October 2019 Webinar

One-on-One: A New Approach for Teaching Mind Matters in Individual Settings

Presenter:
Carolyn Curtis, PhD
Webinar Information

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All attendees are muted.

Ways to participate
1. Type your questions in the “Questions” box at the end of the webinar for Q & A time.
2. Raise your hand question.
3. Answer the poll question.

This webinar will be archived at:
www.dibbleinstitute.org/webinars/
Charlie and Helen Dibble
The Dibble Institute believes in research.
The Dibble Institute believes in stable, healthy families.
The Dibble Institute believes all people deserve respect.
Carolyn Rich Curtis, Ph.D.
Our clients have a long history of trauma that affect their lives.
We need to do somethings about their trauma when we meet with them.
Our clients can learn skills to overcome their trauma.
Skills to overcome adverse experiences
Meta Analysis: 54 trauma experts found six paths for healing.

- Emotion regulation strategies
- Narration of trauma memory
- Cognitive restructuring
- Anxiety and stress management
- Interpersonal skills
- Meditation and mindfulness interventions
We cannot think our way into a new way of being.

BUT we can grow our Brain.

Dan Siegel, M.D.
We cannot think our way into a new way of being.

BUT we can grow our Brain.

Dan Siegel, M.D.
The nervous system is non-verbal.

Your nervous system does not speak English, Spanish, etc.

It sends signals and sensations to brain centers.

The brain interprets these signs and sensation, assigns words and meanings to experience.
Nerves that fire together, wire together.
Viktor Frankl

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.
Philosophy of Instruction:

*Creating habits of mind*

Two types of learning:

Content and Training

<table>
<thead>
<tr>
<th>What will you practice?</th>
<th>How many times daily?</th>
<th>How many times weekly?</th>
<th>When/where will you practice?</th>
<th>How will you remember to practice?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focused Breathing</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Peripheral Vision</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5, 4, 3, 2, 1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Coloring</td>
<td></td>
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<tr>
<td>Cell phone challenge</td>
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</tbody>
</table>

Which exercises are you most excited about trying?

What benefits do you expect?
Awareness

- Reactivity is reduced
- Brain grows
- Body sensations, emotions, feelings.
- Thinking, feeling and doing
- Make changes
You were not born bad.

You had no control

Whatever you did to cope was appropriate

You can change

Important
Appendix: Home Visitor/One on One Instruction
One-on-One/Home Visitor

• Lessons are 15 to 20 minutes
• Can be done by paraprofessionals
• Add this information to other programs, such as parenting classes
• Skill building—not therapy
• Portions can be done with iPhone
Relationship Comes First
Some of my favorite lessons
Lesson Two:

Dialing Down the Vagus Nerve
Lesson Three
The third skill is 5-4-3-2-1.

<table>
<thead>
<tr>
<th>FIVE:</th>
<th>What you see</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOUR:</td>
<td>What you hear</td>
</tr>
<tr>
<td>THREE:</td>
<td>What you touch</td>
</tr>
<tr>
<td>TWO:</td>
<td>What you smell</td>
</tr>
<tr>
<td>ONE:</td>
<td>What you taste</td>
</tr>
</tbody>
</table>
Lesson Seven
Loving Kindness Practice

For yourself
• May I be safe and protected
• May I be peaceful and happy
• May I be healthy and strong
• May I be at ease, accepting the changing conditions of life.

For someone else
• May you be safe and protected.
• May you be peaceful and happy
• May you be healthy and strong
• May you be at ease, accepting the changing conditions of life.
Lesson Ten: Identify a trusted adult.

Who do you trust?
Why do you trust this person?
How do you feel when you are around that person?
On a difficult day, would talking to this person make you feel better?
Lesson Fourteen:
Integrate the senses through rhythm
Lesson Fifteen-Eighteen
Self Care

• Sleep
• Tapping
• Exercise
• Yoga
## Code of Honor Worksheet

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Attribute</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honesty</td>
<td>Hard work</td>
<td>Effectiveness</td>
</tr>
<tr>
<td>Friendship</td>
<td>Kindness</td>
<td>Logic</td>
</tr>
<tr>
<td>Curiosity</td>
<td>Beauty</td>
<td>Creativity</td>
</tr>
<tr>
<td>Ethics</td>
<td>Tolerance</td>
<td>Details</td>
</tr>
<tr>
<td>Frugality</td>
<td>Generosity</td>
<td>Compassion</td>
</tr>
<tr>
<td>Loyalty</td>
<td>Dependability</td>
<td>Resilience</td>
</tr>
<tr>
<td>Sense of Humor</td>
<td>Assertiveness</td>
<td>Power</td>
</tr>
<tr>
<td>Commitment</td>
<td>Helpfulness</td>
<td>Family</td>
</tr>
<tr>
<td>Hope</td>
<td>Wealth</td>
<td>Productivity</td>
</tr>
<tr>
<td>Joy</td>
<td>Efficiency</td>
<td>Justice/Fairness</td>
</tr>
<tr>
<td>Courage</td>
<td>Persistence</td>
<td>Passion</td>
</tr>
<tr>
<td>Truth</td>
<td>Wisdom</td>
<td>Security</td>
</tr>
<tr>
<td>Fitness</td>
<td>Optimism</td>
<td>Lovingness</td>
</tr>
<tr>
<td>Non-violence/Peace</td>
<td>Problem-Solving</td>
<td>Self-Reliance</td>
</tr>
<tr>
<td>Fearlessness</td>
<td>Self-Confidence</td>
<td>Patience</td>
</tr>
</tbody>
</table>
Mind Matters

Resilience

Building an ability to recover from or adjust to misfortune or change.
Where do we go from here?
Designed to meet your needs

Free online 15-day digital review copy available
Webinar will be available in three business days.

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Second Wednesday Webinar

November 13, 2019

Topic:

Relationship Education for Young Adults, 18-24 years old