

# Emotional Dysregulation: Who, What, Why, and What now

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## SEATING IS LIMITED

January 21, 2023

9:00 am- 1:00 pm

1351 S REDONDO CENTER

DR, YUMA, AZ, 85364

(928) 317- 7674

PRICE: \$40



### Refund Cancellation Policy:

A 100% refund will be granted if a request is made 2 business days prior to the start of class. A 50% refund will be issued if notice is received less than 2 business days prior to class. No refunds will be issued after the first day of class.



## COURSE OBJECTIVES

- **WHO:** Identify who experiences emotional dysregulation and who is at an increased risk
- **WHAT:** Differentiate emotional dysregulation from healthy expression and regulation of emotion
- **WHY:** Holistically explain the causes of emotional dysregulation
- **WHAT NOW:** Demonstrate trauma-informed techniques to prevent and mitigate an individual experiencing a behavioral health crisis



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