**EMOTION REGULATION July – September 2023**

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| Date  | TEACHING  | HOMEWORK  |
| July 26th/27th   | General Skills – Guidelines, Assumptions, & Biosocial Theory Handout 3-5 (p.12-15)   | **HW:** Worksheet 1 (p.27)  |
| Aug 2nd/3rd   | Mindfulness – Wise Mind Handouts 3 and 3A (p.50-52)   | **HW:** Worksheet 3 (p.83)  |
| Aug 9th/10th   | Overview/Goals/Function of Emotion/Myths Handout 1-4 (p.209-212)   | **HW**: Worksheet 2 (p.275)  |
| Aug 16th/17th   | Model for describing emotions Handout 5 (p.213)   | **HW**: Worksheet 4 or 4A (p.281 or 282)  |
| Aug 23th/24th | Ways to Describe Emotions Handout 6 (p.214-223)   | **HW**: Worksheet 4 or 4A (p.281 or 282)  |
| Aug 30th/31st | Overview, Check the Facts Handout 7-8A (p.227-230)  | **HW**: Worksheet 5 (p.285)   |
| Sept 6th/7th   | Opposite Action Handouts 9-11 (p.230-240)   | **HW**: Worksheet 7 (p. 288)  |
| Sept 13th/14th   | Problem solving Handouts 12-13 (p.241-244)   | **HW**: Worksheet 8 (p.289)  |
| Sept 20th/21st   | Overview and short term positives Handouts 14-16 (p.247-251)   | **HW**: Worksheets 9 (p.293)  |
| Sept 27th/28th   | remaining ABC PLEASE Handouts 17-20 (p.252-257)  | **HW**: Worksheet 13 or 14 (p.302 or 303)  |