A person is kneeling on a black yoga mat on a light-colored wooden floor. They are rolling up a teal-colored yoga mat. The person's hands are visible, resting on the teal mat. The background is a light wood floor.

Thriving Through Trauma

Week 5: DBT Intro & Mindfulness
Presented by CSUEB Counseling Services

Mindfulness Exercise



Leaves on the River

A Few Zoom Guidelines

- Please mute your audio 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

- Speak to 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
- Commit to all weeks of group
- Any suggestions?



Weekly Check-In

Name, preferred pronouns, major, fav thing in nature. **REVIEW: Triggers/Window of Tolerance**

How are you (*weather analogy*)? What safe vibing skill did you use this week?

- ☐ Ask for Help
- ☐ Cry
- ☐ Choose self respect
- ☐ Take good care of your body
- ☐ Compassion
- ☐ Create a new story
- ☐ Structure your day
- ☐ Trust the process
- ☐ Reframe setbacks
- ☐ Focus on now

Quote of the Day

“We cannot control what emotions or circumstances we will experience next, but we can choose how we will respond to them”

- Gary Zukav (*Spiritual Leader/Author*)



1

DBT

What is it? What is the purpose?

Dialectical Behavior Therapy

“**Dialectic**” → tension between two seemingly conflicting things that are true at the same time

- Emotions/ thoughts are *complex* and never just *this or that*

How to use: acknowledge the need for change by accepting our situations and recognizing the constant flux of feelings—many of them contradictory—*without having to get caught up in them*

Accept

Mindfulness

Focuses on improving the ability to accept and be present in the current moment

Distress Tolerance

Strives to increase tolerance of negative emotions rather than trying to escape from them with problem behavior

Change

Emotion Regulation

Covers strategies to understand, manage and change intense emotions that are causing problems in a person's life

Interpersonal Effectiveness

Consists of techniques to communicate with others in a way that is assertive, maintains self-respect and strengthens relationships

An open book is shown from a high angle, slightly out of focus. The pages are white with some text visible. The background is dark and textured, possibly a wooden surface or a pile of leaves. A white circle with a yellow number '2' inside is centered over the book.

2

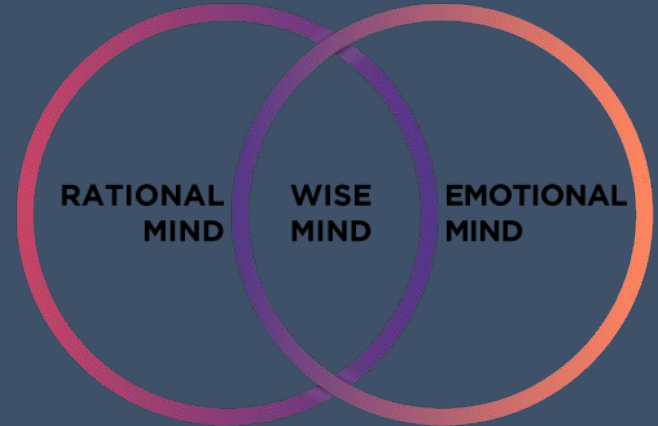
The Wise Mind

What is it? How do I use it?

The Wise Mind

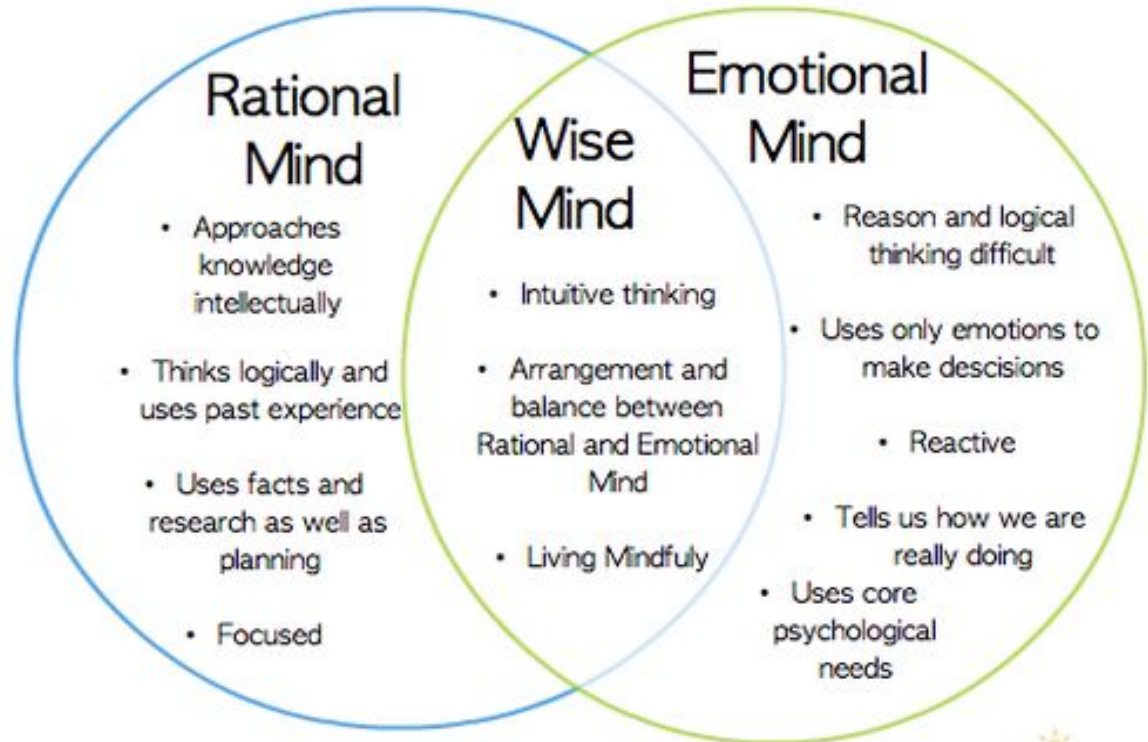
We use 3 States of Mind

- **Rational Mind:** is used when we approach a situation intellectually. We plan and make decisions based on fact
- **Emotional Mind:** is used when feelings control our thoughts and behaviors. We might act impulsively or with little regard for consequences
- **Wise Mind:** is when there is balance between the reasonable and emotional halves. We are better able to recognize and respect our feelings, while responding to them in a rational manner



The Wise Mind

How can you use your Wise Mind to help you cope with triggers?





3

Mindfulness

What is it? What does it look like?

“The skill of knowing what’s happening in your head without getting carried away with it.”

Mindfulness

Tips to Practice Mindfulness

Choose to be present. Your mind will often wander. Practice returning to the present moment, over and over again.

Observe. Notice internal & external experiences: thoughts, emotions, urges, and all five of your senses. Notice where your attention goes when your mind wanders.

Describe nonjudgmentally. Describe with your senses rather than judging as “good” or “bad.” “This coffee is bad” vs. “This coffee is cold and bitter.” Identify your thoughts as just thoughts - “I am having the thought . . .”

Participate. Participate by fully immersing yourself into the activities of the moment.

When was the last time you felt fully in the moment? Why do you think mindfulness could be helpful for you?

Mindfulness

One-Minute Mindfulness Exercises

- 1. Take 2 “mindful” bites of your food** - Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).
- 2. Notice what one breathing cycle feels like** - Notice how it feels to breathe: fill your lungs with oxygen, pause before exhaling, and gradually release your out-breath with mindful awareness.
- 3. Give your brain a one-minute break** - You can do this by focusing in on your environment mindfully. Perhaps you can look out the window and notice the colors, shapes, movements, and sounds around you. Or, pick a cloud, tree, or animal to observe with curiosity and awareness.
- 4. Notice how the air, or wind, feels on your skin** - Just notice the sensations of air against your skin. Perhaps on your face or arms, focus on the pressures and temperatures, and other sensations.
- 5. Try mindfulness of music** - Focus completely on music. Perhaps listen to a song you don't know yet, or a song you know well and wish to experience in a new way. Avoid judging the sounds as good or bad.

Let your mind take a break from
emotionally charged situations.



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Safe Container Exercise



Reflect & Debrief



Reflect & Debrief

Reflect/ Debrief

Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

1 thing you are taking away from
the group and **1 mindfulness
technique** you are committing to
do for yourself this week

Additional Resources

- **Mental Health apps:** Wysa, Clarity (CBT), Mindshift, MoodTools, Calm, Shine, Happify, Headspace, Days since, IAmSober, Worry Watch, PTSD Coach, DBT Coach
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



A white ceramic mug sits on a circular cork coaster, which is placed on a dark, weathered wooden stump. The background is a blurred landscape featuring a body of water, distant hills, and trees, viewed through a window or railing with vertical bars. The overall tone is calm and contemplative.

Next Week: Asking for Help



Thanks for Joining!

See you next week!

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.

Grounding vs. Mindfulness

1

The key difference is that, rather than *adopting an attitude of allowing whatever wants to come up to come up*, in grounding, you are managing your focus purposefully, and focusing on present safety.

2

For many people adopting a mindful attitude of allowing and non-judgmental awareness is too difficult to start.