

The Efficacy of Cognitive Behavioural Therapy in Management of Emotional Regulation in an Adult Male: A Case Study

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Abstract: Emotional regulation is associated with poor self-control and low control over their emotions can lead to impulsive kind of behaviours which can bring more emotional difficulties. The index client is 30 years old, male, married, residing from urban area and assessment has suggested that existing impulsivity in the index client is getting triggered due to emotional dysregulation. So, in the present study the aim is to manage the Emotional Dysregulation and Impulsivity in the male adult. In maintenance of maladaptive behaviours, the role of emotional dysregulation and impulsivity is higher among younger adults. CBT is the treatment of choice for reducing symptom of behavioural manifestation and dysfunctional thought process due to impulsivity and poor emotional regulation. It has been found that there is significant improvement in the client in terms of impulsivity and emotional regulation which proves usefulness of CBT techniques in a young adult.

Keywords: Emotional Dysregulation, Impulsivity, Male Adult, Psychotherapy, Cognitive Behavioural Therapy (CBT).

1. Introduction

Emotions are regular feelings in our everyday lives. Emotional regulation is associated with poor self-control. Emotion is something we name our feeling of the body; certain emotion responses typically to situation, events or thoughts or to memories which are attached to changes of blood pressure, pulse. Thus the amount of sweat that we produce to a sensation of energy or lack of energy all these things are described as the neurobiological processes which we can call as emotions. We all have the power to regulate our emotions. It's a skill that we taught and practiced. Likening people to firearms in passive voice is a form of disempowerment. According to Messamore (2020) emotion regulation will work if a person learns about how emotions work which includes the psycho education and learning to pay attention to cognitions or early signs of emotional arousal. Finally rehearsal of strategies to redirect attention, appraisal cognitions, environmental cues and behavioural response. (Sheppeset.al 2015)

Emotional dysregulation involves lack of awareness, understanding and acceptance of emotional distress which contributes to aversive emotional experiences and unwillingness to pursue meaningful way of living (Gratz and Roemer, 2004). Underlying anger and poor emotional awareness are interlinked with damage to self and social relationships. Possible mechanism leads to maladaptive behaviors is dysregulation in emotional control (Velotti et. al. 2016).

Most emotion regulation skills are erudite of normal adult development. However, various kinds of factors can be the consequences in persistent of emotion dysregulation, which is barging in the course of emotional development like from trauma, biological sensitivity, invalidation from the

environment. In maintenance of maladaptive behaviours, the role of emotional dysregulation and impulsivity is higher among younger adults. Emotional Dysregulation is associated with negative and pessimistic appraisals of personal life events. Negative Appraisals is a process where the individuals tend to give subjective meaning to external stimuli through application of believe about the intensity and consequences of the event. Negative reappraisal activates negative self-schema which triggers strong negative affective responses. Presence of impulsivity encourages cognitive and affective repercussion in young adult. Difficulties with emotional competent and impulse control with maladaptive regulation strategies tend to strengthen cognitive distortion. Cognitive Behavioural Technique that is cognitive restructuring thought challenging and Socratic questioning can be used in facilitating emotional regulation and inhibitory control.

2. Methods

2.1 Case Details

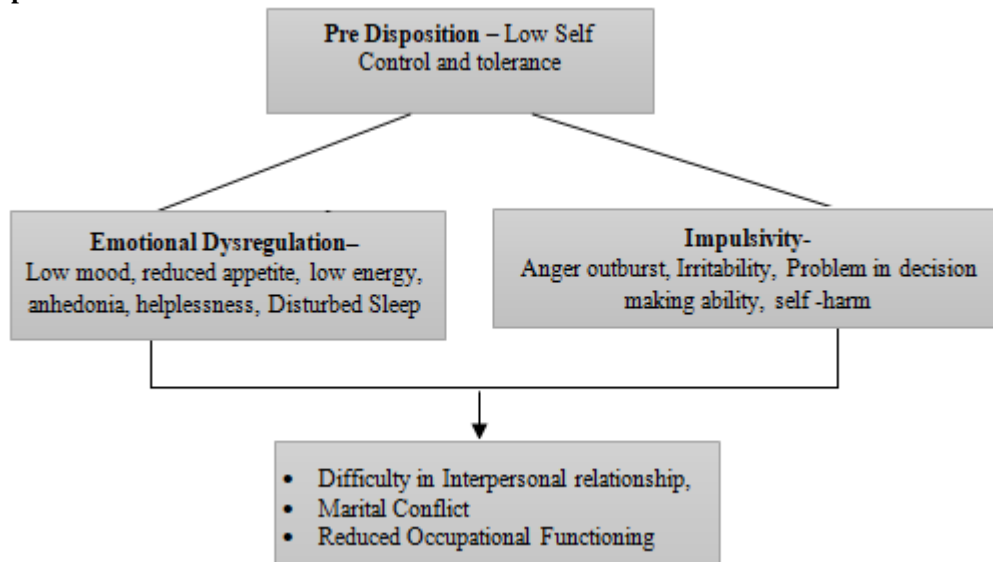
The index client is 30 years old, male, married, residing from urban area. He presented himself with low mood, irritability, anger outburst, poor self-esteem, frequent crying spells and poor interpersonal communication since last 2 years. On further probing client mentioned whenever he used to get angry; he starts shouting and damaging properties. That helped him to calm down. Self-harmbehaviour was present. He gets angry as wife didn't give him time. He mentioned he had frequent anger outburst since childhood. However; further assessment had suggested that existing impulsivity in the index client is getting triggered due to emotional dysregulation. So, in the present study the aim is to manage the Emotional Dysregulation and Impulsivity in the male adult.

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2.2 Case Conceptualization:



2.3 Psychotherapeutic Intervention

Process	Technique Details
<ul style="list-style-type: none"> • Psycho education 	<ul style="list-style-type: none"> • Discussion regarding the symptoms the triggering factors, • Maintaining factors, predisposition Factors, • The negative impact on daily living
<ul style="list-style-type: none"> • Daily Activity Schedule 	<ul style="list-style-type: none"> • Externalization of Interest
<ul style="list-style-type: none"> • Supportive Therapy 	<ul style="list-style-type: none"> • Identifying resistance Emotions/ feeling – Emotional catharsis • Confusion regarding emotional recognition – Guidance and reassurance.

2.4 Identifying and Modifying Negative Thoughts

Triggering Situation	Negative Thought	Emotional Behaviour	Alternative Thought
Family members when talks rudely	I am not Lovable	Sadness, Low mood, irritability	Re analyzing your own behaviour like Might have thought of your own behaviour-
➤ <i>Identifying Cognitive Distortion :</i>			
<u>Distortion</u> <ul style="list-style-type: none"> • Maximizing • Personalization • Jumping into Conclusion • Discounting the Positive 		<u>Technique Used</u> <ul style="list-style-type: none"> • Socratic Questioning • Guided Discovery 	
➤ <i>Interpersonal Relationship Analysis:</i> <ul style="list-style-type: none"> • Identifying difficulties in relationship • Thought Challenging technique used • Cost benefit Analysis • Role Playing • Problem Solving Skill 			

2.5 Anger Management

Situation	Negative Thoughts	Emotional Behaviour	Alternative thought	Alternative Behaviour	Technique used
If client does not get what he wants timely	“Nobody cares me, am not that important to them”	Anger outburst, Irritability	Anger is not good for well-being. There is some other adaptive way to cope up with the situation	It is not possible always what I want will get immediately. I will not react then and there. I will distract myself with something I like	<ul style="list-style-type: none"> • Cost Benefit Analysis • Cause and Affect of maladaptive Behaviour • Identification of Impulsive Behaviour and its adverse effect • Self Control Training

2.6 Outcome of the Therapy

The therapy was conducted over 15 sessions. After regular session significant improvement was found in client’s

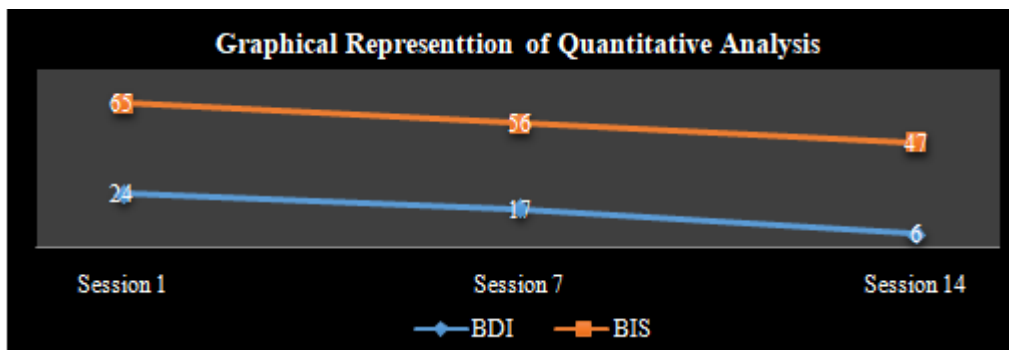
behaviour and emotion. Clients over all functioning in daily life activities, social interaction with others all improved.

Clinical Features	Pre Intervention	Post Intervention
Crying Spells	Present	Absent
Self-Blaming	Present	Absent
Self-Harm Behavior	Present	Absent

3. Result

Quantitative Analysis:			
Scales	Session 1	Session 7	Session 14
BDI	24	17	6
BIS	65	56	47

Qualitative Analysis:		
Domains	Pre Intervention	Post Intervention
Social Interaction	Client had negative attitude towards his father and wife. Sociability and agreeableness were low which lead to highly neurotic behaviors such as abrupt ending of relations, quarreling over trivial issues.	Client has built a positive attitude towards her parents now. She has become more cooperative in the center and more interactive with others. Now, has started maintaining a sustainable relationship with others.
Self-Control	At the beginning of the session client had no control over his actions. It was found was internal locus of control was poor that affected his behavior. Due to poor self-control her situational responses were erratic and impulsive.	Now there is reduction in frequency of self-harming behaviors. His impulsive behaviors have decreased such as less physical and verbal reactions when he gets angry or impulsive.
Problem Solving Skill and Decision Making	He was unable to take proper decision and was not in a state to solve simple problems.	Now, improved. He has been given many responsibilities in the working place.
Anger Outburst	Client used to get irritated over small things and starts to throw things, damage things and use abusive languages. Self-harm was present	Now client can cope in better way with stressful life situation,



4. Discussion

The current case report indicates that the clinical features which were present in the client such as low mood, crying spells, irritability are decreased and resolved by Cognitive Behavioral Techniques. Cognitive behavioral therapy promotes emotional processing and acknowledges the relevance of emotional responses. (Greenberg, 2008). Cognitive Behavioral techniques offer an interactive and affective ways to control impulsiveness (Opdyke D.et.al;1998). Maladaptive strategies of expressive suppression, avoidance and rumination could be reduced through CBT and showed increase self-efficacy in reappraisal (Goldin PR.et.al; 2012). Understanding emotional regulation deficient in young adults and modify the pre-existing strategies are the initial steps in CBT. These maladaptive strategies modified by positive association with reappraisal and acceptance in CBT (Webb TL.et.al; 2012).

High levels of maladaptive emotional regulation format could be changed through CBT, focusing on expressive suppression of emotion and cognitive reappraisal (Goldin et.al 2009). In the therapy sessions, it has been found that

client was facing difficulties in expressing emotions which lead to distress, supportive therapy techniques implicated which focused on emotional vent out. Extensive evidence suggesting that emotion regulation may play an important role in the development and maintenance of mental disorders both in in adolescences and adults. Evidence suggests that emotion-regulation skills predict status of mental health at later points in time (Garnefski, N. et. al 2002). In some of the recent studies, it showed that in emotion regulation, regulation strategies have various upshots in every context. Various concepts now give the importance of choosing situations *flexibly in* between regulation strategies in a way which is commutable to differing situational demands (Bonanno, 2005; Kashdan and Rottenberg, 2010; Troy and Mauss, 2011). Excessive sensitivity and irritability was present in the client temperament since childhood which evolves as vulnerability in emotional responses which might have adverse impact on coping strategies. CBT focused on his maladaptive coping strategies and reduced the chances of relapse in long term by focusing on risk factors. Studies shown that those who suppress their emotions showed less expressive behavior but experienced as much negative emotion as participants who did not intentionally regulate

their emotion, whereas reappraisal decreased both the experience and behavioral expression of negative emotion (Ghosh & Halder;2020). Sheppes (2011) showed disengagement with emotional processing (such as distraction) is more effective in down-regulating negative emotion than reappraisal when emotion intensity is high, whereas reappraisal is more effective when emotion intensity is rather low. In the present study, CBT techniques helped the client to change his perception regarding interpersonal relationship with his family members and he started maintaining a sustainable relationship with others. Client got improved with problem solving and decision making skills.

5. Conclusion

The present case report was aimed to understand the efficacy of CBT in management of Emotional Regulation in an adult. Techniques of Cognitive therapy avail an individual to identify their beliefs which are erroneous specially related about emotions (e.g., that emotional states will never end or that they are weak if they express emotions), and to estimate those beliefs. It can also be said how irrefutable behaviors escalate the prospect that the individuals will be affected by their poor coping strategies as they get strongly emotionally affected.

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