

Emotion Regulation and Parenting Group

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LEND CAPSTONE PROJECT

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Objectives

Overview of FOCUS program

Group foundations and evidence based practice

Emotion regulation and parenting

Cognitive Behavioral Theory/Therapy

Group structure

Group implementation and feedback

Revisions to group structure and implementation

Next Steps

FOCUS Program

Early intervention program for children ages birth to 3

Known for prenatal substance exposure

Interdisciplinary team

Home-based vs. clinic-based services

My role

Group foundations

Expand treatment options to families on our program

Stabilize parents so they can participate in EI services

Expand my clinical and professional skills

How did I create the
components of the
group?

Evidence Based Practice in Psychology

Three prongs

- Empirical support
- Clinician characteristics
- Patient characteristics

Emotion Regulation and Parenting

Parental affect impact parenting behaviors¹

- Negative affect – related to hostile parenting
- Positive affect – related to supportive parenting

Mothers with poorer emotion awareness related to decreased interest in child's mental states²

Cognitive Behavioral Theory

Cognitive Behavior THEORY

- Thoughts, feelings, and behavior are connected
- Maladaptive thoughts are the root of distress
 - Early maladaptive schemas (patterns of thought) have significant impact of emotion regulation
- Maladaptive thoughts
 - Biological predisposition
 - Early learning experiences
 - Ongoing experiences with the world around us

Cognitive Behavior Therapy (CBT)

Goal: to reduce distressing symptoms

Methods:

- Increase awareness of relationship between thoughts, feelings, and behaviors
- Alter behaviors
- Challenge and alter maladaptive thoughts

Group structure

Designed for mothers

Within the FOCUS program

History of substance use

Self-reported difficulty with emotion regulation

Implementation

Session 1 – Introduction, goal setting, and getting to know each other

Session 2 – Emotions I

Session 3 – Emotions II

Session 4 – Vulnerability Factors

Session 5 – Understanding the Body and Relaxation

Session 6 - Thought Awareness

Session 7 - Thought Stopping and Challenging

Session 8 - Drug Use and Relapse Prevention

Session 9 - Problem Solving Skills

Session 10 - Goodbyes

I Feel

When we get upset, we blame others. "I feel" statements help us communicate our feelings, thoughts, and experiences in a more open way.

I feel _____ when _____.

Examples

Blaming: You never help around the house! I have to do everything by myself.

I Feel: I feel frustrated when I do most of the chores around the house. I would like you to help.

Blaming: You stay out all the time and always come home late! You're such a jerk.

I Feel: I feel worried when you stay out all night. I am scared that something happened to you.

Let's practice

You have plans with a friend. You show up on time, but your friend shows up 30 minutes late.

Blaming:

I Feel:

Decisional Matrix

A decisional matrix helps you decide what the good things and bad things are about a behavior, such as using a drug.

For instance, a good thing about using may be the high, but the bad thing about using may be the come down.

Here is a sheet to help you with using drugs or alcohol. Think of using drugs or alcohol. Now list the good things about using and the bad things about using. Now list the good things about NOT using and the bad things about NOT using a drug.

You can use this whenever you feel an urge to use drugs or alcohol.

Good things about using drugs or alcohol	Good things about NOT using drugs or alcohol
Bad things about using drugs or alcohol	Bad things about NOT using drugs or alcohol

Feedback and Revisions

Feedback by group members:

- Have two sessions on substance use/relapse prevention
- Enjoyed the handouts and accessibility of materials
- Would participate in the group again

What did we change:

- Combined thought awareness and thought challenging into one session
- Substance use/relapse prevention expanded into two groups
- Added reflection Q at the end of each group: What do I most want to remember from today's group?

New Structure

Session 1 – Introduction, goal setting, and getting to know each other

Session 2 – Emotions I

Session 3 – Emotions II

Session 4 – Vulnerability Factors

Session 5 – Understanding the Body and Relaxation

Session 6 - Thought Awareness and Thought Challenging

Session 7 – Substance use and Relapse Prevention

Session 8 - Substance Use and Relapse Prevention

Session 9 - Problem Solving Skills

Session 10 - Goodbyes

Next steps

Implementation with new group and new group leaders

Expansion to other targets

- Fathers
- Foster parents

Co-occurring group

- Emotion regulation and parenting group + developmental play group
- Bring the children in at the end to practice/review