

# **October 2019 Webinar**

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

Presenter:

**Carolyn Curtis, PhD**



**The Dibble Institute**  
Relationship Skills for Teens and Young Adults

## Webinar Information

If you are unable to access audio through your computer,  
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**+1 (213) 929-4232** /access code: **856-547-876**

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:  
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## Charlie and Helen Dibble





# **The Dibble Institute**

Resources for Teaching Relationship Skills



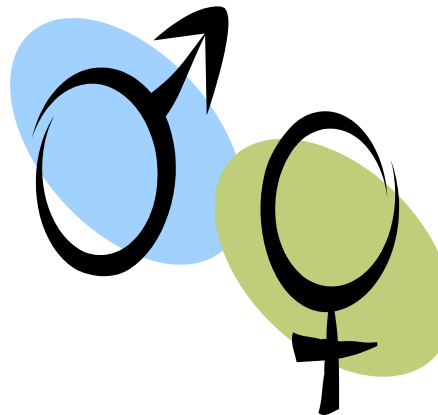
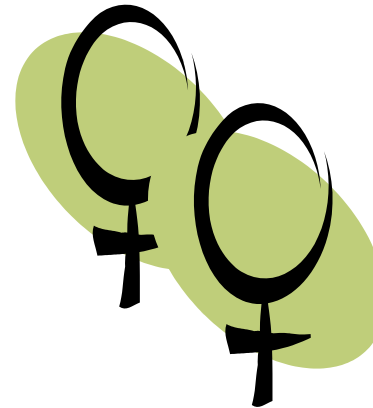
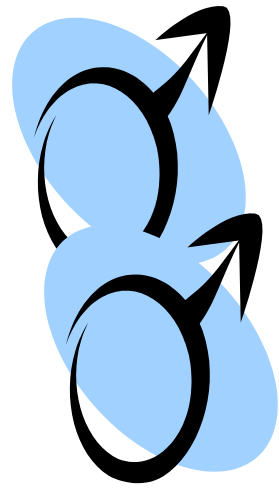
The Dibble Institute believes in research.



The Dibble Institute  
believes in stable, healthy families.



The Dibble Institute believes  
all people deserve respect.





Carolyn Rich Curtis,  
Ph.D.

# Mind Matters

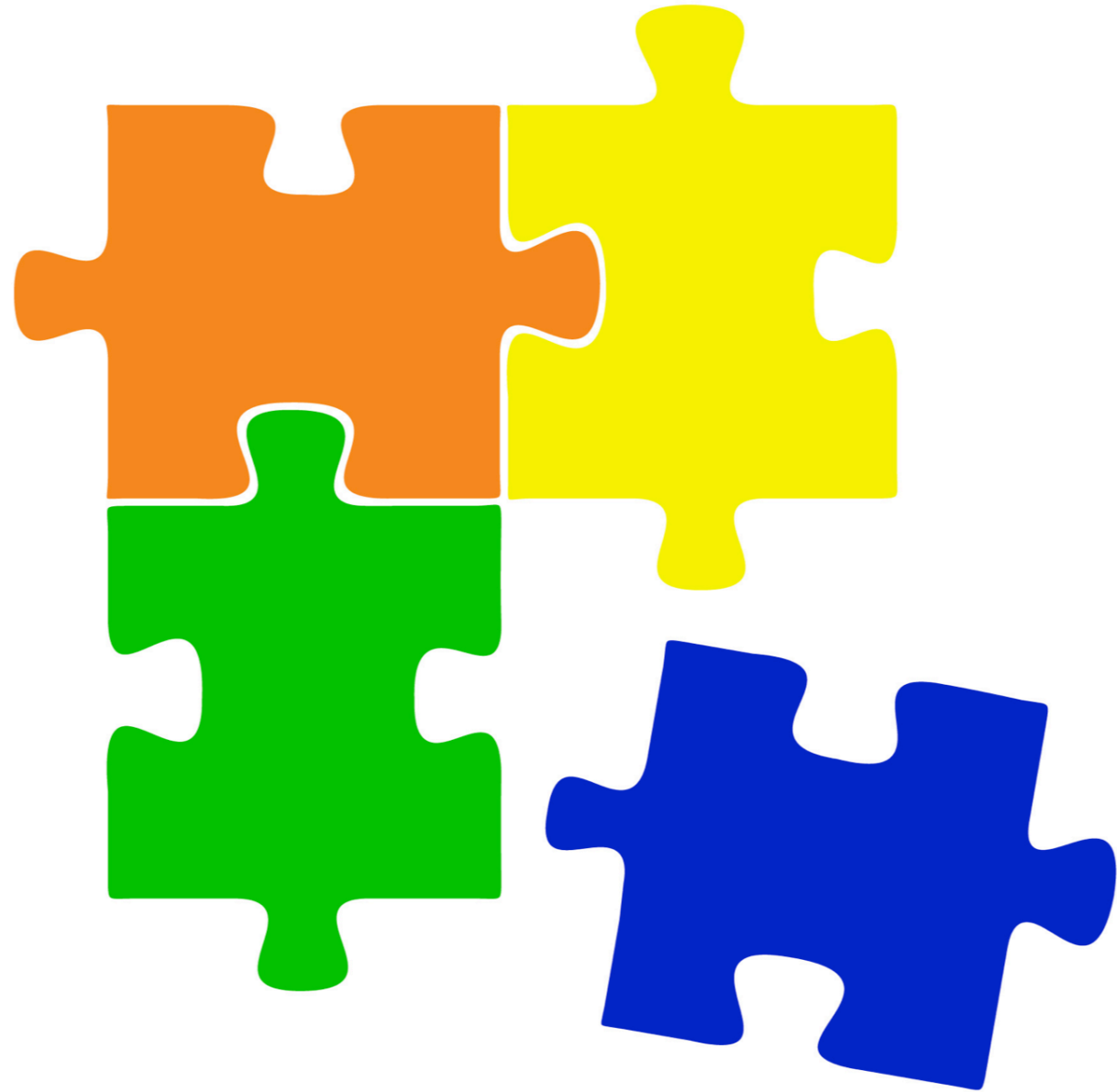
*Overcoming Adversity  
and Building Resilience*



Our clients have a long history of trauma that affect their lives.

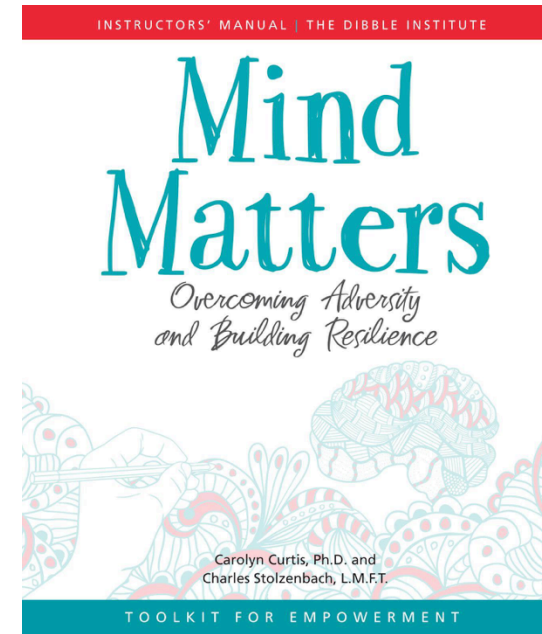
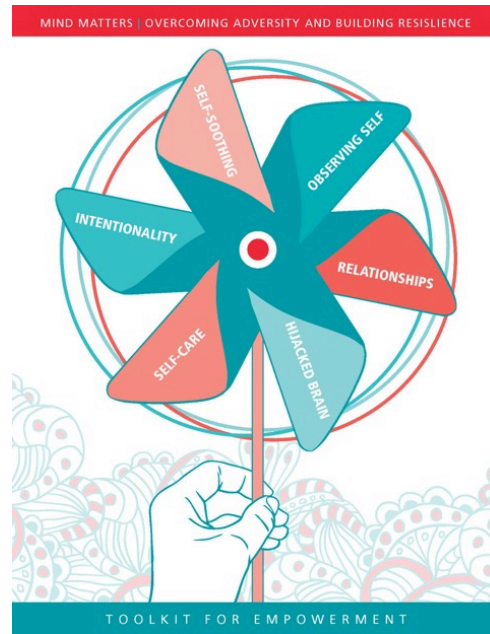


We need to do  
somethings about their  
trauma when we meet  
with them.



Our clients can  
learn skills to  
overcome their  
trauma.





Skills to over come 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.**

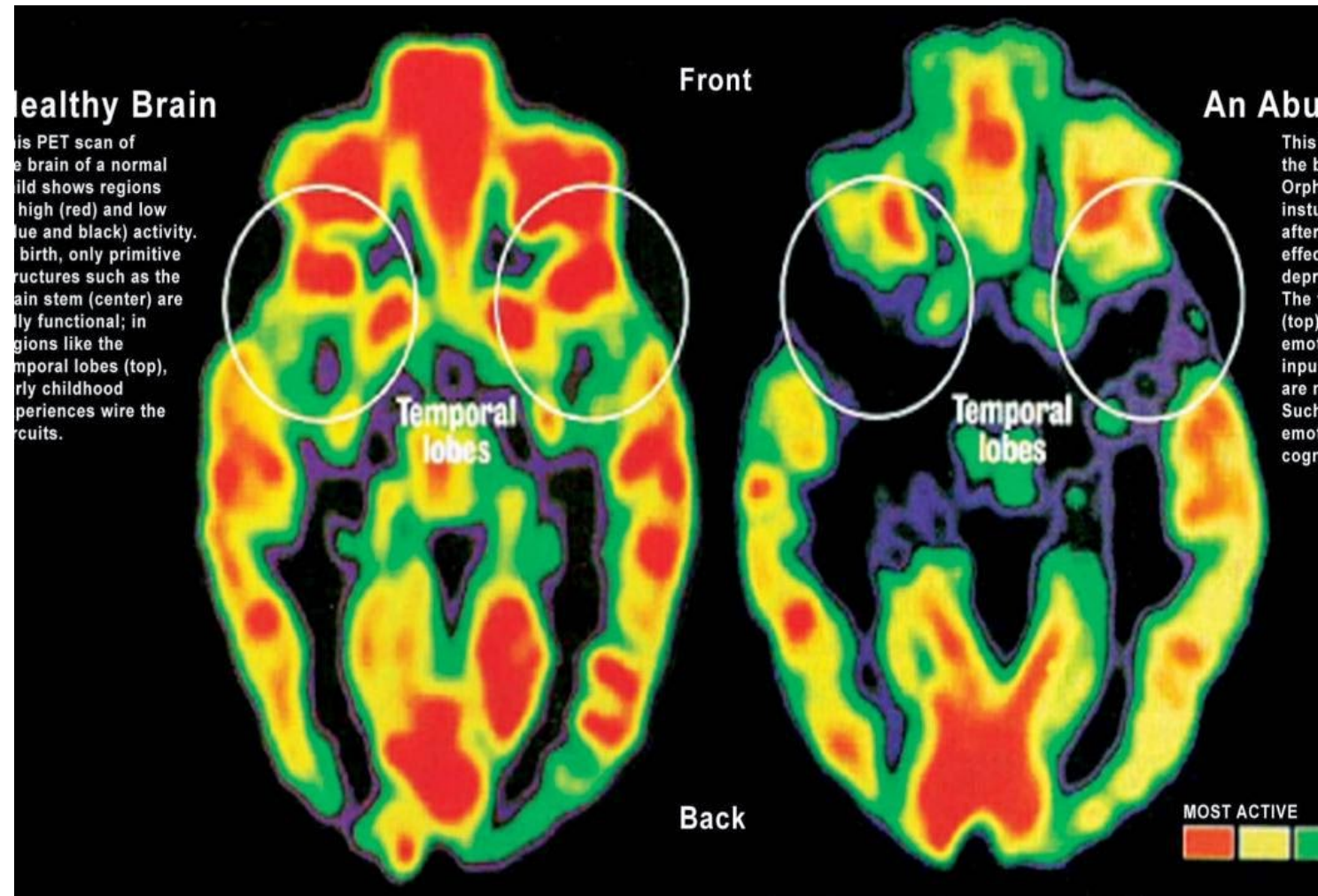
Dan Siegel, M.D.



We cannot think our way  
into a new way of being.

BUT we can  
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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:

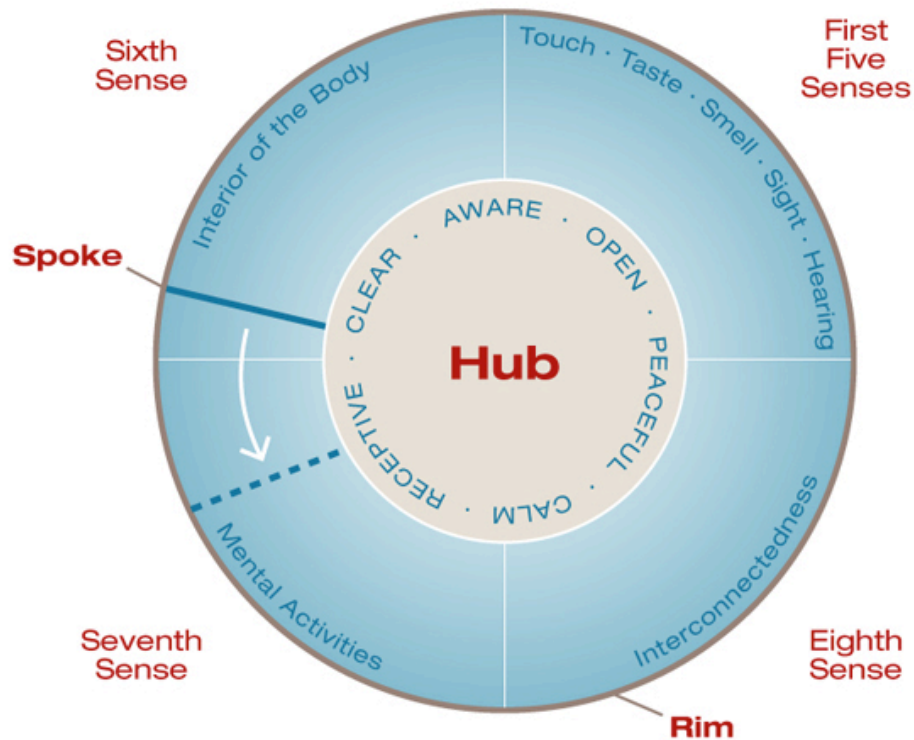
Content and Training

What will you practice?	How many times daily?	How many times weekly?	When/where will you practice?	How will you remember to practice?
Focused Breathing				
Peripheral Vision				
5, 4, 3, 2, 1				
Coloring				
Cell phone challenge				

Which exercises are you most excited about trying?

What benefits do you expect?

# Awareness



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- Reactivity is reduced
- Brain grows
- Body sensations, emotions, feelings.
- Thinking, feeling and doing
- Make changes





Important

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You were not born bad.

---

You had no control

---

Whatever you did to cope was appropriate

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You can change

# Appendix: Home Visitor/ One on One Instruction

INSTRUCTORS' MANUAL | THE DIBBLE INSTITUTE

# Mind Matters

*Overcoming Adversity  
and Building Resilience*



Carolyn Curtis, Ph.D. and  
Charles Stolzenbach, L.M.F.T.

TOOLKIT FOR EMPOWERMENT

# 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



You go first

Learn

Practice

Use



# Relationship Comes First





Some of my  
favorite  
lessons

INSTRUCTORS' MANUAL | THE DIBBLE INSTITUTE

# Mind Matters

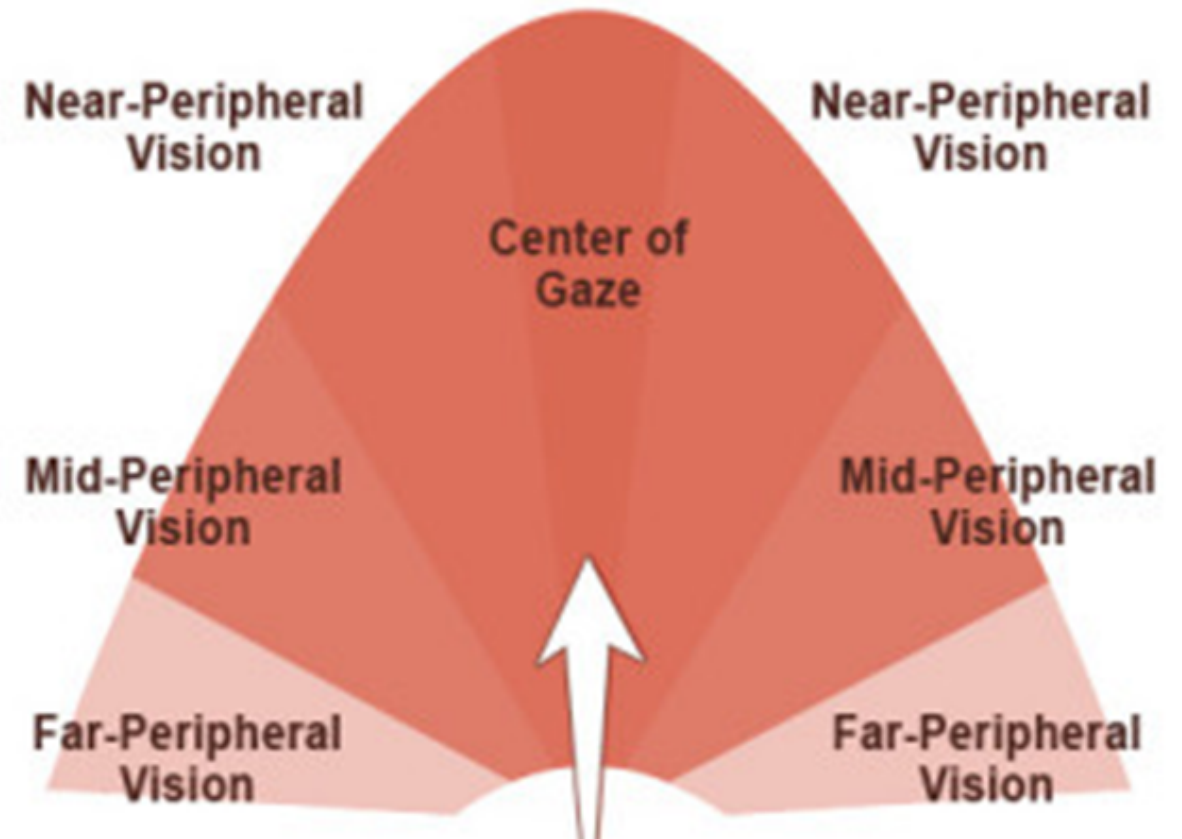
*Overcoming Adversity  
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TOOLKIT FOR EMPOWERMENT

## Lesson Two:

### Dialing Down the Vagus Nerve



# Lesson Three

The third skill is 5-4-3-2-1.

FIVE:	What you see
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FOUR:	What you hear
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THREE:	What you touch
--------	----------------

TWO:	What you smell
------	----------------

ONE:	What you taste
------	----------------

# 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?





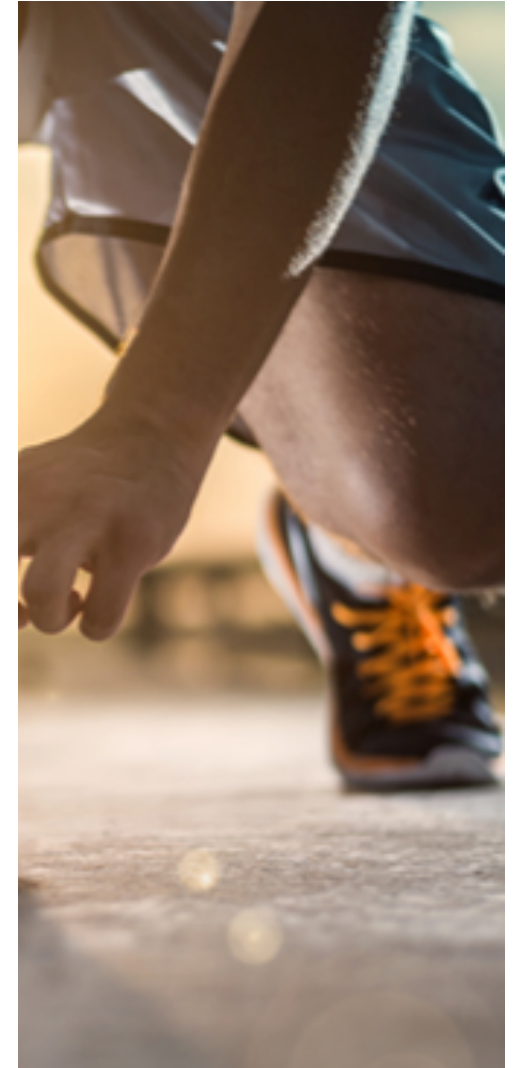
# Lesson Fourteen:

## Integrate the senses through rhythm



# Lesson Fifteen- Eighteen Self Care

- Sleep
- Tapping
- Exercise
- Yoga



## Code of Honor Worksheet

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



# Mind Matters

Resilience

Building an ability to  
recover from or adjust  
to misfortune or  
change.

# Mind Matters

*Overcoming Adversity  
and Building Resilience*

Where do  
we go from  
here?



# Mind Matters

*Overcoming Adversity  
and Building Resilience*

Designed to  
meet your  
needs

Free online 15-day  
digital review copy  
available

Questions?????

**Webinar will be available  
in three business days.**

**<http://www.dibbleinstitute.org/webinar-archives/>**

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# Second Wednesday Webinar

November 13, 2019

Topic:

**Relationship Education  
for Young Adults, 18-24 years old**