Getting Unstuck

Presented by CSUEB Counseling Services
Week 11 - DBT Skills
Introductions:
Share your name, pronouns, year @ CSUEB, major &
How do you feel today?
A Few Zoom Guidelines

● Please mute your audio while others are talking and type any questions into the chat box
● Your video can be off or on, whatever makes you most comfortable
● Confidentiality, and Zoom limitations
Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
Agenda for today’s group

- Introduction to Dialectical Behavioral Therapy (DBT)
- Emotional regulation
- Wise mind
- Safe Container
Components of DBT

**ACCEPTANCE**

**MINDFULNESS**
Being aware of the present moment without judgment

**CHANGE**

**EMOTIONAL REGULATION**
Understanding and reducing vulnerability to emotions, changing emotions

**DISTRESS TOLERANCE**
Managing a crisis without worsening the situation, accepting reality as it is

**INTERPERSONAL EFFECTIVENESS**
Getting needs met, maintaining relationships, increasing self-respect in relationships
Emotional Regulation Skills

- Recognizing and addressing PRIMARY and SECONDARY emotions
  - *Primary emotions*: the initial reaction to an event or to triggers in your environment. Are often completely natural reactions to things around us.
  - *Secondary emotions*: the reaction to your primary emotions or thoughts. Secondary emotions can push us towards behaviors that are destructive and maladaptive, making it essential to learn how to accept your primary emotion without judging yourself for feeling it.

- Our emotions are unique, organic experiences that are adaptive evolutionary traits—they developed because they helped us function better, both by helping us communicate with others and by alerting us to things in our environment that are beneficial or potentially problematic. Learning to better understand, recognize, and label emotions is an enormously helpful skill to have. (Bray, 2013) [https://positivepsychology.com/emotion-regulation-worksheets-strategies-dbt-skills/](https://positivepsychology.com/emotion-regulation-worksheets-strategies-dbt-skills/)
List of Feeling Words
Reactions to the list of Feeling Words?

- What are some helpful ways to expand your emotional vocabulary?
- What are some secondary emotions that you often feel? (*Secondary emotions*: the reaction to your primary emotions or thoughts)
- How can we learn to focus on our primary emotions?
Utilizing the Wise Mind

Rational Mind
- Approaches knowledge intellectually
- Thinks logically and uses past experience
- Uses facts and research as well as planning
- Focused

Wise Mind
- Intuitive thinking
- Arrangement and balance between Rational and Emotional Mind
- Living Mindfully

Emotional Mind
- Reason and logical thinking difficult
- Uses only emotions to make decisions
- Reactive
- Tells us how we are really doing
- Uses core psychological needs
Utilizing the Wise Mind

- Wise mind: ability to recognize and respect feelings while responding to them in a rational manner
- How can you use your Wise Mind to help you cope with triggers of depression?
Safe Container exercise

Let your mind take a break from emotionally charged situations.
Additional Resources

- CBT apps: CBT Thought Diary, MindDoc: Your Companion, What’s Up, MoodTools
- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Check Out

Think about what skills you might want to practice from home this week:

○ Practice identifying emotions and identify when you are having primary and secondary emotions
○ Practice Wise Mind by integrating rational and emotional minds
○ Safe Container exercise

Next week we will look further into DBT skills!
thank you