Childhood Maltreatment, Emotional Dysregulation, and Psychiatric Comorbidities (poster)

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Emotion Dysregulation & Childhood Trauma

ED: "The impaired ability to regulate and/or tolerate negative emotional states. May be seen in many psychiatric conditions including anxiety and mood disorders."

Tip: CT - associated with interpersonal trauma and post-traumatic stress associated with a wide range of psychosocial, developmental, and medical impairments in children, adolescents, and adults. ED is a core feature that may help account for this heightened risk.

Emotion Regulation

Interplay between emotional and cognitive operations: Selecting/modify situations with emotional significance

Incorporating attention – Interpreting decisions – Making judgment decisions

Selecting behavioral responses

Some emotions are generated automatically/regulated automatically

Other emotions require “meaning analysis” and are regulated with effortful cognitive processing

Coordination of physiological reactions, memory, cognitive appraisals, and behavior

Control over:

• How and when
• Intensity
• Positive/negative valence (felt, experienced, expressed)

Decreasing continuously over time

May include changes in all three domains (behavior, experience, and physiology)

Both emotional states and goal-directed behavior can be modulated by:

- Decreasing negative behavior
- Increasing positive expressive behavior
- Addressing physiological responses (cognitive-behavioral therapy or medications)

Emotional Awareness and Social Cognition are key elements in the ability to regulate emotional states, and are impaired in a number of psychiatric conditions.