Let’s Talk about Feelings
emotional literacy group-work and training for support staff

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1st May 2015
Session

Introduction: What is emotional literacy, the experience for people with intellectual disabilities, interventions and groups we have run

Structure of the group and outcome measures

activities in the group

teaching carers

Question and answers
What is emotional literacy?

Emotional recognition
- differentiating and understanding emotions
- showing empathy

Emotional regulation: expressing emotions effectively and appropriately
- moderating intensity and duration
- engaging in coping strategies
- maintaining goal-directed behaviour
What can be the experience for people with intellectual disabilities?

- Emotional recognition/labelling difficulties linked to language and cognitive delay
- Social-emotional feedback restricted
- Emotional regulation difficulties leading to
  - Interpersonal conflict
  - Challenging behaviour
  - Mental health issues
Interventions

- skills training/psycho-education
- adapted CBT distress tolerance, positive psychology and relaxation training
- group context
- involving caregivers
Group work in our service

Turner et al (2011)
- 16-session 90 minute group done twice
- 7 and 5 (4 from first) participants (A & T, forensic, mild)
- outcomes: positive on measures developed
- recommendation: use in the community and involve carers

Sanger (2013) + Joanna
- 8 session 90 minute group
- 6 participants (A & T, forensic, mild + discharged patients)
- Outcome positive on measures developed
- Recommendation: booster sessions

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“Open ended group”

- Based in the inpatient unit at first
- Attended by the inpatients and discharged patients
- Weekly one hour sessions,
- 35 sessions altogether
- Service re-design
- Sessions were facilitated by a Trainee Clinical Psychologist, Assistant Psychologist, LD Nurses and Core Trainee doctors

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What was the group all about?

- Focus on learning – lots of repetition
- Aimed for informal and fun atmosphere
- Emotion recognition in self and others
- Emotion regulation
- Winning tokens
- Home practice
- Group discussions, individual activities and games
- Visual aids, pictures, clips, worksheets
- Training for support staff
Assessments and Outcomes

Assessment outcomes pre - and post

Emotion Naming
Emotion Selection
Feelings and thoughts in others
Feelings and thoughts in self

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Assessments and Outcomes

Total scores pre and post

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What happened next?

- a new 12-week group in the community
- offered by the Oxford City Learning Disability Team
- available to Service Users open to the Oxfordshire Learning Disability teams
- designed using the resources from the previous groups
A few examples of the group sessions...
Introducing a new emotion
How do we look like when happy?
Sadness- recap

Sadness Quiz
Try your best to answer the following questions...
Helpful Coping or Unhelpful Coping?

Going for a walk

Breaking something
Relaxation at end of the session
Our Experts by Experience

- D and N attended nearly all of the “open ended group” sessions – the “Feelings” group
- They started as inpatients and continued with the group once living in the community
- They were always well prepared and full of enthusiasm
- When the group ended they prepared and delivered very thorough “Emotional Literacy” training sessions for their support staff
How did we feel about training staff?

N:
“It was difficult, but staff said they found it helpful. They enjoyed it”

D:
“I loved it. They enjoyed that, I could tell they enjoyed it by the look at their faces, they were all smiling”
N’s key message to his support staff

I would like you to help me to carry on with...

- A lot of things!
- Checking how am I
- Helping me to write down my feelings
- Talk about feelings
- Go through my folder every time I have support

LET'S WORK TOGETHER

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D’s key message to his support staff

I would like you to help me with...

* A lot of things!
* Checking how am I feeling
* Talking about feelings with me
* Going through my “feelings group” folder once a week
* Doing some exercises from the folder

HELP WANTED
The things we enjoyed the most about the “Feelings” group

Playing games – favourite ones were: “Feeling or behaviour” and “Emotion Bingo”

Scale 1-10 – people can feel the same feeling but with different strength

Watching the clips

Relaxation exercises

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The group helped us to learn:

- How to cope with anger, sadness or worry – helpful coping strategies to use
- Recognising different feelings in myself and others
- The “Feelings cycle” – Triggers, feelings, thoughts, behaviours
- Rules in the group
We would like you to do some work now 😊
Identify the feeling - name the feelings shown on the pictures

- Angry
- Disgusted
- Worried
- Happy
- Shocked
- Sad
How does it feel in my body?

Write down the body sensations/ facial expressions for:

- Worry
- Sadness
How does worry feel in our body?

- Headache
- Dizzy/ faint
- Tight chest
- Butterflies in stomach
- Tense/ aches
- Shaky
- Sweaty

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How does sadness feel in our body?

- Stomach ache, headache
- No energy
- Tight chest
- Tired
- Sore eyes from crying
- Restlessness (can’t sleep)
- Uncomfortable in bed
- Emptiness inside
- Heaviness (heavy shoulders)
- Tears
Feelings cycle

Basil’s clip

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Feelings cycle

TRIGGER – what happened to make Basil feel that way?

FEELING: What did Basil feel?

THOUGHT: What might he be thinking?

BEHAVIOUR:
- What did he do to cope?
- Was it helpful or unhelpful?
- What could he have done differently?
Time for a game!

Feeling

FEELING

OR

BEHAVIOUR?

Vote for the right answer
Feeling or behaviour?

Happy
Feeling or behaviour?

Crying
Feeling or behaviour?

Furious
Feeling or behaviour?

Smiling
Feeling or behaviour?

Sad
Feeling or behaviour?

Kicking
Feeling or behaviour?

Shocked
Feeling or behaviour?

Laughing
Feeling or behaviour?

Scared
Feeling or behaviour?

Worried
Feeling or behaviour?

Singing
Feeling or behaviour?

Angry
Feeling or behaviour?

Disgust
Feeling or behaviour?

Talking
Feeling or behaviour?

Excited
Feeling or behaviour?

Shouting
Feeling or behaviour?

Jealous
Feeling or behaviour?

Jumping
Feeling or behaviour?

Upset
Feeling or behaviour?

Running away
Issues to consider

- Repetition, repetition, repetition ...
- Engagement of staff carers (contracting issues)
- Induction training for care staff on emotional literacy
- Any more... ideas from the floor?
References


Thank You!