

Big emotions, bigger solutions

*****SOT*****

Rachel Brown, LCPC
OSF HealthCare psychotherapist

"A big thing is taking accountability first. Often when you have a big emotion, it can impact people around you." (:13)

*****SOT*****

Rachel Brown, LCPC
OSF HealthCare psychotherapist

"With children, having them interact in a group might be really effective because they can learn from their peers. They can learn how to have those relationships. They even learn how other kids might be having these emotions. I might also incorporate play therapy with kids because it's more their style. They might receive that better." (:23)

*****SOT*****

Rachel Brown, LCPC
OSF HealthCare psychotherapist

"We talk about mindfulness skills; meditation and interpersonal effectiveness, which is how to communicate with people in an effective way when you're experiencing big emotions. We talk about stress. Say you're at a nine on the stress scale and you need to come down to a seven. There are also emotional regulation skills we talk about." (:26)

*****SOT*****

Rachel Brown, LCPC
OSF HealthCare psychotherapist

"We want to come back to the here and now instead of ruminating on the emotional turmoil we're experiencing." (:07)