



### DESCRIPTION

Emotional Self-Regulation is a cognitive-behavioral therapy protocol that helps the participant to explore emotions and patterns of behavior and learn strategies for managing difficult emotions. The protocol can be used as a group or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The Emotional Self-Regulation journal explores helpful ways for the participant to respond to difficult emotions that lead to more positive interactions and outcomes. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Cognitions and Mental Health

### PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Emotional Self-Regulation** must be delivered by Psychology Services.