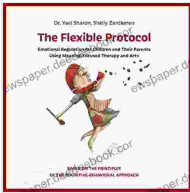


Emotional Regulation in Children and Parents: A Meaning-Focused Approach



The Flexible Protocol: Emotional Regulation for Children and Their Parents Using Meaning-Focused Therapy and Arts based on the cognitive-behavioral approach

by Deborah Lynn Porter

★★★★☆ 4.6 out of 5

Language : English

File size : 3492 KB

Screen Reader : Supported

Print length : 305 pages



Emotional regulation is a critical skill for both children and adults. It allows us to identify, understand, and manage our emotions in healthy ways. When children have difficulty regulating their emotions, it can lead to a range of problems, including behavioral issues, academic difficulties, and social challenges.

The Meaning-Focused Approach

The meaning-focused approach is a type of therapy that helps children develop emotional regulation skills. It is based on the idea that our emotions are connected to our thoughts and experiences. By understanding the meaning behind our emotions, we can learn to manage them more effectively.

The meaning-focused approach is a collaborative process that involves both the child and the parent. The therapist will work with the child to identify their emotions, understand the thoughts and experiences that trigger those emotions, and develop strategies for managing their emotions in a healthy way.

The parent plays an important role in the meaning-focused approach. Parents can help their children develop emotional regulation skills by:

- **Being attuned to their child's emotions.**
- **Helping their child to identify and label their emotions.**
- **Talking to their child about their emotions.**
- **Modeling healthy emotional regulation skills.**

Benefits of the Meaning-Focused Approach

The meaning-focused approach has a number of benefits for children and parents. For children, it can help to:

- **Improve their emotional regulation skills.**
- **Reduce their behavioral problems.**
- **Improve their academic performance.**
- **Enhance their social skills.**
- **Build their resilience.**

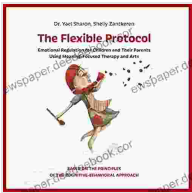


The meaning-focused approach can help children and parents build strong, healthy relationships.

For parents, the meaning-focused approach can help to:

- **Better understand their child's emotional world.**
- **Develop more effective parenting skills.**
- **Enhance their relationship with their child.**
- **Reduce their own stress levels.**
- **Build their own resilience.**

The meaning-focused approach is a powerful tool that can help children and parents develop emotional regulation skills. By understanding the meaning behind our emotions, we can learn to manage them in a healthy way. This can lead to a number of benefits for both children and parents, including improved emotional regulation skills, reduced behavioral problems, enhanced academic performance, and increased resilience.



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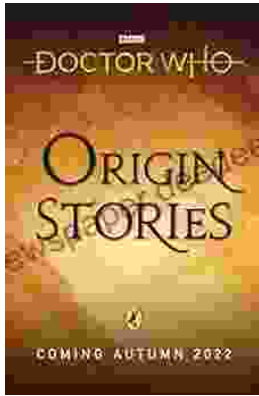
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