

An brief introduction to:

Emotion Coaching

And understanding the teenage brain



Aims of this session...

- In this session we aim to help you to understand a little more about the changes that occur during adolescence.
- Provide you with information about the emotional changes that occur during the teenage years.
- Offer you a simple way to understand and describe teenage brain development.
- The ‘Emotion Coaching’ and how you may consider introducing this approach with your teens.
- Look at changing your relationship from ‘Manager to Consultant’.



The Teenage Brain

- The most rapid brain growth is between 0 -3 years and then again between 10 - 13 years of age.
- Puberty is like a second growth spurt for the brain cells, new cells grow so teens use their emotional brains much more.
- Teenagers feel positive and negative feelings at an even more heightened intensity (just as toddlers do).
- During the brain development there is a growth of cells first and the connections occur later. This can often result in it taking teens a lot longer to process information that we do as adults.



During Adolescence

Changes in emotional functioning in teens include:

- Physical Growth, sleeping patterns & Fatigue.
- Hormonal fluctuations/puberty.
- Challenges with social and intimate relationships.
- Development of self-identity.
- Rejecting parental help with decision making.
- Increased risk taking behaviour.
- It is also important to remember it is a myth that all teens have difficulties.



Emotional Changes:

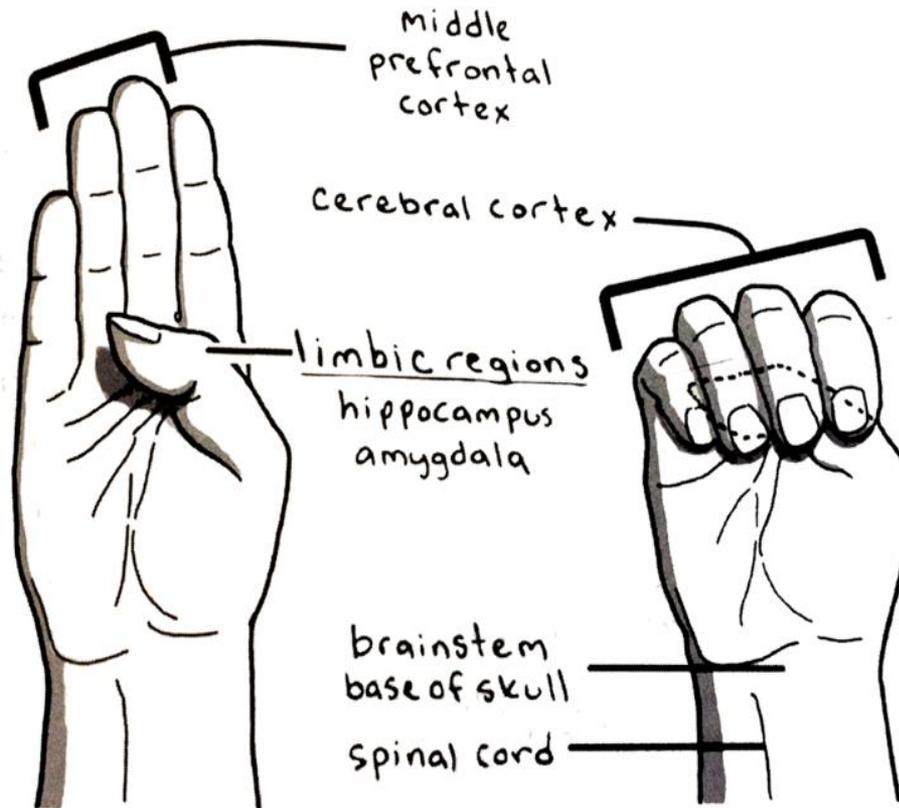
You may also notice the following?

- ▶ Teenagers can experience:
- ▶ Changes in emotional expression
- ▶ Rapid onset of emotions
- ▶ More emotional
- ▶ Increased embarrassment
- ▶ Increased emotional awareness
- ▶ Fewer strategies to regulate their emotions
- ▶ Can be vulnerable to emotional flooding



Hand Model of the Brain

In Dan Siegel's metaphor - The closed fist represents the regulated brain - when we make our most effective decisions - with the amygdala, pre frontal cortex and brain stem connected. When we are aroused e.g. angry - we 'Flip Our Lids', the fingers raise and our pre frontal cortex and amygdala disconnect.



<https://www.youtube.com/watch?v=gm9CIJ740xw>

Emotion Coaching

A brief introduction:

- Psychological researcher Dr. John Gottman undertook a variety of scientific studies, which led him to the conclusion that the key to good parenting lies in understanding the **emotional source** of problematic behaviour. He performed a detailed laboratory examination of children whose parents interacted with their emotions in various styles.
- Emotion Coaching is about helping children to become more aware of their emotions and to manage their own feelings.
- It involves validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective strategies.
- We hope that this Five step approach will help you to form a closer connection to your child



The Gottman Institute

Emotion Coaching



- ▶ Five steps to Emotion Coach:
- ▶ 1. **T**uning in: Notice or become aware of emotions
- ▶ 2. **C**onnect and teach: it's an opportunity
- ▶ 3. **A**ccept and listen: show understanding and empathy.
- ▶ 4. **R**eflect: What you hear and see, name the emotions.
- ▶ 5. **E**nd with problem solving and set limits if necessary.

Useful Emotion Coaching conversation starters

You look so happy

That sounds like it was difficult

You seem a bit worried

You seem a bit unhappy today?

It sounds like you are/were...

That sounds really tricky

Hmm, so what was that like?

I wonder if...

How frustrating...

You don't seem yourself today

Maybe you are cross with them?

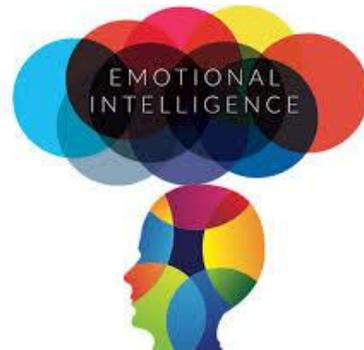
It sounds like you were really annoyed?



Increasing Emotional Intelligence

Emotion Coaching assists the ability to:

- ▶ Identify and understand your own emotions.
- ▶ Understand other's emotions and respond with empathy.
- ▶ Use your emotional awareness to problem solve.
- ▶ Deal with frustration and be able to wait for what we want.
- ▶ Keep distress from overwhelming.
- ▶ Be in control of how and when you express feelings.



Emotion Coaching

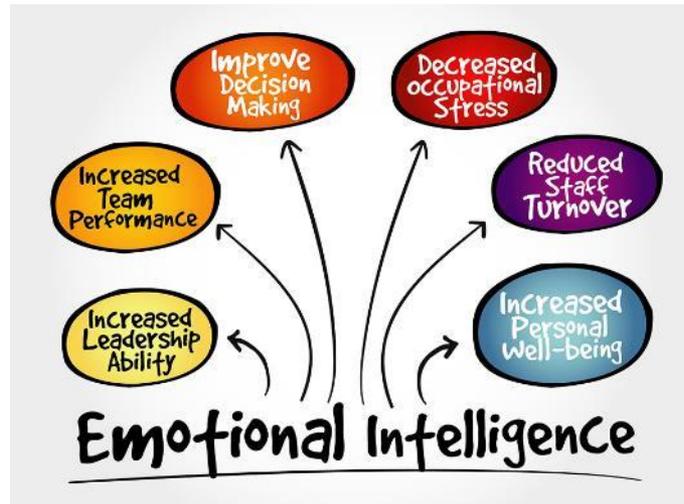
- ▶ We know that we are all guilty of getting it wrong sometimes (That's ok) and we are aware that life can sometimes just take over.
- ▶ With Emotion Coaching we would hope that if parents/carers can try and introduce this approach around **30-40%** of the time then. Research suggests that adopting this approach can have positive outcomes for the relationships between parents and their teenagers.
- ▶ This approach works on improving communication, increasing empathy and a greater awareness of emotions.



Changing Relationships

During the teenage years teens begin to feel that they need more autonomy (freedom); less parental help with making decisions & managing emotional issues....

Dr Mike Riera describes this as changing your relationship with your teens from 'Manager to Consultant' and here ins the video (link below).



<https://www.youtube.com/watch?v=vwyUauZCYu4>

Thank you for listening

- ▶ If you would like to find out more about this subject then please look out for our next 'Parent's information evenings' in which we will touch on these subjects in more detail.
- ▶ We are also pleased to announce that we have the Share team in The Blue School this academic year and we will be looking to work together to further embed this approach in to the school community.



References:

Gottman, J. (1998) *Raising an Emotionally Intelligent Child*. New York, Prentice Hall.

Siegel, D.J. (2014) *Brainstorm: The power and purpose of the teenage brain*. London, Scribe UK.

Riera, M. (2012) *Uncommon Sense for Parents with Teenagers*. 3rd Edition. New York, Crown Publishing Group.

With thanks too:

Dr Sarah Temple - EHCAP - www.ehcap.co.uk

Somerset SHARE project - <http://www.sharesomerset.co.uk/>