

Co-Regulation

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NOTE: This handout is intended as an educational and informational aid, and is not intended to be used for the purpose of diagnosis or treatment. Diagnosis and treatment of emotional or behavioral problems, and related disorders and conditions, should be provided by a licensed mental health professional.

Co-regulation refers to the process in which individuals, especially in relationships, mutually influence and help calm each other's emotional states and physiological responses. It involves the sharing of emotions, attunement, and supportive interactions to promote emotional safety, comfort, and connection.

Co-Regulation Relationships:

- **Parent-Child Relationships:** Parents can play a crucial role in co-regulating their children's emotions. By providing a secure and supportive environment, parents can help children learn to regulate their emotions and manage difficult emotions effectively.
- **Therapeutic Relationships:** In therapy, the counselor and client work together to co-regulate emotions. The counselor provides a safe and empathetic space for the client to explore their difficult emotions.
- **Close Friendships or Romantic Partnerships:** Emotional support and understanding between friends or romantic partners contribute to co-regulation. Sharing hardships and providing comfort can enhance both individuals' emotional well-being.

Key features of co-regulation include:

- **Emotional Connection:** the ability to understand and respond to each other's emotional cues.
- **Reciprocal Influence:** providing comfort, reassurance, or empathy in response to emotional distress.
- **Supportive Interactions:** behaviors and interactions that offer emotional support and assistance during challenging or stressful situations.
- **Validation:** acknowledging and accepting the other person's feelings without judgment. You can validate an emotion without agreeing or disagreeing!
- **Presence and Attunement:** active listening, reflecting, empathy, and understanding. *Listening to understand vs. Listening to respond.*

If you notice persistent regulation or emotional struggles, consider seeking the help of a mental health professional. Contact our office to schedule an appointment: hello@atlwell.com.