

## **BODY OUTLINE-EMOTION AS EMOTIONAL MANAGEMENT TOOL FOR CHILDREN AND ADOLESCENTS: A THERAPIST'S PERSPECTIVE**

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### **ABSTRACT**

*Today's children and adolescents experience various pressures, leading to an increase in mental health problems not only in Malaysia but throughout the world. Methods of managing stress and emotions are divided into positive and negative methods. Note that applying positive methods is important so that this group remains safe and healthy. This qualitative study utilizes a grounded theory approach to explore the emotional management strategies used by children and adolescents from a mental health therapist's perspective. Eighteen mental health therapists were interviewed using semi-structured interviews for 20 cases of children and adolescents who experience mental health issues. Therapists use the body outline-emotion tool, namely "Creative Expressive-Bodily Maps of Emotions" (CE-BME), in psychotherapy sessions. Consequently, the grounded theory analysis establishes a framework for using CE-BME to identify and reshape emotional management strategies for children and adolescents who experience mental health issues. These findings have implications for therapists using CE-BME tools for emotional management as positive coping skills. CE-BME can be a quick, fast, and effective*

# Management Of Emotional Problems Of Children And Adolescents

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