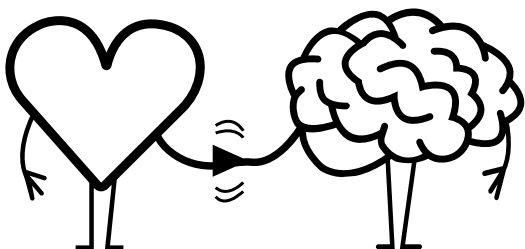
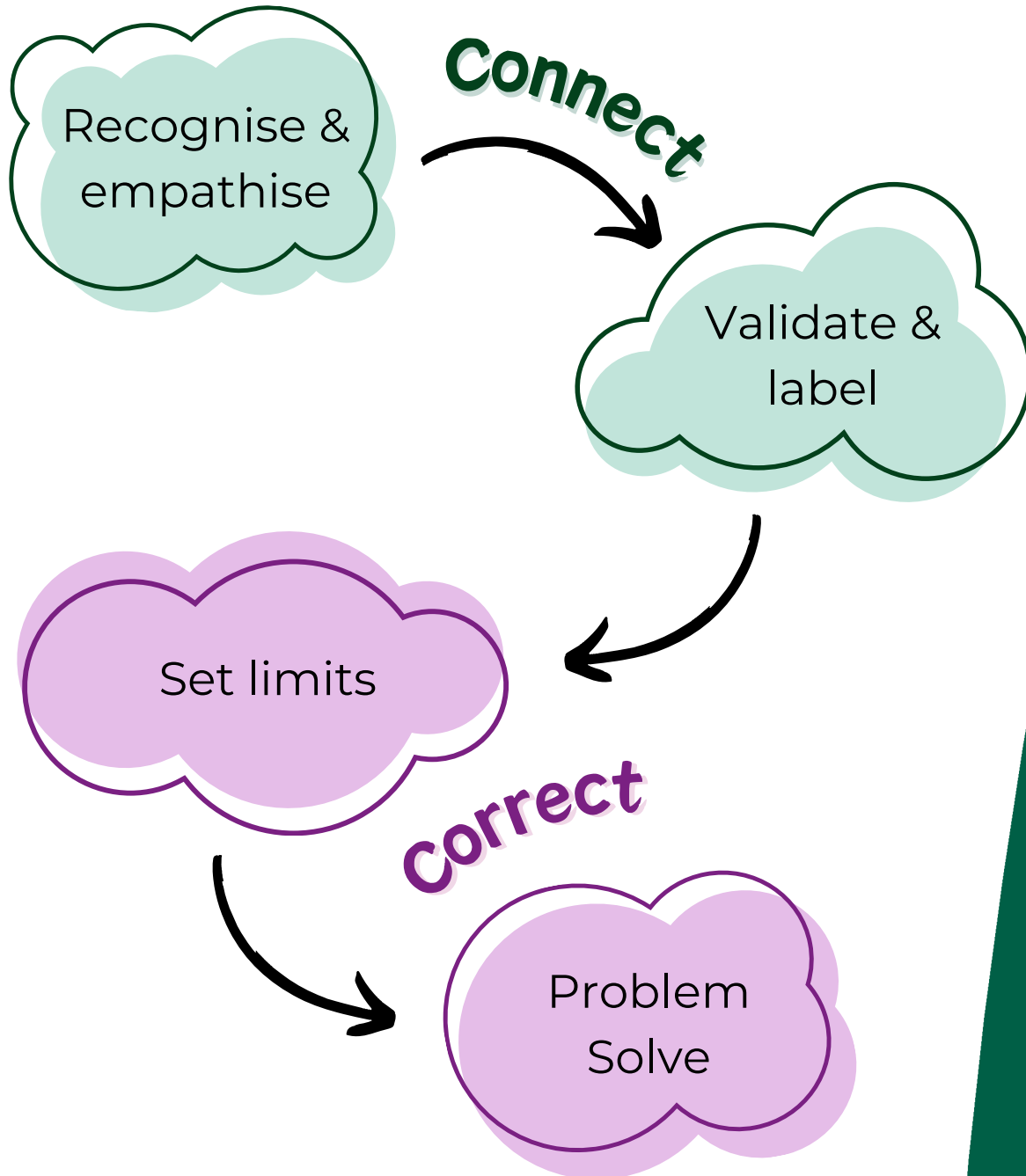


Emotion Coaching

Gottman, J., 1997



Emotion Coaching

Gottman, J. (1997)

What

Emotion coaching is a universal (good for all) relational approach, which 'helps children and young people to understand the different emotions they experience, why they occur and how to handle them'. Gottman (1996).

Why

Many children learn about their emotions and how to manage them through everyday interactions with significant adults. However, some children and young people benefit from specific coaching about emotions 'in the moment'. This provides them with strategies to deal with ups and downs and to accept all emotions as normal. Emotion coaching teaches appropriate responses to difficult emotions and stressful situations and helps to build internal regulation, resilience and self-esteem.

Emotion Coaching means using situations that occur as opportunities for teaching and for building trusting and respectful relationships. 'Connect before correct'. It involves the following 4 steps:

Step 1: Recognising the child or young person's feelings and empathising

- Look for physical and verbal signs of the emotion being felt (e.g., "I can see you are kicking the table").
- Genuinely empathise with the feelings (e.g., "I can see this is really difficult for you").

Step 2: Validating the feelings and labelling them

- Wonder about the feeling underneath the behaviour (e.g., "I wonder if you are feeling annoyed because...").
- Tell the child or young person that you understand their emotion to soothe their emotional brain (e.g., "I would be feeling like that too if it happened to me").

Step 3 (if needed): Setting limits on behaviour

- Communicate that, whilst all emotions are allowed, some behaviours are not (e.g., "We can't behave like that even though you are feeling annoyed because it is not safe").

Step 4: Problem solving

- Reflect with the child or young person on what happened when they are calm again, and discuss what could help them to cope differently next time (e.g., "Next time you're feeling like this, what could you do?").

How



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