

Abstract

This thesis deals with the issue of emotional regulation in people with emotionally unstable personality disorder, with a focus on the use of mindfulness techniques in crisis situations.

The literature review section focuses on the view of emotions, emotional crises and mindfulness as a tool for emotional regulation.

The empirical part includes qualitative research with female residential clients who have received DBT therapy. Using semi-structured interviews, it is explored how clients use mindfulness in crisis situations, what their experiences with it are, and how it affects their emotion work and subsequent actions.

The aim of this thesis is to contribute to an understanding of the importance of emotion regulation and mindfulness in crisis situations and to offer practical tools for clinical practice. The research focuses on the effectiveness of mindfulness techniques, in reducing the intensity of emotional overwhelm and destructive behaviours, as well as the possible shortcomings in their use.

Keywords

emotional crisis, mindfulness, emotional regulation, meditation