



Dialectical Behaviour Therapy: states of mind, mindfulness and crisis survival skills

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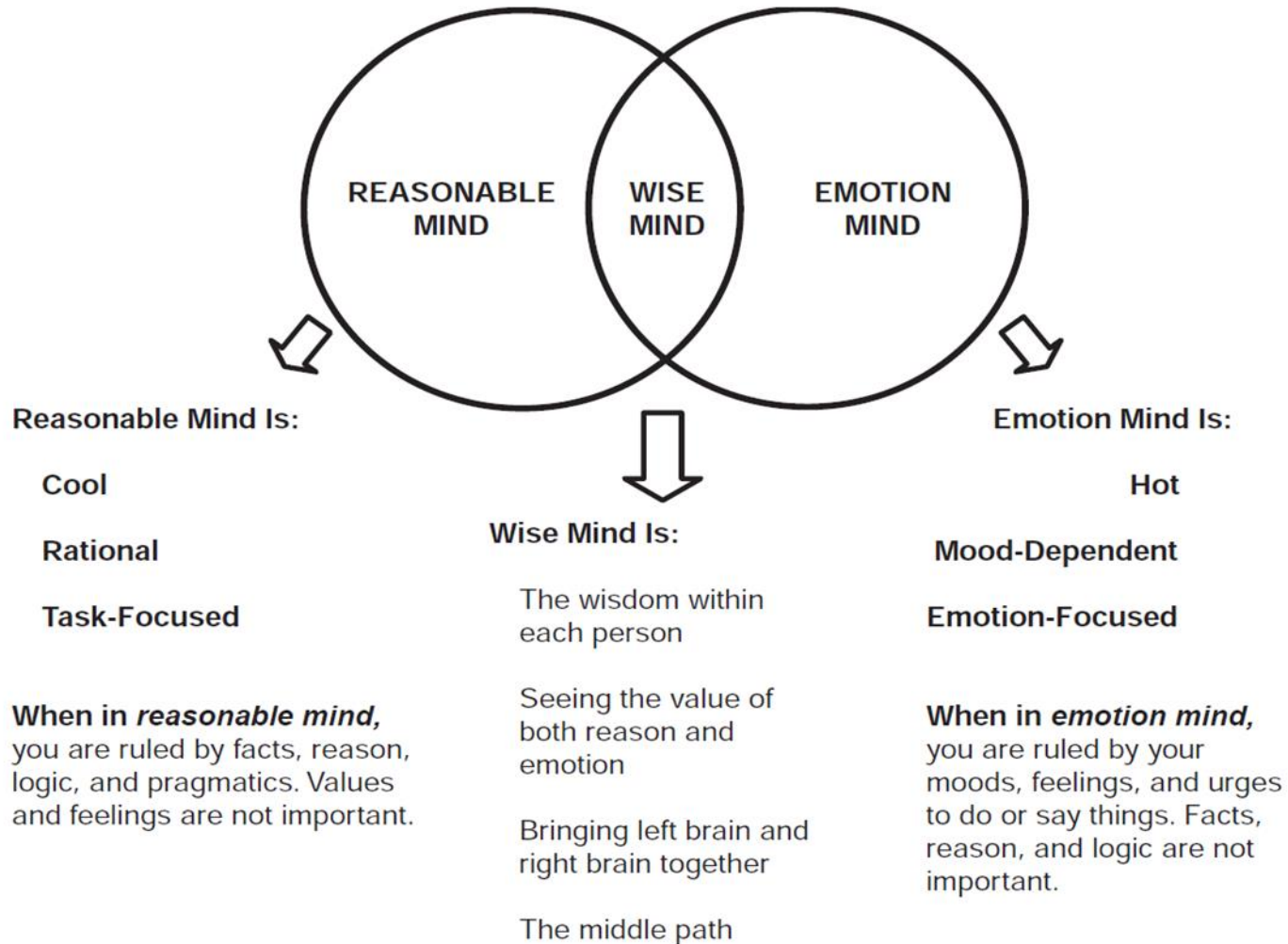
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“Achieving Recovery Together”
Sydney 2016



A plan of sorts

- States of mind
- Catastrophic thinking
- Mindfulness
- Crisis survival skills
 - The STOP skill
 - Pros and cons
 - TIP your body chemistry
 - Distract with wise mind ACCEPTS
 - Self soothe with the five senses
 - Improve the moment
- Comments and questions

States of mind (mindfulness handout 3)



Catastrophic thinking



OMG - Look what just happened!



***And will always
happen to me!!!***



This has always happened to me!!



It's a total disaster!!!!

***The world will end
and it's all my fault!!!!!!***



All images sourced from the internet



Mindfulness Practice

Goals

- to reduce suffering and increase happiness
 - to reduce pain, tension and stress
- to increase control of your mind
 - to stop letting your mind be in control of you
- to experience reality as it is
 - to live life with your eyes wide open

Mindfulness is

- intentionally living with awareness in the present moment
- without judging or rejecting the moment
- without attachment to the moment

Mindfulness handout 1



Core Mindfulness - “What” Skills

Observing

- Notice your body sensations
- Pay attention
- Control your attention
- Practice wordless watching
- Observe both inside and outside yourself

Describing

- Put words on your experience
- Label what you observe
- Unglue your interpretations and opinions
- If you observe through your senses, you can't describe it

Participating

- Throw yourself completely into activities of the current moment
- Become one with whatever you are doing
- Act intuitively from wise mind
- Go with the flow

Mindfulness handout 4



Core Mindfulness - “How” Skills

Non-judgmentally

- See but don't evaluate as good or bad
- Accept each moment like a blanket spread out on the lawn
- Acknowledge the difference between the helpful and harmful without judging
- Acknowledge your values, wishes and emotional reactions without judging

One-mindfully

- Rivet yourself to now
- Do one thing at a time
- Let go of distractions
- Concentrate your mind

Effectively

- Be mindful of your goals in the situation
- Focus on what works
- Play by the rules
- Act as skillfully as you can
- Let go of wilfulness and sitting on your hands

mindfulness handout 5



Mindfulness-Based Stress Reduction

<http://palousemindfulness.com/index.html>

Palouse Mindfulness
Mindfulness-Based Stress Reduction


MBSR Online | TESTIMONIALS | GRADUATES | RESOURCES | CONTACT | QUOTES | *What's New*

MBSR Online
"At a Glance"
Introduction
Getting Started
MBSR Manual
Week 1
Week 2
Week 3
Week 4
Week 5
Week 5b
Week 6
Week 7
Week 8
Certificate

Guided Practices
Body Scan


Online Mindfulness-Based Stress Reduction (MBSR)

*This online MBSR training course is 100% free, created by a fully certified MBSR instructor, and is modeled on the program founded by Jon Kabat-Zinn at the **University of Massachusetts Medical School**.*

 **Welcome!**
*I'm so glad you found this website! Here you will find a complete eight-week MBSR course, designed for people who are not able to take a live MBSR course for financial or logistical reasons. All of the materials used in the live course I teach, including guided meditations, articles, and videos are freely available here. - **Dave Potter***

Offering something for nothing does seem a little suspicious these days and I get many emails about this free online MBSR course, many of which ask one or more of the following questions:

Is this online MBSR course really, truly, 100% free?
The short answer is "yes". There is no catch: no fees, no spam, you don't even need to identify yourself or give an email address. I receive no income from the site, not even indirectly.



There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.
- *Albert Einstein*

[more quotes](#)



Crisis Survival Skills

- The STOP skill
- Pros and cons
- TIP your body chemistry
- Distract with wise mind ACCEPTS
- Self soothe with the five senses
- Improve the moment



STOP skills

- **Stop!** Do not react! Freeze! Do not move a muscle! Stay in control of emotion-driven urges
- Take a step back, take a deep breath, do not act impulsively
- **Observe** – notice what is going on inside and outside you
- **Proceed** mindfully using wise mind

Pros & Cons



'old' behaviours		'new' behaviours	
Pros	Cons	Pros	Cons



TIP skills: Changing Body Chemistry

Tip the temperature of your face with cold water to calm down fast

Intense exercise to calm your body when highly aroused by emotions

Paced breathing by slowing it down

Paired muscle relaxation while breathing out



Distract with Wise Mind ACCEPTS

Activities

Contributing

Comparisons

different Emotions

Pushing Away

Thoughts

Sensations



Self Soothe with:

- Vision
- Hearing
- Smell
- Taste
- Touch

Plus the Body Scan Meditation



Improving the Moment

Imagery

Meaning

Prayer

Relaxing actions

One thing in the moment

brief Vacation

self-Encouragement and rethinking the situation

The end

