

EMOTIONAL REGULATION SKILLS

BRIEF CPD WORKSHOP
FOR COUNSELLORS, PSYCHOLOGISTS & MENTAL HEALTH
PRACTITIONERS



Third Wave Psychologist is pleased to host a series of brief Continuing Professional Development (CPD) workshops dedicated to supporting mental health practitioners to develop practical, evidence-based skills & techniques to enhance their clinical practice.

These short, accessible workshops focus on experiential tools & techniques that clinicians can utilise in their everyday practice, up-skilling clinicians in strategies to address issues & difficulties that commonly present alongside mental health conditions, for example sleep disturbance, 'stuckness', emotional dysregulation, physical health conditions, self harm & suicidal ideation.

BOOKING FEE

£45.00

(20% discount if booked 2 weeks
prior - Use Code - EARLYBIRD20)



To register your
place please visit:
[EmoRegSkills.eventbrite.co.uk](https://emoRegSkills.eventbrite.co.uk)

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Emotional dysregulation is a common symptom of many mental health presentations. Hallmarks of emotional dysregulation include marked & rapid fluctuations in affect, mood swings, lability & poor regulation of affect in proportion to experiences. This may present in clinical engagements as extreme tearfulness, anger, aggression or 'storming off' in response to triggers e.g. conflict, shame, fear, etc.

This workshop focuses on supporting clients to self-soothe & build distress tolerance skills, helping them to develop grounding skills to manage moments of overwhelm inside & outside of the session. Topics covered include:

- Understanding our emotional regulation system
- Developing the soothing system
- Grounding skills
- Distress tolerance skills