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Teaching Emotional Self Control: The Neglected but Essential Ingredient

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What is emotional regulation?

Why is it so difficult?

Trauma / Impulsivity



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Motivating Affect Self Control

8 week course – 2 hours per week

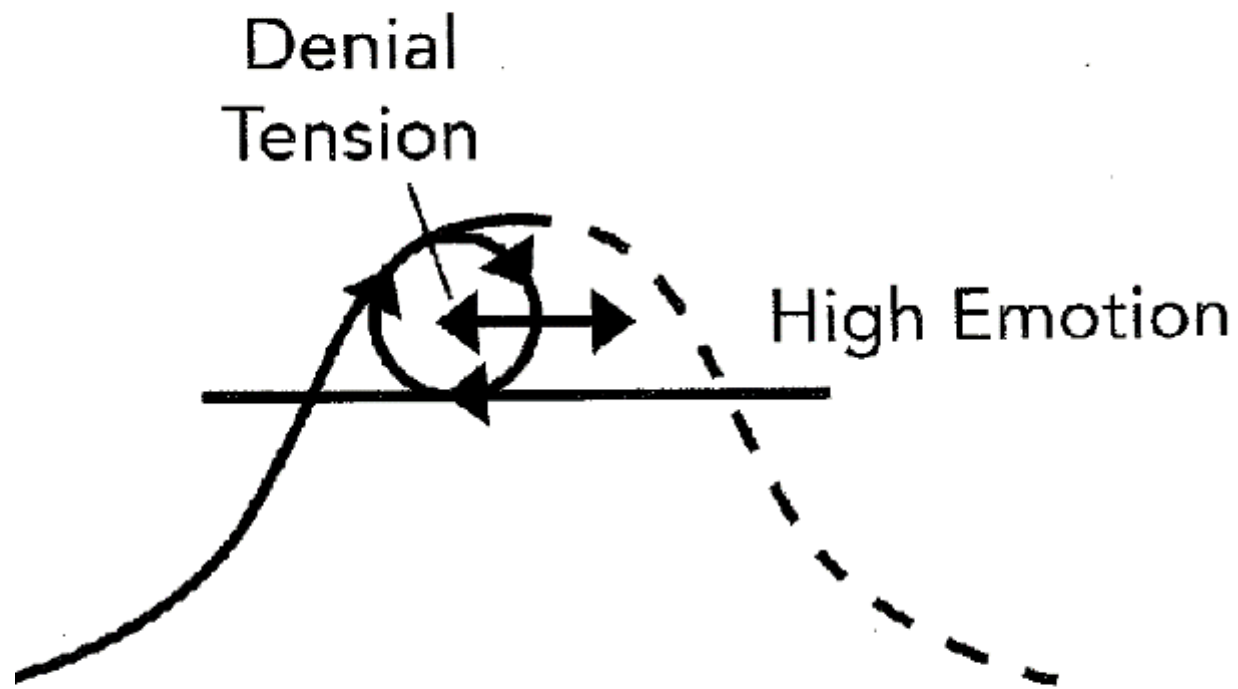
Ambivalence

Values

Tension Reducing Behaviours

The Senses

Para-sympathetic Systems





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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

	PRE-MASC (2010)				POST-MASC (2012)			
			Age (in years)	Treatment (in days)			Age (in years)	Treatment (in days)
	N	%	M(SD)	M(SD)	n	%	M(SD)	M(SD)
TOTAL ADMISSIONS								
Males	191	66	34.2(7.9)	35.3(20.4)	100	58	33.3(6.6)	65.1(47.5)
Females	98	34	35.6(7.7)	34.3(18.6)	73	42	32.3(7.1)	65.1(52.4)
Total	289	100	34.7(7.9)	35.0(19.8)	173	100	32.9(6.8)	65.1(49.5)
29 OR MORE DAYS								
Males	47	68	33.9(6.2)	51.0(12.9)	61	60	34.1(6.2)	89.6(36.6)
Females	22	32	31.6(6.9)	53.6(10.3)	41	40	32.5(5.7)	95.3(42.6)
Total	69	100	33.2(6.5)	57.8(12.1)*	102	100	33.4(6.0)	91.9(39.0)*

*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”



MASC started in 2012

What we have learnt...

- Needs to be embedded in the culture
- it works
- takes practice
- include everyone



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Next Steps...

Developing manual for broader application

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