Teaching Emotional Self Control: The Neglected but Essential Ingredient

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What is emotional regulation?

Why is it so difficult?

Trauma / Impulsivity
MASC 1 Introduction:
8 week course – 2 hours per week

Ambivalence
Values
Tension Reducing Behaviours
The Senses
Para-sympathetic Systems

MASC 2 Advanced:
2 Sessions – 1 hour each
Supporting Structures

Watch One – Do One – Teach One

African Drumming for group cohesion
and emotional regulation

Locus of Responsibility
2010 cohort vs 2012 cohort
2010 last year before introducing MASC
2011 period of training and transition
2012 first full year of MASC with trained therapists

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<tbody>
<tr>
<td></td>
<td>Age (in years)</td>
<td>Treatment (in days)</td>
</tr>
<tr>
<td>N % M(SD)</td>
<td>M(SD)</td>
<td>n % M(SD)</td>
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<tr>
<td>TOTAL ADMISSIONS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td>191</td>
<td>66</td>
</tr>
<tr>
<td>Females</td>
<td>98</td>
<td>34</td>
</tr>
<tr>
<td>Total</td>
<td>289</td>
<td>100</td>
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<tr>
<td>29 OR MORE DAYS</td>
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<tr>
<td>Males</td>
<td>47</td>
<td>68</td>
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<tr>
<td>Females</td>
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<td>32</td>
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<tr>
<td>Total</td>
<td>69</td>
<td>100</td>
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* t(128) = -9.7, p = .000
The Feedback

From Staff...
Consistent Language / Framework
See the Ahh Haa moments
Decrease in Anxiety

From Residents...
“Are you doing your PST?”
“You can tell those that haven’t done the modules”
“I’m up there, I need to modulate”
Next Steps…

More evaluation…

Rollout training…

For Further Information:

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