

June 10, 2026



Explore Mind Matters 2.0: A Map for Thriving

Presenters:

Carolyn Curtis, Ph.D.- Mind Matters Author

Aaron Larson- The Dibble Institute

Webinar Resources

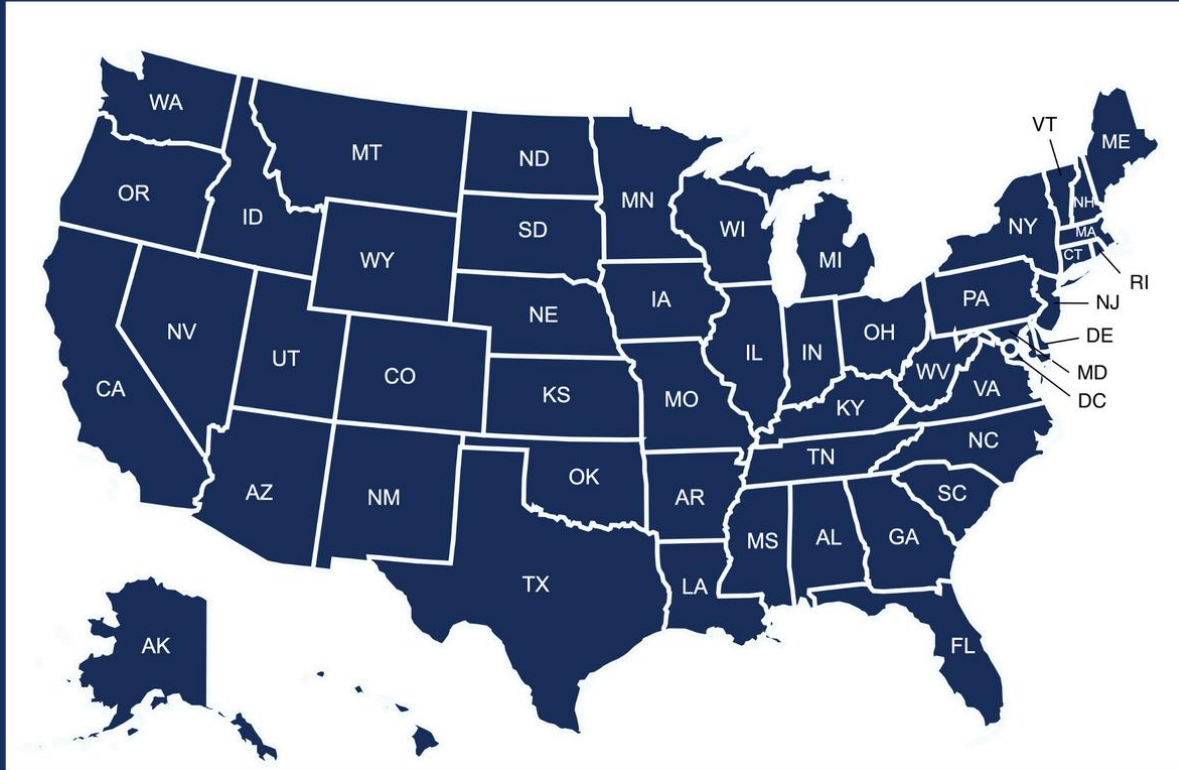
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Charlie and Helen Dibble



2023-2024 Clients

served approximately 116,978 youth



The Dibble Institute is
a national,
independent non-
profit organization.

Our Mission

Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.



We believe in **research.**



We believe in **stable, safe, and nurturing** families.



We believe that **relationship education** is for **everyone**.



Welcome to Mind Matters 2.0

INSTRUCTOR MANUAL | THE DIBBLE INSTITUTE®

Mind Matters^{2.0}

A Map for Thriving



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

TOOLKIT FOR EMPOWERMENT

Carolyn



INSPIRATION FOR MIND
MATTERS 2.0



ALWAYS A WORK IN
PROGRESS

Aaron



Building a House
Building Mind Matters 2.0

Research: Evidence & Field Impact

-
- Coping with Trauma
 - Self soothing skills,
 - Enhanced resiliencies



Stories of Success



Same Foundation, Updated for Today

Grounded in neuroscience

Trauma-informed care

Field tested

Built from feedback from the field

More practical for today's learners

More support for facilitators

More hopeful and growth-oriented

A Practical, Gentle, Skill-Based Path

Not share or relive painful experiences

Build capacity for life

Step by Step Plan

First Self Soothing and self awareness

Follow with deeper reflection and growth

Learning Progression

What is in it for me?

Self Soothing

The Observing Self

Relationships and Support

Stress, trauma and self-compassion

Effects on brain/body

Self Care & Balanced Living

Healthy Mind and Body

Values, goals, habits, ChangeMaker

Same Six Major Topics

Self Soothing

The
Observing
Self

Relationship
Skills

Self
Compassion

Self Care

Intentionality

What's New Across the Whole Curriculum

Positive Growth Mindset

Mindful Phone Use

New self soothing skills

Strategies for Success

Becoming a Changemaker

Improved teaching methods

Highlights of New and Updated Lessons



Update: Lesson 1— More Self-Soothing Skills

- **Focused Breathing**
- **Calming Corners**
- **Coloring**
- **Doomscrolling: Mindful cell phone use**



Lesson 2 — Emotion Information Updated and Simplified

*Participants learn
that emotions are
information, not
enemies.*



Lesson 3 — Observing Self Expanded

- **Reboot Sigh**
- **Reframing: Recognize and Transform Negative Thoughts**
- **Clarifying Thoughts and Emotions**
- **Internal Journal**



Lesson 4 — Empathy & Co-Regulation

- **Just Noticing**
- **Empathy & Co-Regulation**
- **Building Empathy**



Lesson 5 Support Networks/ Wheel of Awareness

Changed the Language: Front Row & Wheel of Awareness



Lesson 6

Redesigned

-- Self

Compassion

- **Life's Challenges and ACEs**
- **Positive Childhood Experiences**
- **Positive Growth Mindset**





Lesson 6 --- Positive growth mind set with several new skills.

- **Not Yet mindset**
- **Mistake autopsy**
- **Comfort zone challenge**
- **Building resilience**
- **Reviewing Positive Childhood Experiences**
- **Creating positive experiences in current life**

Lesson 7 – Improved

- Trauma Containment Exercise Simplified
- Optional Journaling Exercise
- Music: Inspirational questions for playlist



**Lesson 8 --
Simplified and
Enhanced
Tapping
and Sleep**



Lessons 9 to 12

Skills for Life Change

- Habit Formation Strategies
- Healthy Mind Platter – Siegel
- Ethics
- Success Strategies
- Changemaker



New Digital Self-Regulation Supports



-
- **Mind Matters Minutes**
 - **Me & My Emotions**
 - **Exercise videos that vary in intensity**
 - **Digital tools designed for today's learners**

Simplified and Strengthened Teaching Tools

More facilitator support

Stronger safety notes

New “Facilitating a Safe and Supportive Environment” appendix

New Bonus Lesson — An Attitude of Gratitude



The science behind MM2



The Reboot Sigh

Reset and recharge in three breaths



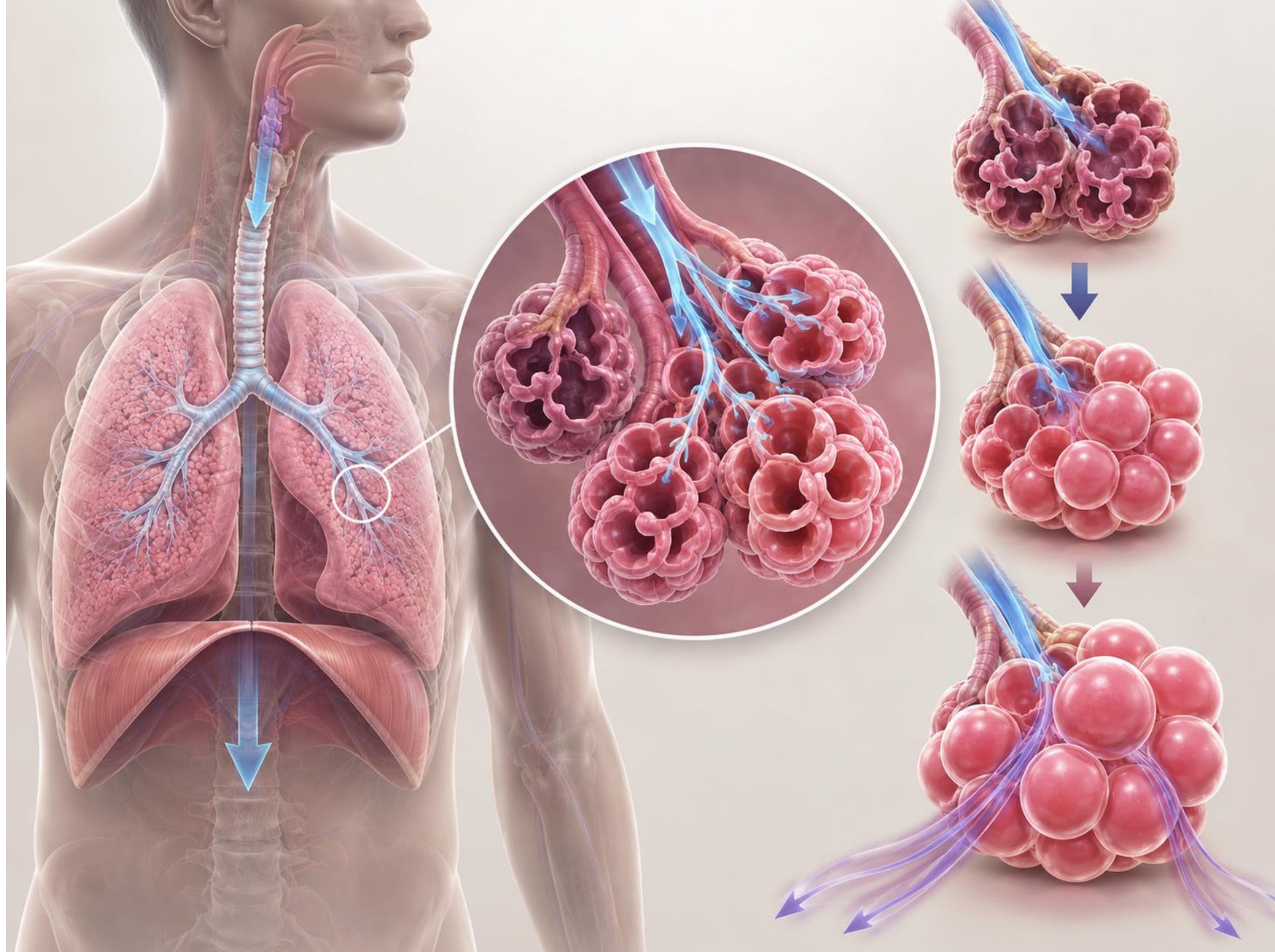
First inhale
Inhale through nose



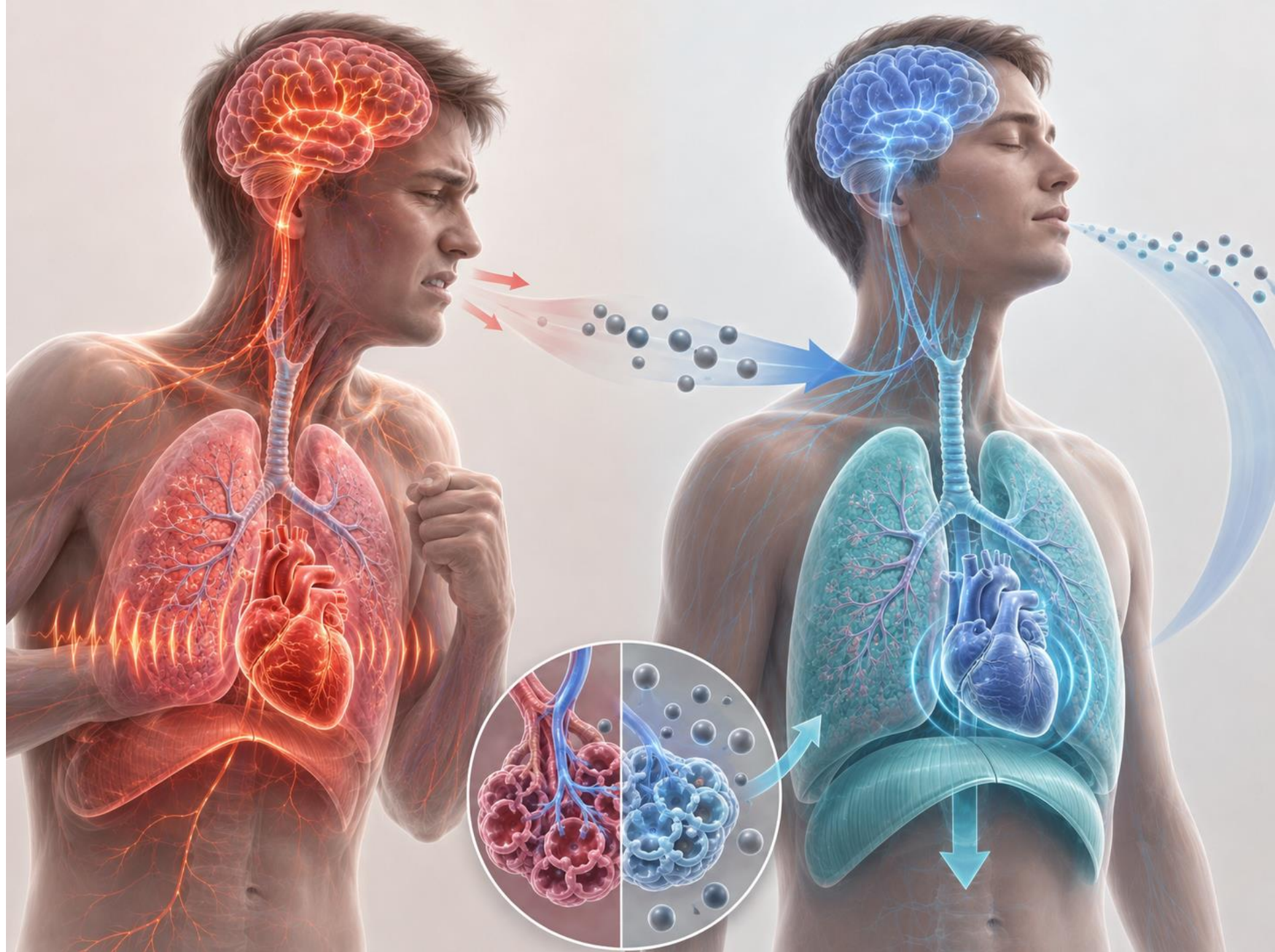
Second inhale
Inhale through nose again



Extended exhale
Exhale through mouth







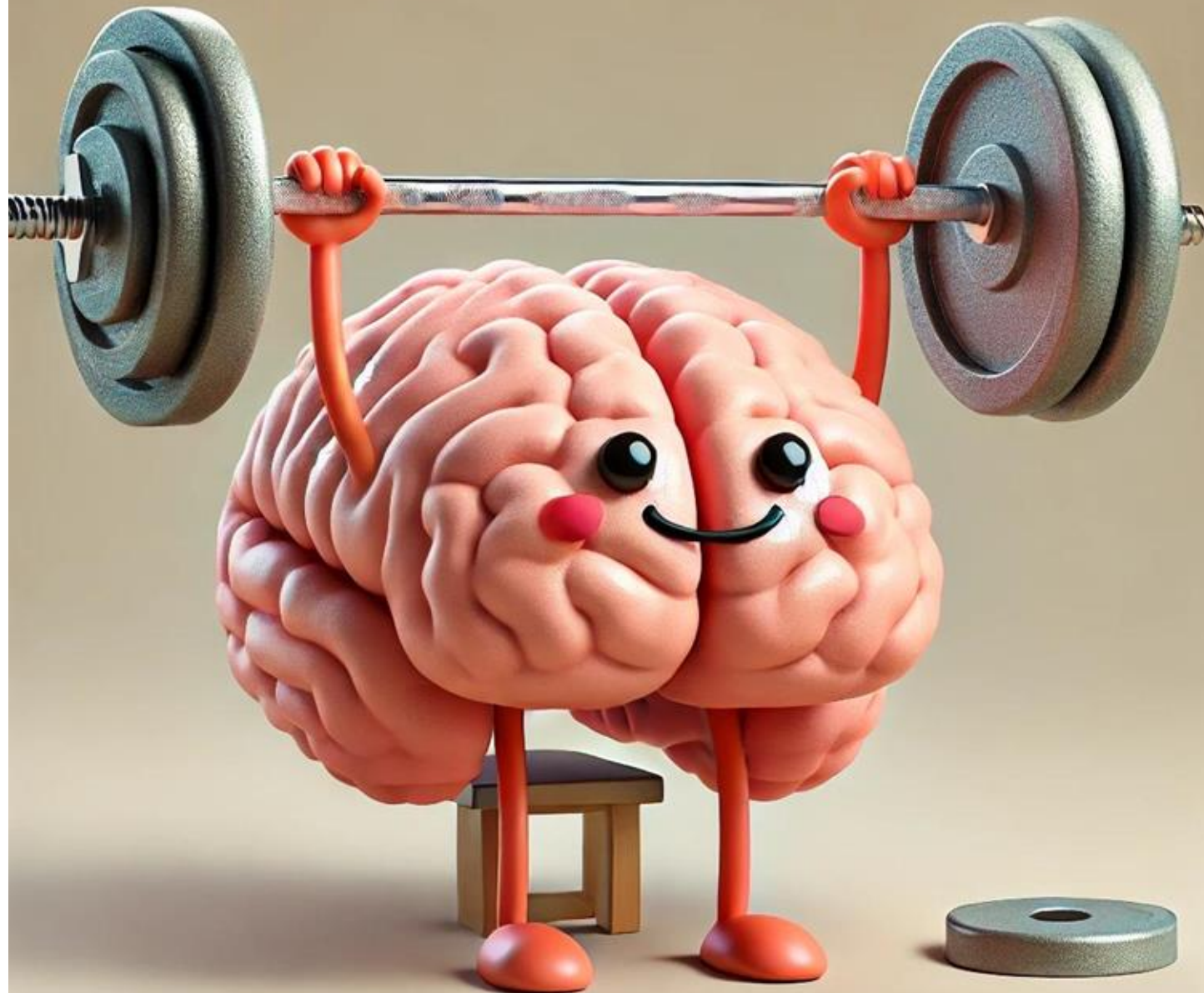
Acting vs Reacting

Pause & think



Mental Strength Is Like a Muscle

Build mental strength
through practice

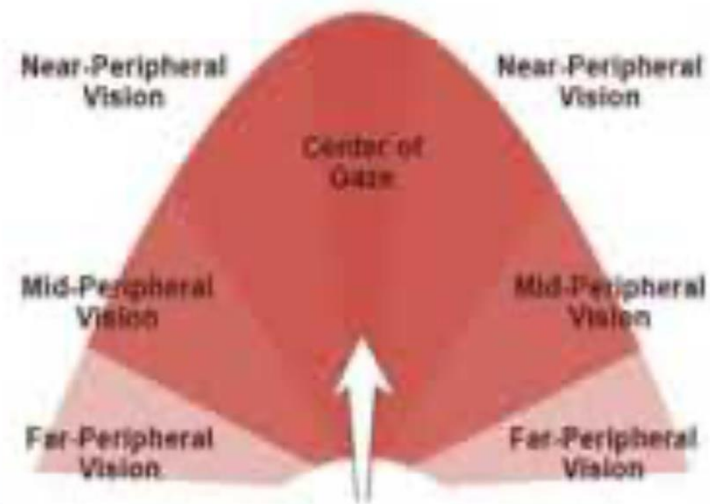




Calming Corners



Peripheral Vision





The Vagus Nerve Your calming ally

Closing: You Changed My Life

- Updated neuroscience and trauma-informed care
- Stronger self-compassion focus
- More practical self-regulation tools
- Attention to today's youth and digital habits
- More support for facilitators
- Stronger focus on habits and long-term change
- More hopeful, growth-oriented framing

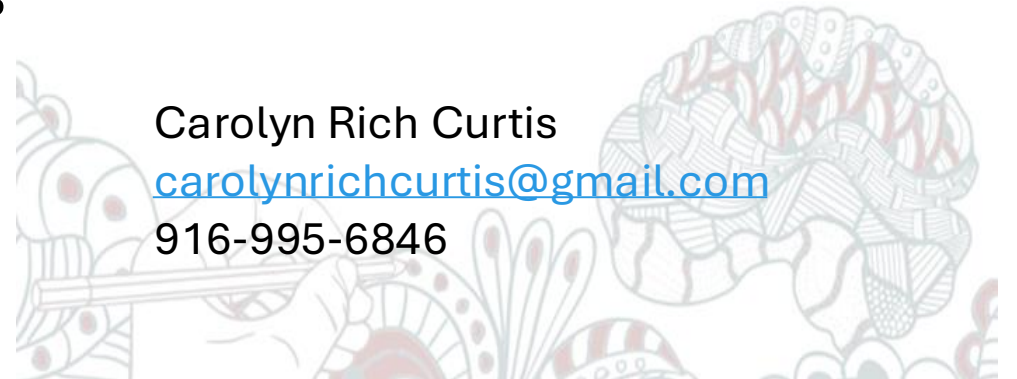
Mind Matters^{2.0}

A Map for Thriving

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Mind Matters 2.0

A Map for Thriving

FREE 30-Day Review Copy





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Webinar will be available in 3 days:
<http://www.dibbleinstitute.org/webinar-archives/>

Need a certificate? Kim@Dibbleinstitute.org

Second Wednesday Webinar



July 8, 2026

**Understanding the Story Your YRE Data Is Trying to Tell You:
How Youth-Serving Programs Can Use Evaluation to Strengthen
Implementation, Tell a Clearer Impact Story, and Prepare for
Future Funding**

Dr. Kim Gregson and Dr. Stacey Kesten

Collaborators Consulting Group