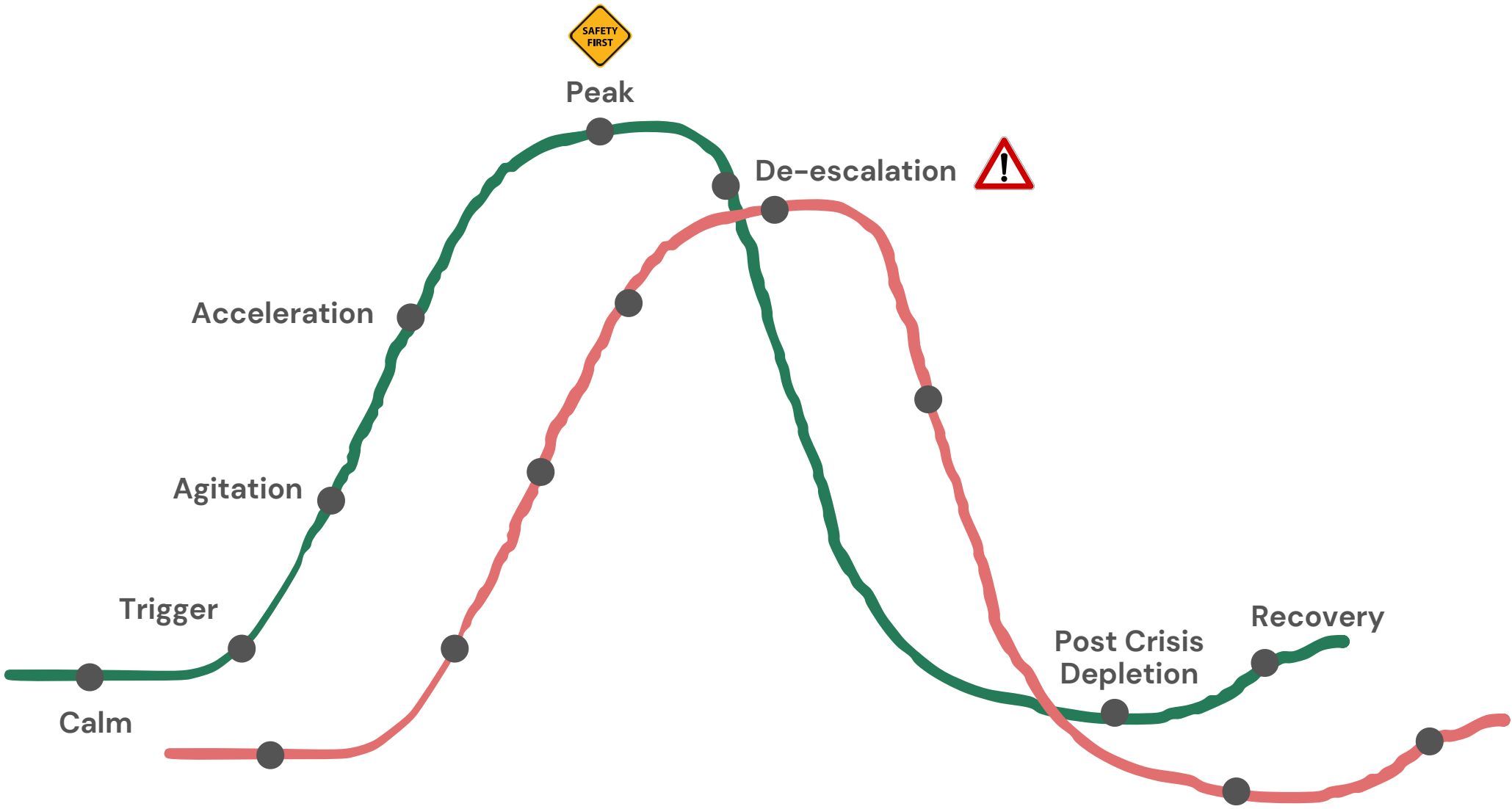


BIP for _____



----- Me

Co-Regulation Task Analysis Example

Purpose: promote emotional stability!

1. Be attentive to client

What do you observe (language, body)? Smaller cues "pre-cursor" to dysregulation?
Example: Noisy room, client is wincing face, holding head, clenching jaw

2. Be attentive to you

What do you observe for yourself? Body language, spoken language? BEFORE responding
Example: Clenching jaw typically leads to aggressive behavior; I'm feeling tense too

3. Label your level of stress (setting event, in body) in front of client

Body based language = label body sensations (brain can't access language or feeling words)
Example: "Man it's loud in here. My head feels heavy, my body is feeling hot/tense"

4. Label regulation technique you are going to use

No demand placed for client to participate
Example: "I'm going to squeeze my stress ball really tight"

5. Model the technique at least twice

1st = we benefit; 2nd = maybe client will join in & imitate (might be delayed)
Example: Squeeze stress ball within client's view, ensure client has their own squeeze ball

6. Label effects of regulation technique in front of client

Go back to body based language "check-in"
Example: "Whew my body feels more relaxed now. I'm not hot anymore."