



Helping Clients: Name Tolerate and Regulate Feelings

Tips for Clinicians

GOALS TO SUPPORT CLIENTS

Safety & Mindfulness: Help clients feel safe enough to focus on their present emotions and physical sensations.

Emotion Recognition: Encourage mindful observation to identify and label emotions.

Emotion Differentiation: Guide clients in slowing down to differentiate emotions, practicing strategies to “stay with” emotions instead of becoming overwhelmed.

Coping Strategies: Equip clients with tools for managing similar experiences in the future.

Reintegration: Support clients in reconnecting with parts of themselves that have been silenced or cut off.

Self-Awareness: Foster clarity around feelings and needs.

Healthy Action: Encourage safe and healthy steps to meet their needs.



Expand Emotional Vocabulary: Use a feelings wheel or chart. Explore it creatively with clients

Self-Compassion: Teach clients to respond to distress with mindfulness, kindness, and recognizing shared human experiences.

Emotional Regulations: Identify positive activities that help regulate the nervous system (referred to as “glimmers” by Deb Dana).

Examples include:

- Getting fresh air
- Cuddling a pet
- Lighting a scented candle
- Listening to music
- Having tea or coffee
- Dancing
- Engaging with nature
- Taking solitude or hugging

Collaborate with clients to create a personalized list of strategies and practice them during and outside sessions.

HELPFUL CLINICAL STRATEGIES

