

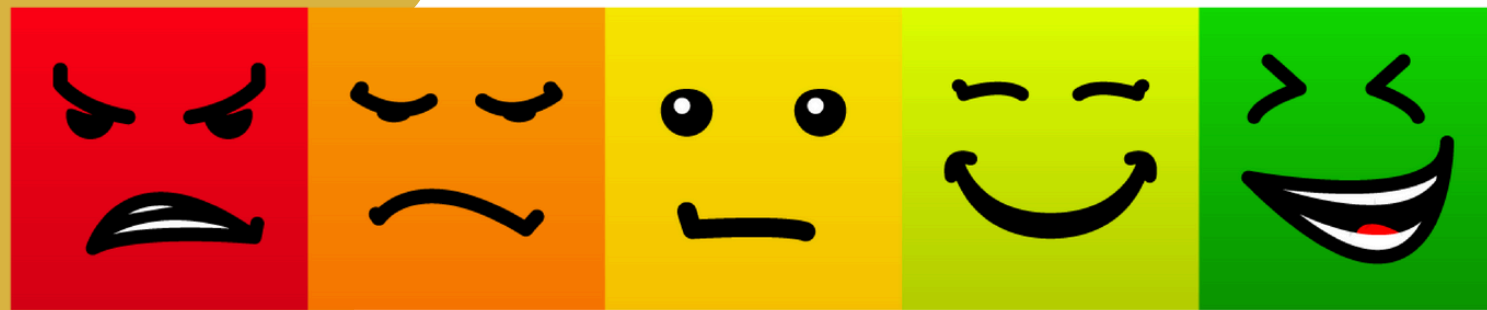


Emotional Dysregulation and Poly Vagal Therapy



What is Emotional Dysregulation

It is a symptom that involves trouble controlling your emotions and how you act on those feelings. Emotional regulation is like a volume control for your feelings. When you have control you can keep the volume going to high. With emotional dysregulation, your brain cannot regulate emotion signals. So, the volume goes louder making your emotions harder to manage.





Emotions

To people around you, your reactions could seem out of proportion to what you're reacting to. (It is similar and closely linked to executive function)

When you can manage and regulate your emotions, you can steer and direct how you feel and react. This is a key part of being adaptable or resilient to challenges, learning and social interactions.

What does Emotional Dysregulation look like?

- Having trouble steering your moods, causing you to feel stuck or unable to make yourself feel better.
- Becoming frustrated by inconveniences or annoyances.
 - Mood Swings
 - Impulsive Behaviour
 - Mania or Hypomania
- Troublesome emotions that interfere with how you pursue goals and desired outcomes.
 - Being prone to losing your temper.
 - Persistent irritability or anger between outbursts.



Can Emotional Dysregulation become a problem?

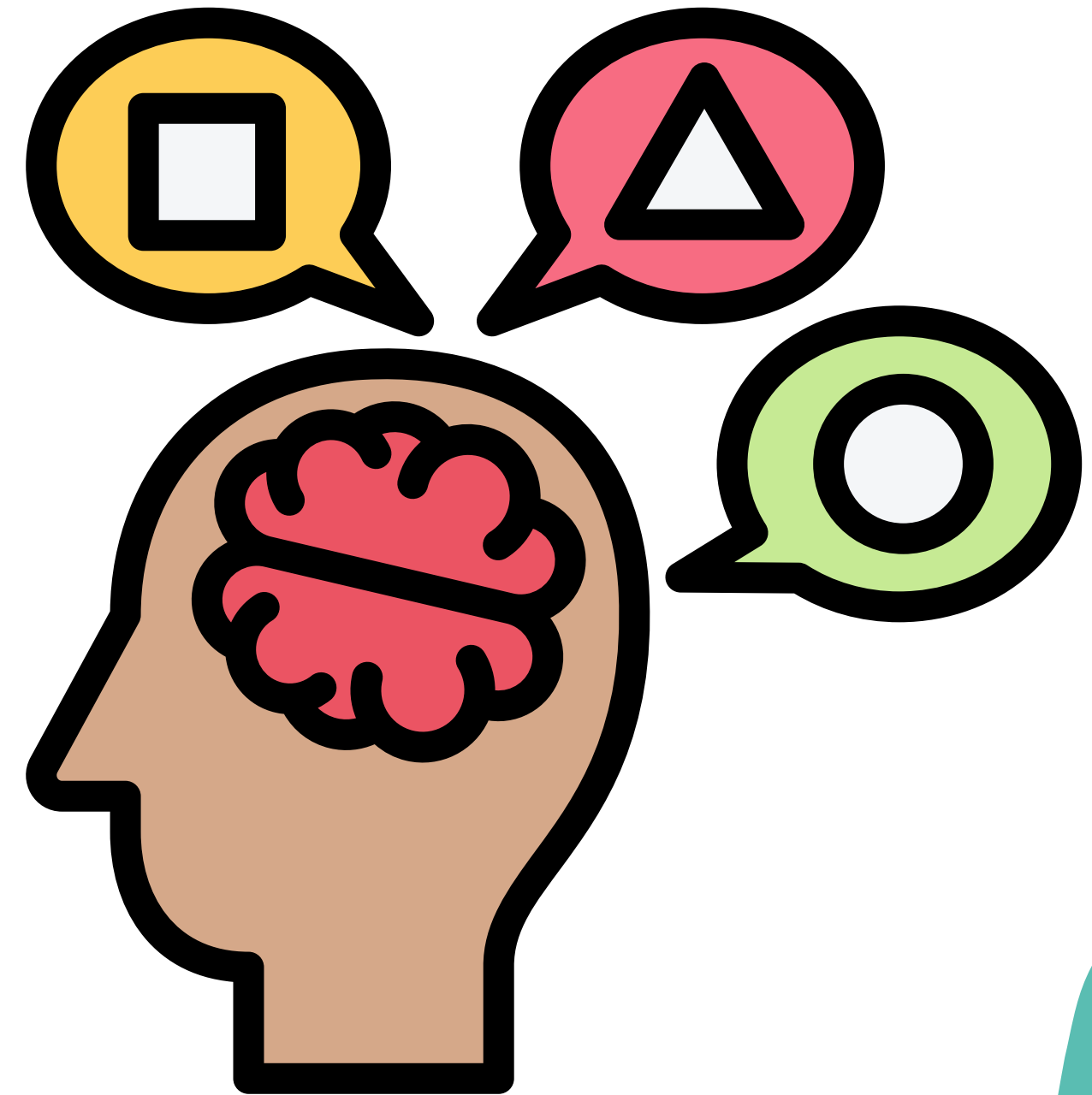


Yes it can as many people experience these common symptoms:

- Verbal outbursts (shouting, crying, yelling and screaming)
- Aggression or even violent behaviour towards objects, animals or people.
- Trouble maintaining friendships, relationship and other forms of social connection.

What are some of the causes

- Mental Health issues that involve disruptions in mood, personality and self-control ability.
- Neurodivergence - where people's brains are wired and work differently to neurotypical. ADHD, ASD.
- Brain damage to certain parts of the brain. This is the limbic system of the brain that has key parts within it, the amygdala, hippocampus, limbic cortex and hypothalamus.

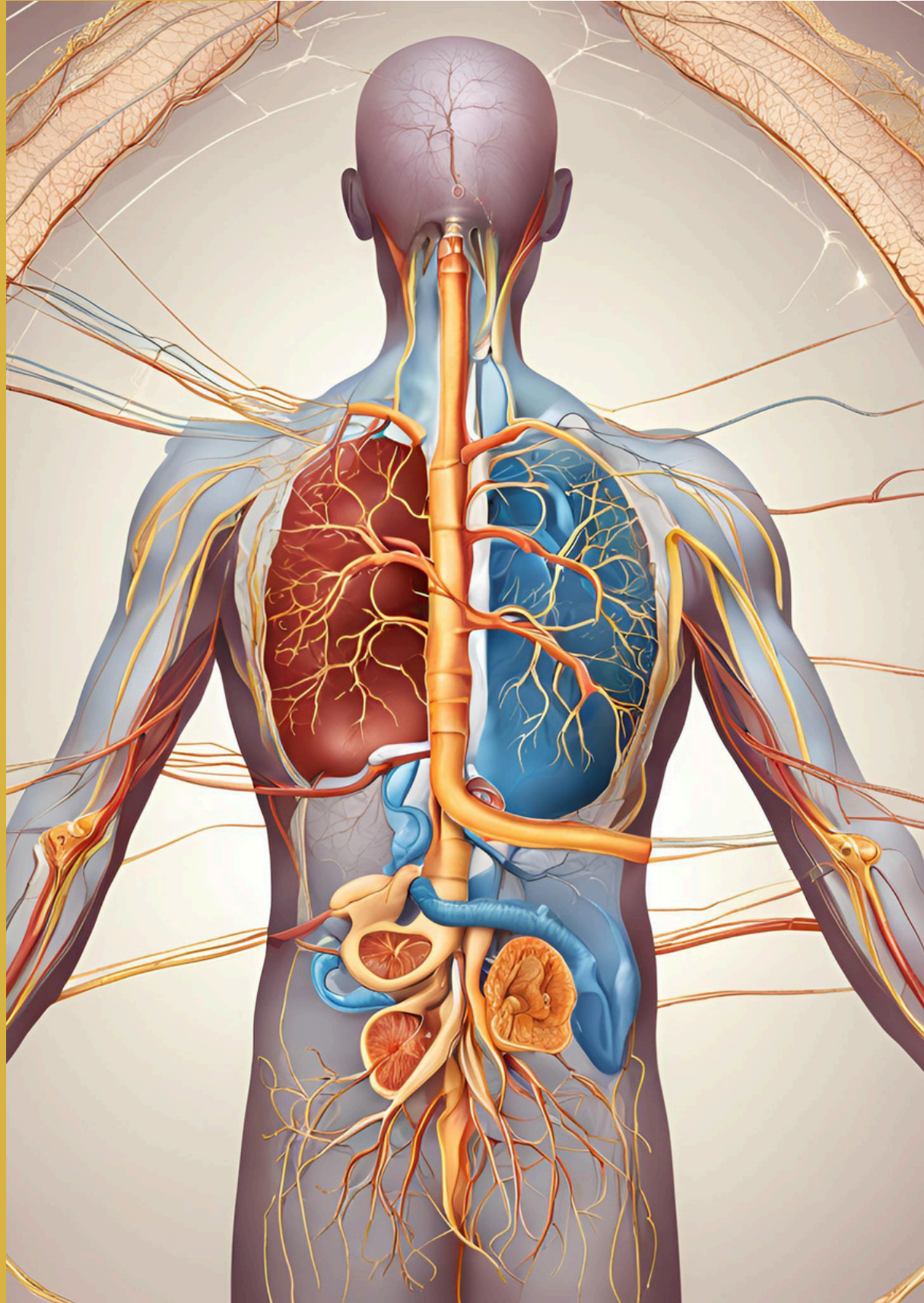


What is Poly Vagal Therapy and how can this help

Polyvagal therapy is a treatment that helps people regulate emotions and manage stress by strengthening the connection between their mind and body. It's based on the Polyvagal Theory, which explains how the vagus nerve affects a person's emotional regulation, social interactions, and stress responses.

The role of the vagus nerve:

The vagus nerve plays a central role in the polyvagal theory. The vagus nerve serves as the primary communication pathway between the body and the brain, influencing our physiological and emotional responses to everything that happens to us. Understanding the role of the vagus nerve can help promote regulation and resilience.



The Three States of the Autonomic Nervous System



The Polyvagal Theory understands that our autonomic nervous system consists of three states. Each state affects our emotional resilience (how we react to our experiences) and our capacity to interact with the world around us:

- The ventral vagal state promotes social engagement and connection.
- The sympathetic state activates the fight-or-flight response.
- The dorsal vagal state is often associated with immobilization and shutdown and is linked to trauma and extreme stress.

The Safe and Sound Protocol (SSP) and how it can help

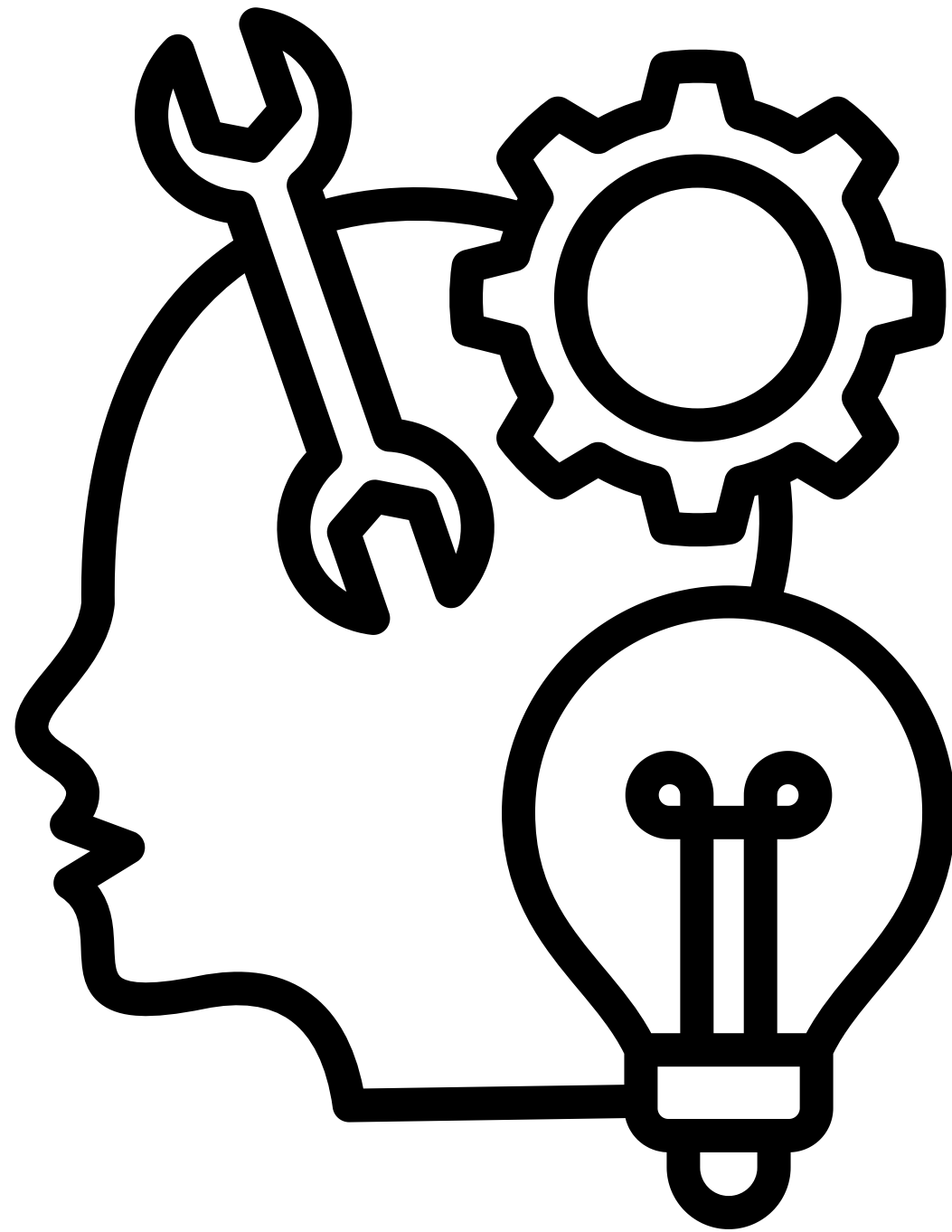


One of the key interventions in polyvagal therapy is the Safe and Sound Protocol (SSP), a listening therapy that helps people reduce stress and improve social engagement.

The SSP is a music program that can help us feel calmer, less bothered by sounds, and better able to notice our feelings.

The SSP is music that will sound different from what you hear on the radio. The music has frequencies, which can be high, think of a bird chirping, or low, think of a drum beating. The music within the SSP focuses on frequencies that can help us feel calm.

Key highlights of the SSP



Its delivered online.

- It is time limited to six sessions - more if you need them.
- Unique program that is safe, non-confrontational or invasive. Effective for children, young people and adults.
- Helps to support many symptoms and conditions.
- Backed by extensive research and clinical trials, which makes this evidence based.
- Can support the capacity to work with other psychological therapies that involve cognitive capacity. These can be Cognitive Behavioural Therapy, Trauma Therapy, Acceptance and commitment therapy and more.



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