

# Treating Emotion Disregulation with Mindfulness: Mindfulness-Based Group Cognitive Therapy for Children with autism

Olessia Zmikhnovskaia

olessia\_z@mail.ru

MA, CBT, clinical psychologist, behavior analyst

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## ARTICLE INFO

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Doi: 10.54878/c710eq43

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### KEYWORDS

*autism, children, emotion dysregulation (ED), Mindfulness-Based Cognitive Group Therapy, emotional processes*

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### HOW TO CITE

Treating Emotion Disregulation with Mindfulness: Mindfulness-Based Group Cognitive Therapy for Children with autism. (2024). *Autism Challenges and Solutions*, 2(1).  
<https://doi.org/10.54878/c710eq43>

## ABSTRACT

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Children with autism spectrum disorder experience behavioral and emotional symptoms hypothesized to arise from emotion dysregulation (ED), difficulty modulating emotional experience, expression, and intensity in an acceptable and contextually appropriate manner. Mindfulness-Based Cognitive Group Therapy for Children with ASD can be a valuable intervention for children with autism, because it allows them to better understand their emotional processes, helps them develop focus and self-regulation.