Emotion Regulation Course from Therapy in a Nutshell by Emma McAdam, LCSW

Course Introduction: How to Process your Emotions: <https://youtu.be/vXAr5dh23zU>

#1 Name It to Tame It: <https://youtu.be/zoCiHlFjo04>

#2 A Non-Judgmental Attitude: The Lie of Positive and Negative Emotions <https://youtu.be/X1RETMlk8rc>

#3 Why Coping Skills Can Make It Worse <https://youtu.be/RiuRnnqlkk8>

#4 Clean vs Dirty Pain: Are you Creating Your Own Suffering? <https://youtu.be/X7ip0DNofcI>

#5 How to Stop Struggling with Anxiety and Intense Emotions <https://youtu.be/CwVN5e1YavM>

#6 Willingness: How to Feel your Freeings <https://youtu.be/6cFhhUuMEW8>

#7 Primary Emotions vs Secondary Emotions <https://youtu.be/Yqi7jp6tKZI>

#8 The Mind-Body Connection <https://youtu.be/c3kznC9m3Nc>

#9 How Anxiety Affects the Brain: How to Turn off the Fight/Flight/Freeze Response <https://youtu.be/ryWu56M6VnM>

#10 How to Release Emotions Trapped in Your Body <https://youtu.be/GZw8fRPK-8k>

#11 Calming Anxiety with your body’s Built-in Anti-Anxiety Response <https://youtu.be/SkJdKsiCyyM>

#12 How to Turn Off the Fear Response <https://youtu.be/0DpDywOxEWc>

 Four Ways to Turn on the Parasympathetic Nervous System <https://youtu.be/FPH5CFSmYEU>

#13 Cooping Skills for Anxiety or Depression <https://youtu.be/aexBCHZxjvw>

#14 How to Turn Off the Fight/Flight/Freeze Response with Grounding Skills <https://youtu.be/O_8Eix4iVmo>

#15 How to Move Past Mental Blocks <https://youtu.be/nHv6dAFWEAQ>

#16 Neuroplasticity: Change How you Feel by Changing How you Think <https://youtu.be/1EHI2hF9Iak>

#17 Reframe Negative Thoughts; Change How You See the World <https://youtu.be/nsOKrCVs6WM>

#18 Cognitive Distortions: Cognitive Behavioral Therapy Techniques <https://youtu.be/aAVGyRMS3gE>

#19 How to Change How You Think; Cognitive Distortions Part 2 <https://youtu.be/5zuv4DD0BO4>

#20 Intrusive Thoughts and Overthinking: The Skill of Cognitive Defusion <https://youtu.be/V3vhXQy48jo>

#21 Mindfulness for Anxiety-A Beginner’s Guide <https://youtu.be/GjkwrVi_Lj0>

#22 Cognitive Dissonance <https://youtu.be/HcI7M23YCLM>

#23 Self-Deception: The Problem of Not Knowing You Have a Problem <https://youtu.be/LTFNrK_-Ulw>

#24 How to Create the Life You Want One Small Change at a Time <https://youtu.be/gYXkeucRemM>

#25 Why Trying to Feel Happy Backfires: Purpose vs Happiness: <https://youtu.be/jTdkl0tTQI0>

#26 Fight Depression and Anxiety with Core Values <https://youtu.be/pYILH3QAHkI>

#27 Get Rid of Self-Limiting Beliefs <https://youtu.be/8C6u90ltkSM>

#28 A GROWTH Mind-set vs a FIXED Mind-Set with Mental Health <https://youtu.be/LRzWI7bR01o>

#29 How to Stop Beating Yourself Up <https://youtu.be/AXsfI9Iqb4w>

#30 What’s the Core Issue? How to Actually Change <https://youtu.be/VEcrHSpMPsY>