

What is emotion regulation?

Emotion regulation or self regulation as it is sometimes referred to is the ability to respond to the ongoing demands of the experience of a range of emotions in a manner that is socially tolerable and yet flexible enough to permit spontaneous emotional reaction as well as the ability to delay spontaneous reaction as needed.

includes the inner processes of monitoring, evaluating and modifying emotional response, which includes the regulation of one's own feelings.

Emotion regulation is a complex process involving initiation, inhibition or modulation of one's state or behavior in a given situation. It is a highly significant function in human beings.

This group is comprised of four modules, the objectives are as follows:

- learn Mindfulness Skills to focus on the present moment.
- learn Distress Tolerance to get through upsetting events.
- learn Emotion Regulation skills to manage emotions in an effective manner
- learn Interpersonal Skills to communicate more effectively in your relationships.

When and Where Is The Program Offered?

This group runs Tuesdays from 2:00pm to 3:30 pm for fourteen weeks.

It is at the Grey Nuns Community Hospital, on the second floor of the Marguerite d'Youville Building just east of the main building.

The address is:
1100 Youville Drive NW
Edmonton, AB
T6L 5X8

Who should attend this group?

People who:

- Get easily overwhelmed by their emotions
- Struggle with out of control emotions
- Have ongoing difficulty in work and personal relationship

Who Provides The Program?

While you are in the program you will remain under the care of your doctor and/or therapist.

The group therapist may be a:

- nurse
- psychologist
- social worker
- psychiatrist

What happens during the group sessions?

- You will practice a mindful exercise at the start of each group.
- Review homework from the previous group.
- Receive teaching related to emotions and how to regulate them.
- Learn skills to help tolerate an emotional crisis.
- Learn skills to help reduce undesirable behaviours.
- Identify and change emotions, thoughts and behaviours that contribute to your problems. .

Important Information:

- Parking passes may be bought from the Parking personnel on the main floor of the hospital
- Abuse of alcohol or drugs that hinders a person's ability to take part in the group will lead to discharge.