics
- Dismissive of emotions, needs, desires, and passions
- Ineffective behaviors resulting from reasonable mind?

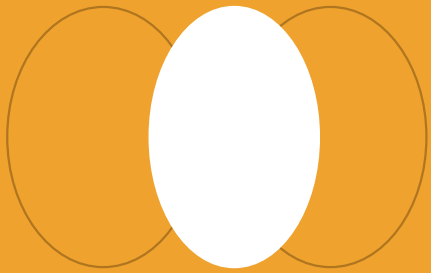
Emotion Mind



- Emotions are in control at the expense of reason
- Ruled by moods, feelings, urges
- Reason, facts, logic are not important

- Ineffective behaviors resulting from emotional mind?

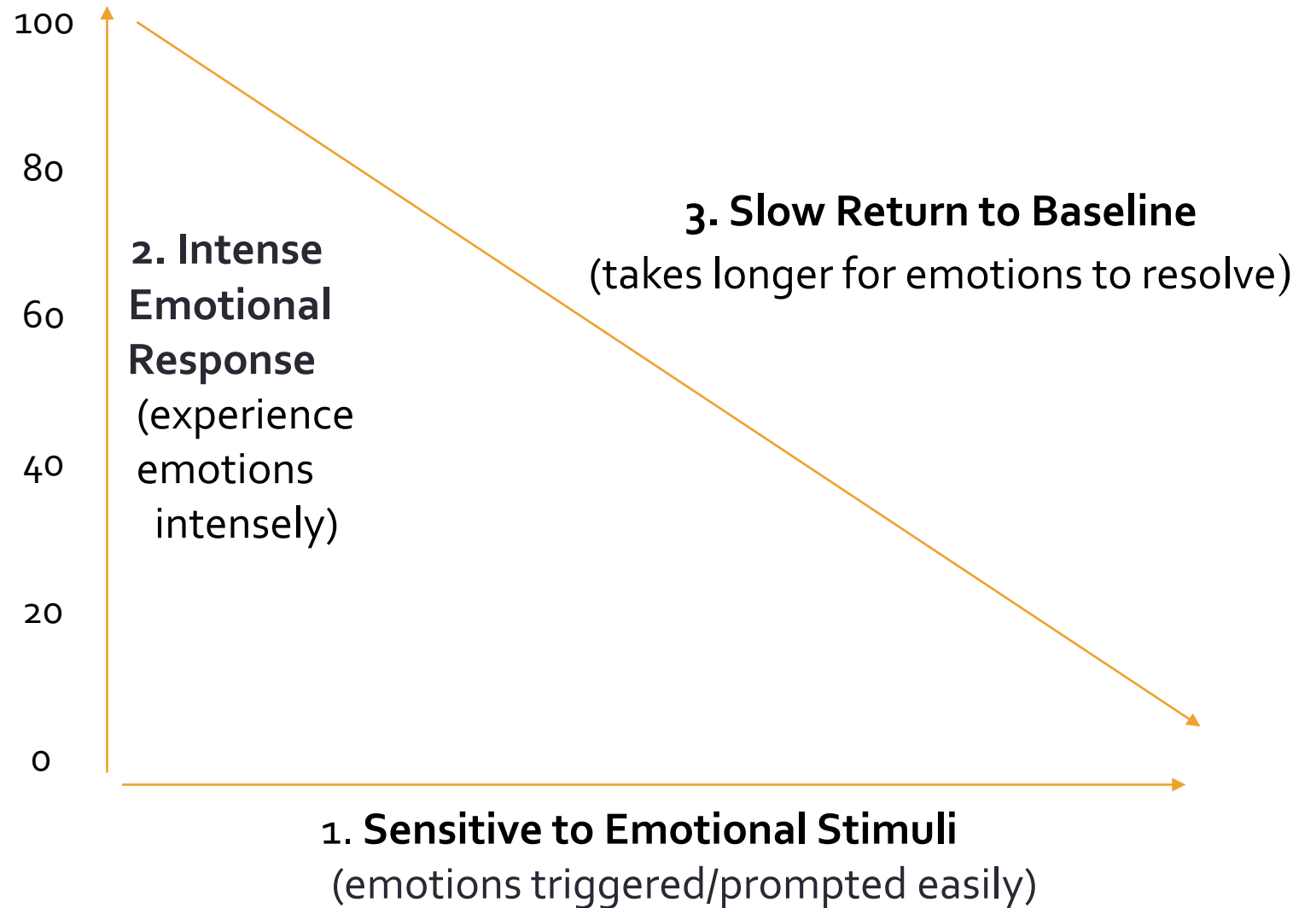
Wise Mind



- Integration of reason mind and emotion mind
- Everyone has and can access wise mind
- Place for problem solving & conflict resolution
- Open mindedness and flexibility
- Goals reside here

- Effective behaviors resulting from wise mind?

Emotional Dysregulation



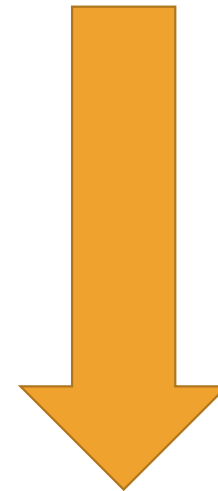
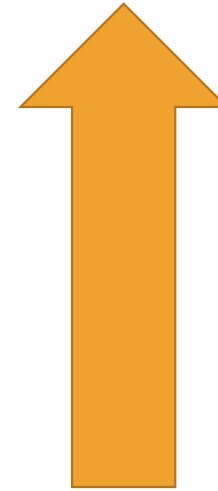
Emotion Mind to Wise Mind

Sympathetic Nervous System (SNS)

- *Fight or Flight*
- Heart-rate increases
- Breathing gets faster
- Muscles tighten
- Digestion slows

Parasympathetic Nervous System (PNS)

- *Rest and Relax*
- Slows heart-rate
- Breathing returns to normal
- Muscles relax
- Digestion increases



Distress Tolerance Skills

- Emotions are physiological experiences that result in a behavioral outcome
- Some behaviors resulting from SNS activation are effective (jumping out of the way of a moving car)
- Some behaviors resulting from SNS activation are ineffective (self-harming)
- DT Skills activate the parasympathetic nervous system

Distress Tolerance Skills

- Temperature
- Intense Aerobic Exercise
- Paced Breathing
- Paired Muscle Relaxation

Temperature

- Tipping the temperature of your face with cold water, while holding your breath, induces the human dive reflex
- The dive reflex sets off the parasympathetic nervous system, reducing physiological and emotional arousal quickly
 - Using a bowl of cold water
 - Using an ice-pack
 - Warm-to-cold shower

Intense Aerobic Exercise

- Emotions prepare the body for action
- Instead of acting impulsively on an emotional urge, we expend stored physical energy by using intense aerobic exercise
- Re-regulating the body and reducing emotional intensity
- 20 minute period

Paced Breathing

- Slowing down the pace of inhaling and exhaling, breathing deeply from the abdomen
- Average pace is 4 seconds in, 8 seconds out, 5 to 6 breath cycles per minute
- The extended exhale activates the parasympathetic nervous system

Paired Muscle Relaxation

- The pairing of muscle relaxation and exhaling
- The strategy is to tense muscle groups, noticing the sensation while breathing in, and then relax them by letting go of the tension while breathing out
- As a crisis survival skill, PMR teaches participants to notice tension and relax the body

Questions



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- LINEHAN, M. M. (2015). *DBT SKILLS TRAINING MANUAL* (2nd ed.). New York, NY: The Guilford Press.