



Inside Out: Taming Tricky Emotions

Inside Out: Taming Tricky Emotions is a comprehensive evidence-based treatment to improve self-regulation and control of tricky (e.g., anger, frustration) emotions

Structure

- On average: 8-10 weekly sessions
- 2-3 booster/follow-up sessions

Approach

- Compassionate and empowering manualized treatment grounded in Cognitive-behavioural therapy and Collaborative Problem Solving
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

Topics Covered

- Education about emotions
- Tricky emotion triggers (e.g., transition from enjoyable screen time to work)
- Early warning body signs (including emotion labeling and identification)
- Proven-effective skills for managing improving self-regulation and emotion control including mindfulness, distress tolerance, emotion regulation, cognitive (thinking), and relaxation techniques
- Zones of regulation strategies and skills
- Collaborative Problem Solving rationale, steps, and practice
- Customized plan of action
- Relapse prevention plan
- Parenting training/support maybe a useful component

