

# EMOTION REGULATION IN THE PRISON SERVICE



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## WHAT DID WE DO?

Our many collaborations between the D.Clin.Psych programme in UCC and the Irish Prison Service, have focused on developing and expanding evidence-based treatment programmes for service users with emotional dysregulation in prison. A variety of strands of work have been completed as both major research projects and service-based studies.

Recent collaborations include studies:

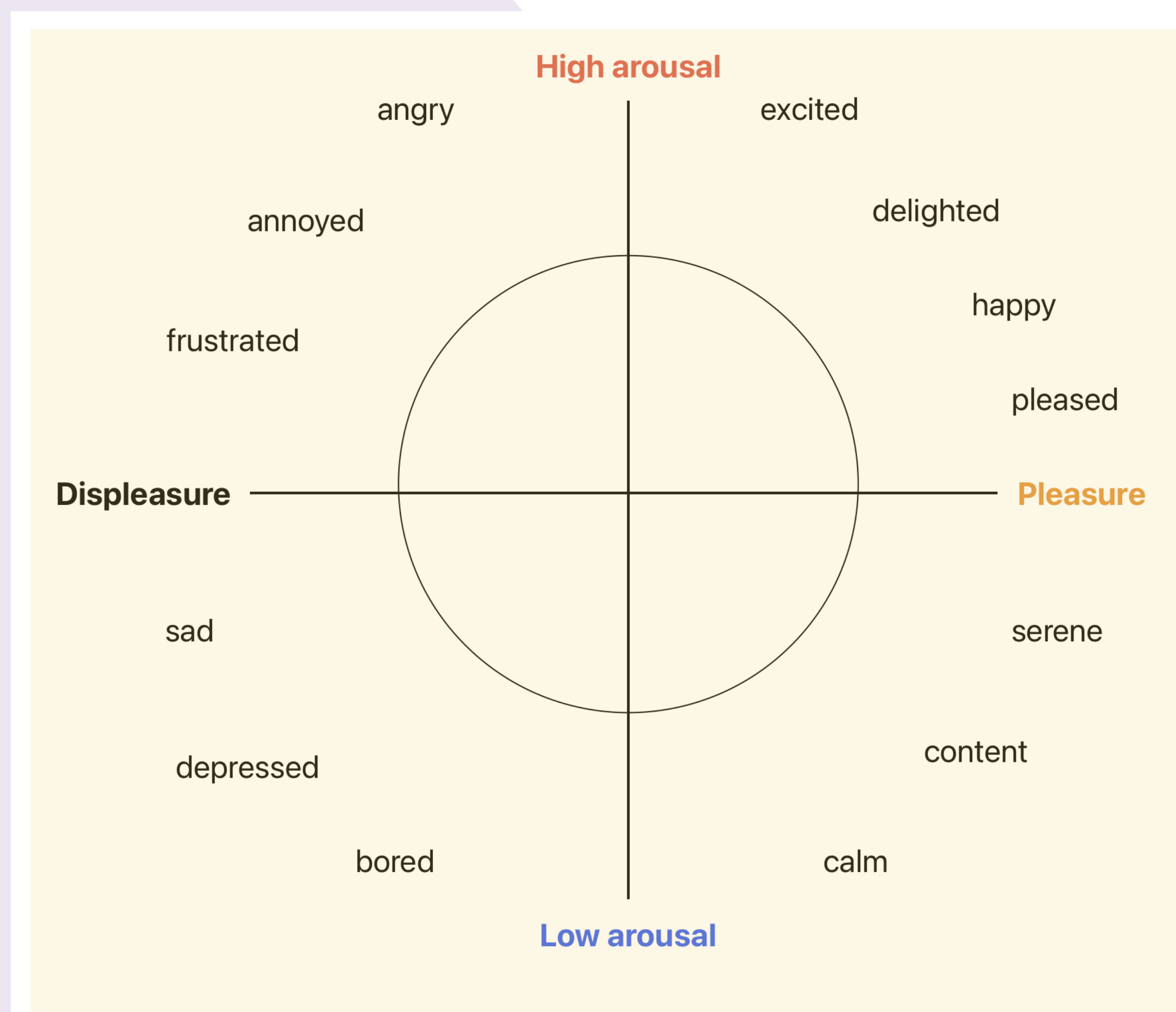
- Examining the experience and outcomes from Mentalizing-based treatment
- Exploring the interaction between early childhood trauma and alexithymia in a prison sample
- Examining the impact of alexithymia treatment groups on enacting emotion regulation strategies
- Implementation of the National Violence Reduction Unit in IPS and impact on emotional well-being

These studies have come about through extensive clinical and consultative work between the school and the IPS, including offering specialist consultation to the alexithymia treatment groups and mindfulness-based interventions.

“... if someone was being angry towards me I kinda thought, right, what are they feeling? Put myself in their shoes.”

## WHY IS IT IMPORTANT?

The results from these studies are being disseminated to the National Steering Group for Emotion Regulation in the IPS, a pioneering initiative dedicated to developing, implementing, and evaluating innovative, evidence-based approaches specifically designed to reduce violent behaviour and improve mental well-being. Through this collaborative effort, we aspire to create a more comprehensive, robust, and readily scalable intervention program that can effectively address the multifaceted challenges of emotion recognition and regulation among diverse prison populations.



SCAN FOR MORE INFO

