



ADHD & Emotional Dysregulation Workshop: Improving Emotional Balance

with Dr James Brown



Workshop Plan

1. Understanding ADHD.
2. Emotional Regulation.
3. Break (5 mins)
4. ADHD and Emotional Dysregulation.
5. Break (5 mins)
6. Building Strategies for Dealing with Emotional Dysregulation.

Learning Objectives

- Upon completion of this workshop, learners will be able to:
 1. Understand what ADHD really is, and how it presents in most adults.
 2. Be able to explain what emotional regulation is, and why it is a challenge in ADHD.
 3. Identify and discuss strategies for dealing with emotional dysregulation with ADHD.

Understanding ADHD

What is ADHD?



What is ADHD?



What is ADHD?



EXECUTIVE FUNCTIONS



ATTENTION

What is ADHD?



EXECUTIVE FUNCTIONS



EMOTIONAL REGULATION
COGNITIVE INHIBITION
WORKING MEMORY
ORGANISATION
PLANNING
RISK AND REWARD



ATTENTION

What is ADHD?

- Lifelong neurodevelopmental disorder.
- Thought to affect 2.5-5% of all adults.
- 3 presentations (related to symptoms):

Inattentive type (30%)

Combined type (50-70%)

Hyperactive/Impulsive type (<15%)



**Poll 1. Have you ever had to
mask your emotions?**

Symptoms of Inattentiveness

1. Making careless mistakes/lacking attention to detail.
2. Difficulty sustaining attention.
3. Inability sometimes to listen when spoken to directly.
4. Failure to follow through on tasks and instructions.
5. Exhibiting poor organisation.
6. Avoiding/disliking tasks requiring sustained mental effort.
7. Losing things necessary for tasks/activities.
8. Being easily distracted (including unrelated thoughts).
9. Being forgetful in daily activities.



THSH
TOWN HALL BIRMINGHAM SYMPHONY HALL BIRMINGHAM

Town Hall, Birmingham
Thu 29 Nov 2018 7.30 PM

Ticket Price	£25.00
Commission	£2.50

TICKETS ARE PURCHASED SUBJECT TO THE TERMS AND CONDITIONS OVERLEAF

Red Hot Chilli Pipers

Visit www.thsh.co.uk for up to date performance times

Door E
Stalls
Row: A Seat: 15

People around you may stand
Order ID: 18-CB-0X7V
Standard

PLEASE CHECK YOUR TICKETS CAREFULLY

Symptoms of Hyperactivity/Impulsivity

1. Fidgeting with or tapping hands or feet, squirming in seat.
2. Leaving seat in situations when remaining seated is expected.
3. Experiencing feelings of restlessness.
4. Having difficulty engaging in quiet, leisurely activities.
5. Being “on-the-go” or acting as if “driven by a motor”.
6. Talking excessively.
7. Blurting out answers.
8. Having difficulty waiting for your turn.
9. Interrupting or intruding on others.

Emotional Dysregulation

- **Reduced ability to control or regulate emotional responses**
- **Four key aspects:**
 1. **Intensity.**
 2. **Duration.**
 3. **Flexibility.**
 4. **'Inappropriate' Responses.**

Treatment of ADHD (current)



80% OF PEOPLE

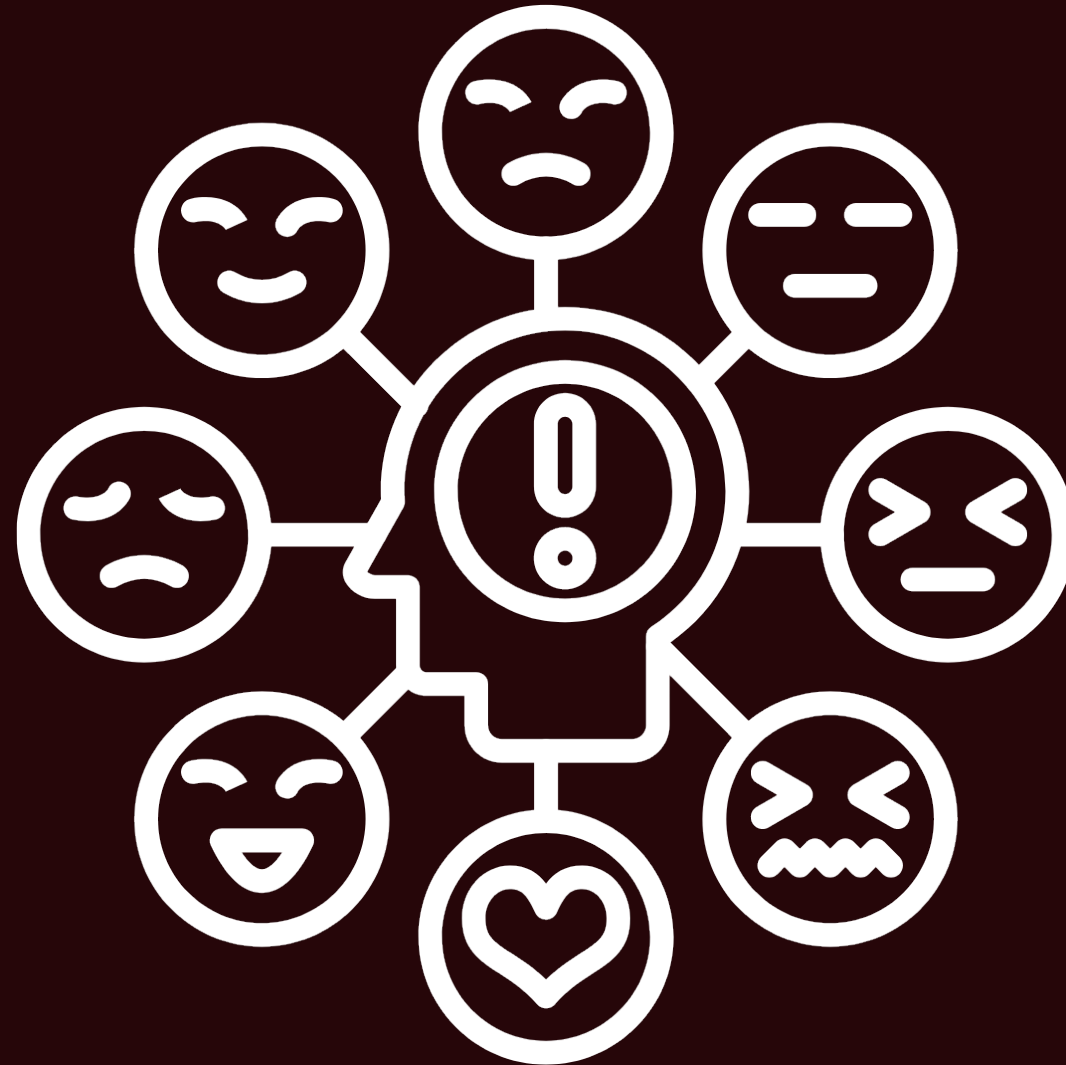
Treatment of ADHD (Ideal)



What is 'Emotional Regulation'

**‘Appropriate’ is a societal
construct...**

Emotional Regulation

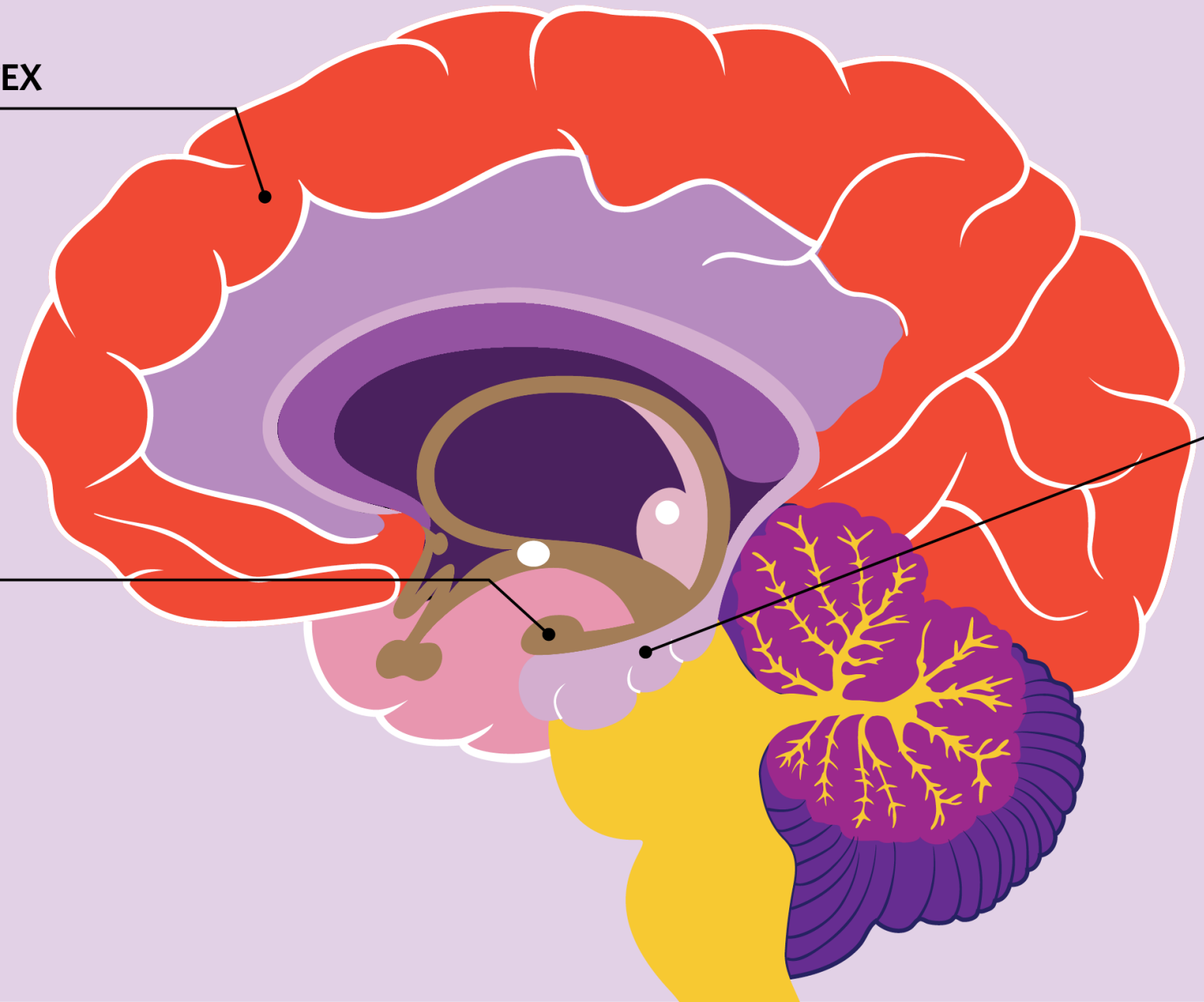


Poll 2. Which of these areas has emotional dysregulation impacted?

PREFRONTAL CORTEX

AMYGDALA

HIPPOCAMPUS



Emotional Brain Centres in ADHD

- **Hippocampus** – size, function and connectivity
- **Amygdala** – size, activity, connectivity and response
- **Prefrontal cortex**

Take-home message

If the areas of the brain that ‘control’ emotional regulation look, work and are connected differently, *it is not a choice* to have emotional dysregulation...

Four Components of Emotional Regulation

1.Awareness

2.Understanding

3.Acceptance

4.Management

Importance of Emotional Regulation

1. Social Functioning

2. Mental Health

3. Decision Making

4. Stress Management

LET'S TAKE A BREAK...



LIVING WITH ADHD

SOLUTIONS TO THRIVE

16 week group coaching program



- £35 per week
- Group coaching sessions
- Live peer sessions
- Access to community & resources

led by Prof. Deborah Christie and Lesley Foley

Starting Mon 25 Mar | 7pm | Online



COMING SOON

ADHD & 'Emotional Dysegulation'

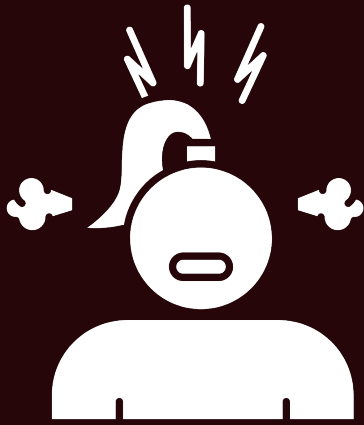
Stats (1)

- **Emotional dysregulation appears very early in ADHD childhood compared to children with typical neurodevelopment.**
- **There is abundant research that finds associations between emotion dysregulation and symptom severity.**
- **Adults with ADHD show a more frequent use of non-adaptive emotion regulation strategies compared to people without ADHD symptoms.**

Stats (2)

- **Factors such as biological sex, comorbidities, attachment style, using certain emotional regulation strategies, and ADHD subtype tend to be related to emotion dysregulation.**
- **Compared to healthy controls, adults with ADHD revealed significantly higher levels of general ED and emotional lability.**

How Emotional Dysregulation Presents (1)



INTENSE REACTIONS



STRUGGLES WITH FRUSTRATION



REJECTION SENSITIVITY



IMPULSIVE RESPONSES



MOOD SWINGS

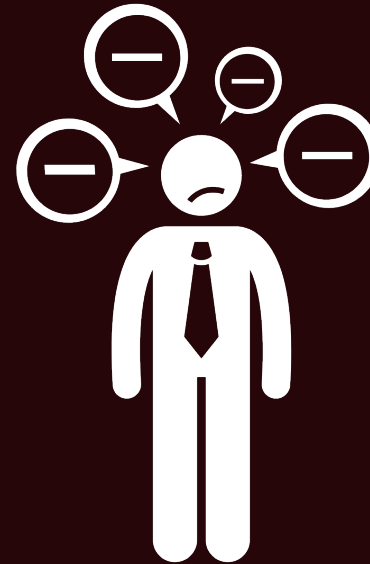
How Emotional Dysregulation Presents (2)



ANGER



OVERWHELM



NEGATIVE SELF-TALK



POOR STRESS MANAGEMENT

**Poll 3. Which of these issues
affects you MOST?**

What Does This Lead To?



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COMING SOON

Developing Strategies for Emotional Regulation

Emotional Regulation Strategies

1. Situation Selection

2. Situation Management

3. Situation Assessment

4. Situation Reappraisal

5. Regulating Actions

Situation Selection

Situation selection involves making proactive choices about which situations to approach or avoid based on their potential emotional impact.

Situation Management

Situation management involves altering a situation to influence its emotional impact.

Situation Assessment

Situation assessment can play a pivotal role facing challenges by providing a more structured approach to understanding and interpreting emotional triggers and responses.

Situation Reappraisal

Situation re-appraisal is a strategy used in emotion regulation that involves changing the way one thinks about a situation in order to alter its emotional impact.

Regulating Actions

This approach focuses on directly modifying behavioral responses to emotional stimuli, rather than altering the emotional experiences themselves.

Key Emotional Regulation Strategies

- **Communicate.**
- **Spot triggers.**
- **Practice self-care.**
- **Label your feelings – self monitoring.**
- **Stop.Think.Act**

Summary

- **Emotional dysregulation is a core element of ADHD.**
- **The parts of the brain that regulate emotional responses work differently in ADHD.**
- **Lack of emotional regulation can impact many aspects of our lives.**
- **Developing approaches to spot triggers, managed situations and reappraise our emotions can be affective.**

Resources

Personal



Website: JBHD.uk

Social media: [@adhdadult_james](https://www.instagram.com/adhdadult_james)

Charity



Website: ADHDadult.uk

Social media: [@adhdadultuk](https://www.instagram.com/adhdadultuk)

Online magazine: Focusmag.uk

Discord: [theadhdadults](https://discord.com/invite/theadhdadults)

Podcast



Website: TheADHDAdults.uk

Social media: [@theadhdadults](https://www.instagram.com/theadhdadults)