



Mind Matters

*Overcoming Adversity
and Building Resilience*



MindMatters *Overcoming Adversity and Building Resilience*

CHARLIE AND HELEN DIBBLE





The Dibble Institute

Resources for Teaching Relationship Skills



The Dibble Institute
Relationship Skills for Teens and Young Adults

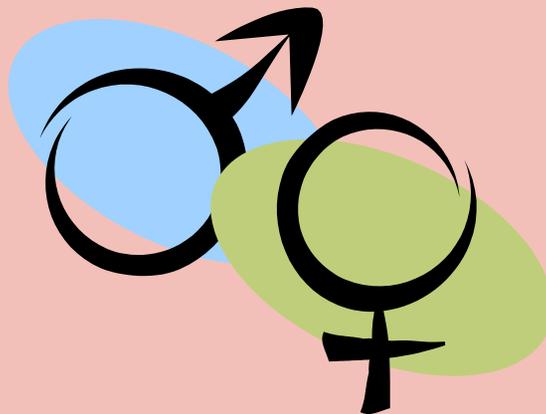
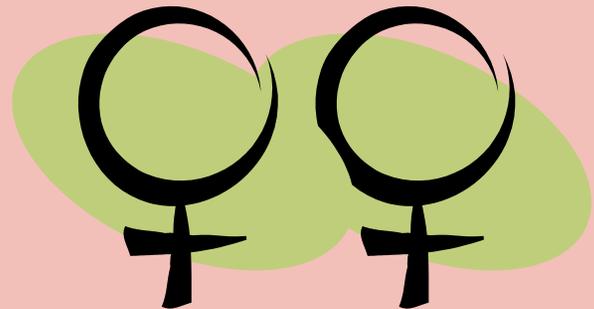
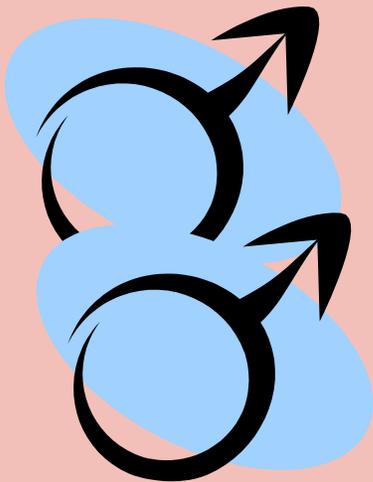
The Dibble Institute believes in research.



The Dibble Institute believes in
stable, healthy families..



The Dibble Institute believes
all people deserve respect.



Why *Mind Matters*

People with toxic stress experience difficulties with our programs.

Staring off into space.

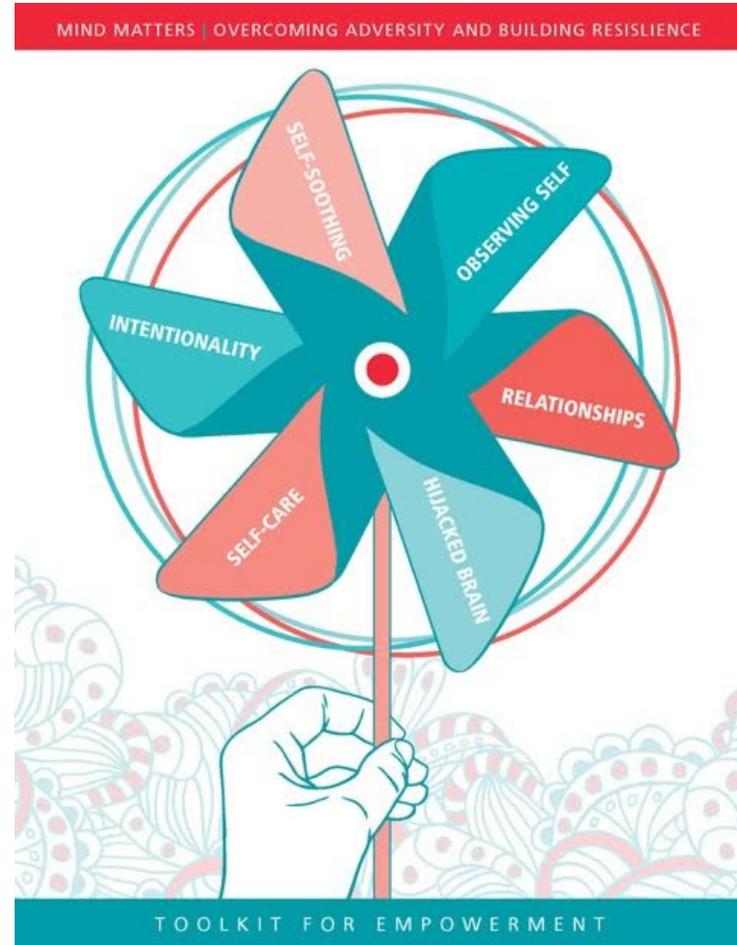
Not returning.

There is hope.

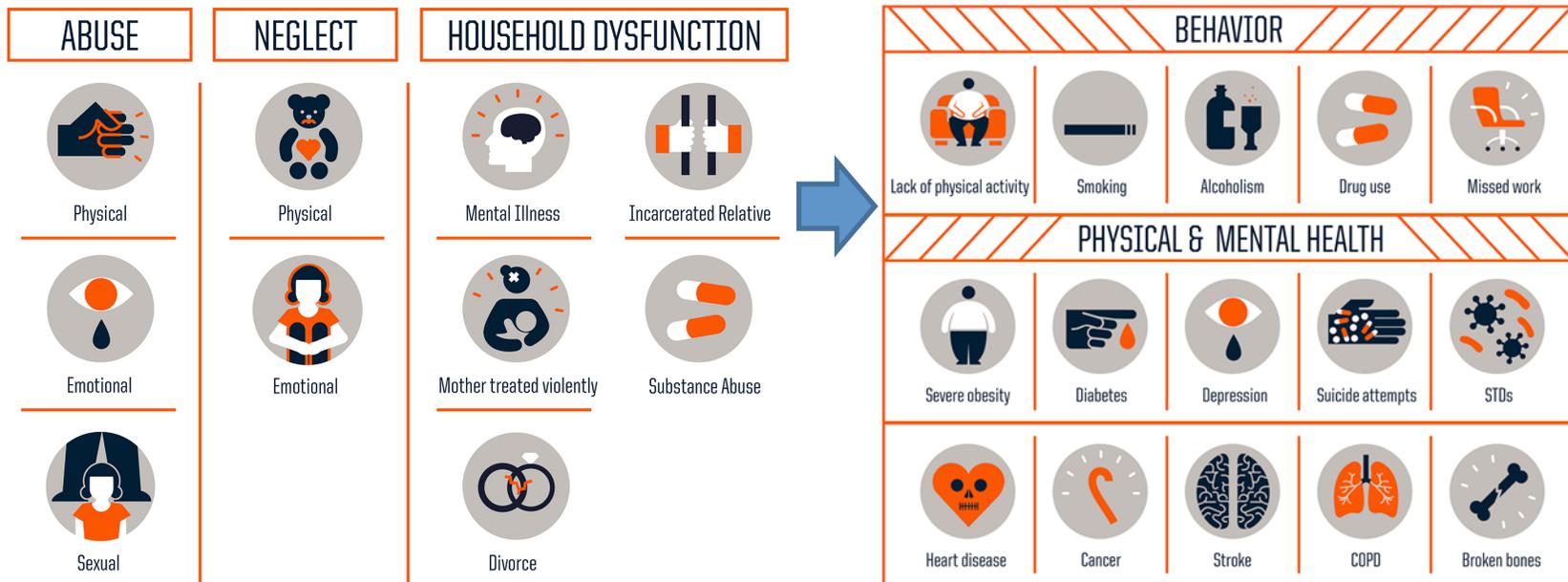
Neuroplasticity

Effective treatment for PTSD

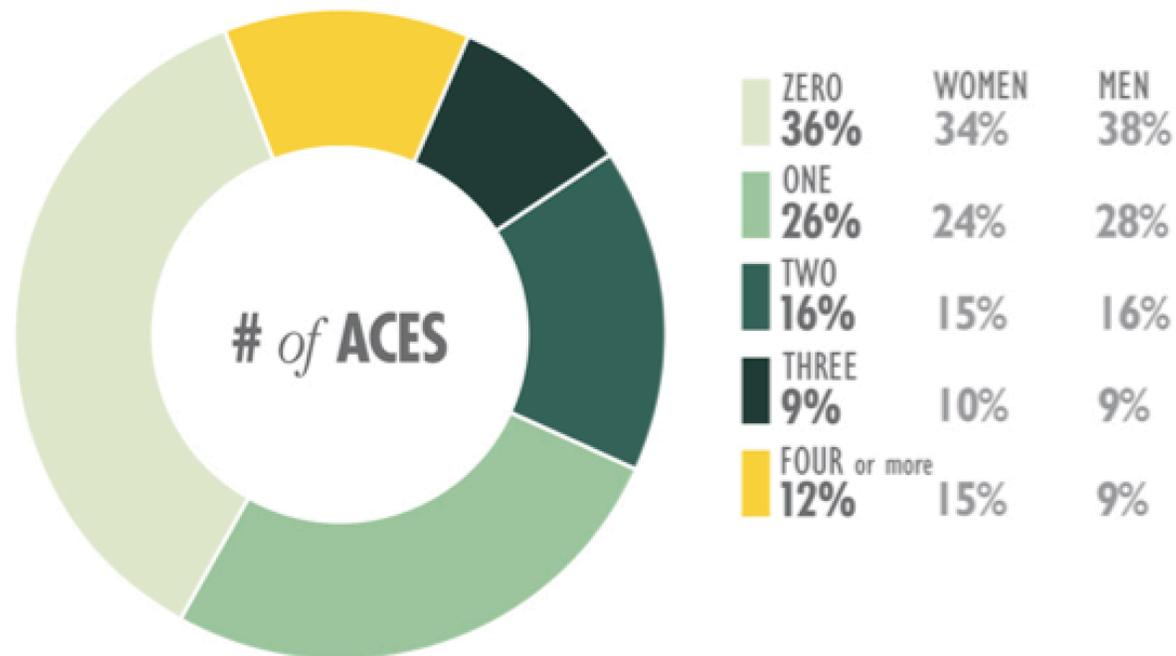
There are not enough therapists in the world to deal with all of the trauma.



Adverse Childhood Experiences (ACEs)



Number of Adverse Childhood Experiences (ACE Score)



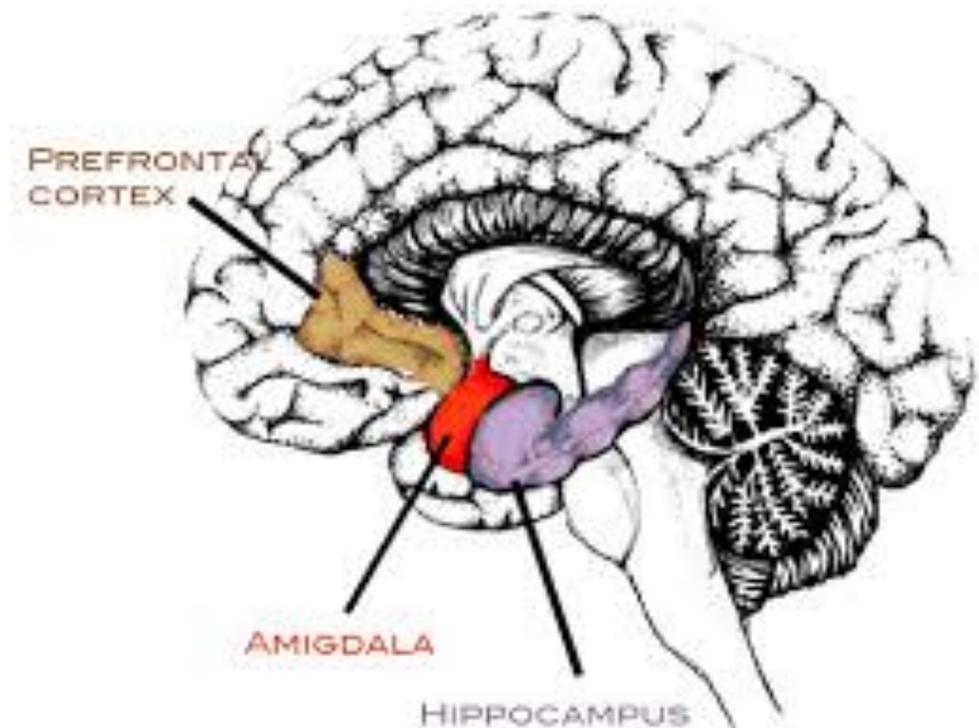
**The
environment
physically
changes the
brain.**

**Center for the
Developing Child
at Harvard**

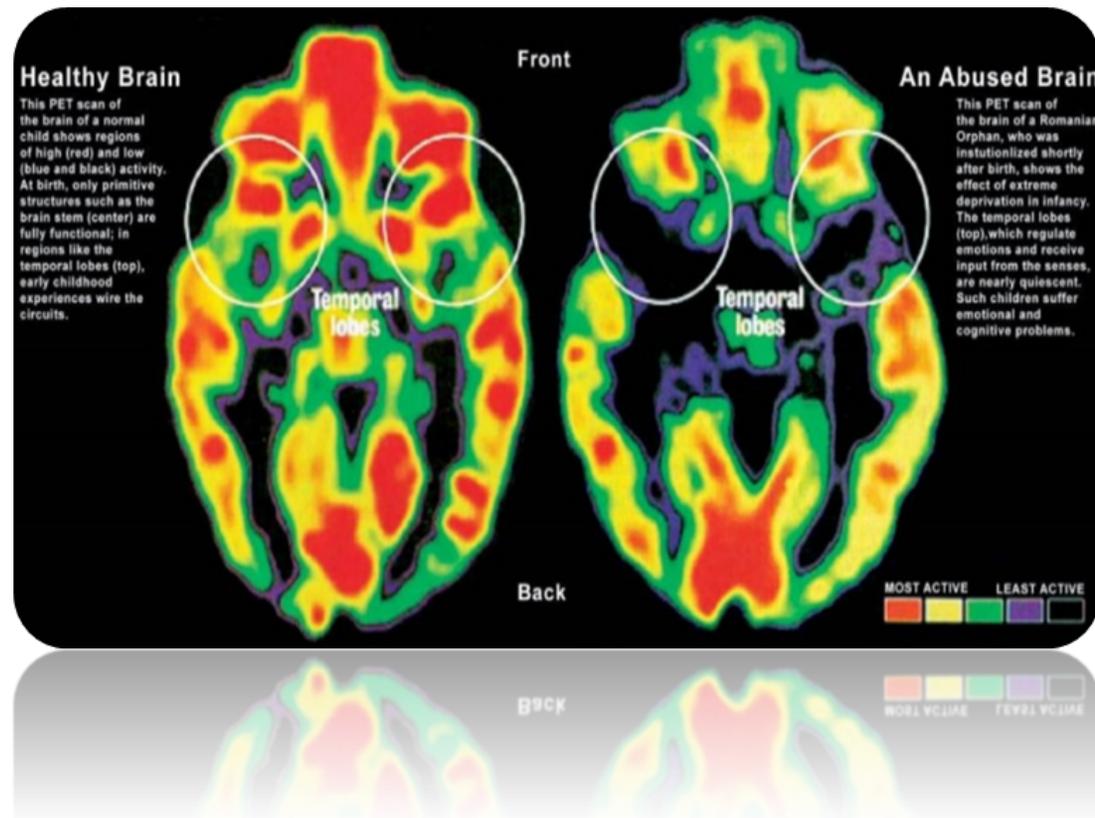


Trauma hijacks and changes the brain.

- Hippocampus
- Amygdala
- Prefrontal cortex



You can see the physical effects of trauma on the brain.

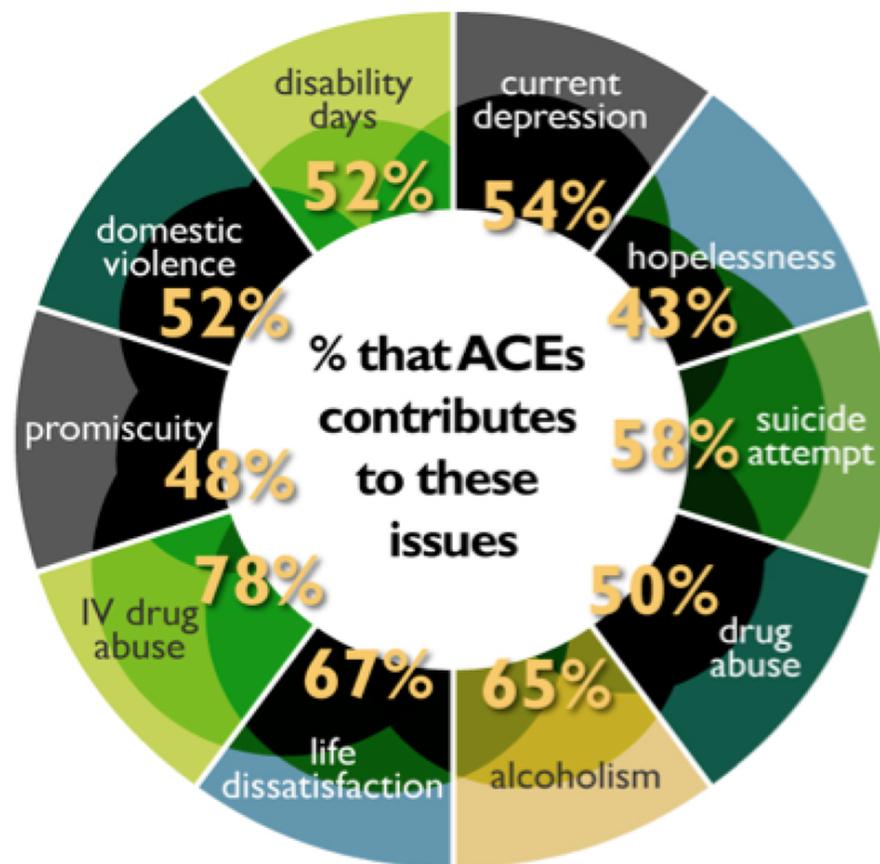


Trauma changes a person's...

- Behavior
- Learning
- Relationships



ACEs and Population Attributable Risks



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

**BUT we can
grow our
Brain.**

Dan Siegel



Mind Matters lessons are based on . . .

- Research
- Neuroscience
- Leaders in the field



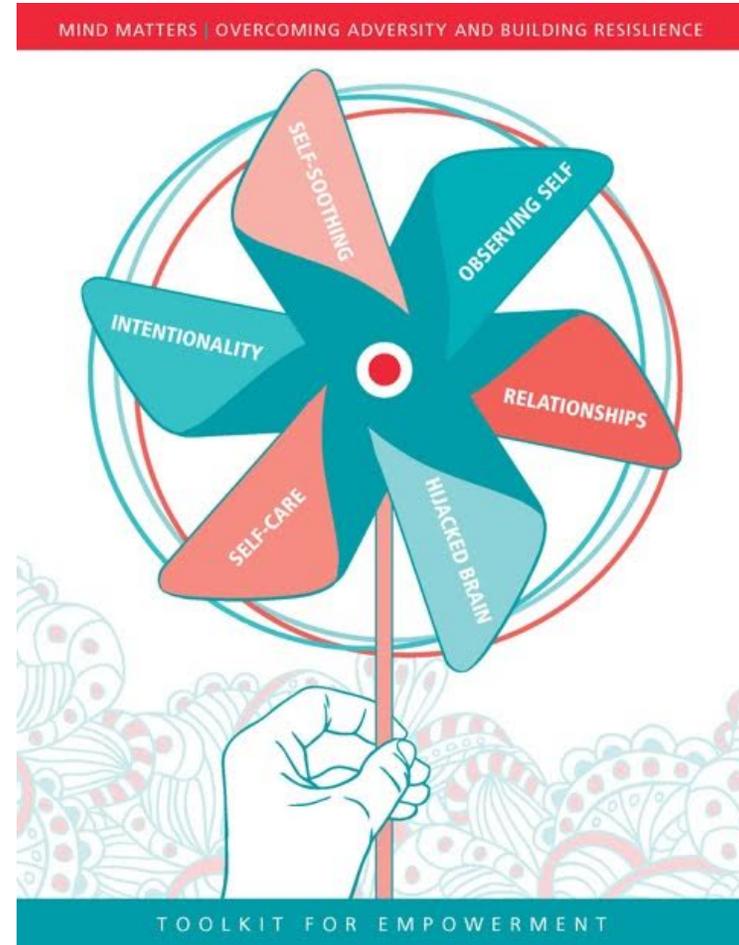
All lessons are focused on creating safety.

- Class begins with humor and self-soothing skills.
- We build skills before dealing with trauma.
- We do not discuss individual traumatic experiences.



Mind Matters Pinwheel Curls

- Self-Soothing
- Observing Self
- Relationships
- Hijacked Brain
- Self-Care
- Intentionality



Mind Matters' 12 lessons provide flexibility in implementation.

1-2 hour sessions

20 minute segments embedded in existing programs

Group settings

One-on-one

Paraprofessional Instructor



Mind Matters uses proven educational methods that build new habits.

1. Practice an emotional regulation skill.
2. Review the previous lesson.
3. Introduction to new skills.
4. Do the activity.
5. Review the benefits of the skill.
6. Commit to practicing new skills.
7. Conclude with an emotional regulation skill.

Mind Matters Participant Journal amplifies learning.

Utilizes:

Methods that internalize learning.

Counting *Vital Factors*.

Activities:

Written commitment to practice.

Evaluation of their success after each lesson.

Provided summary of each lesson.

Record of their accomplishments.

Review of skills and lessons learned.

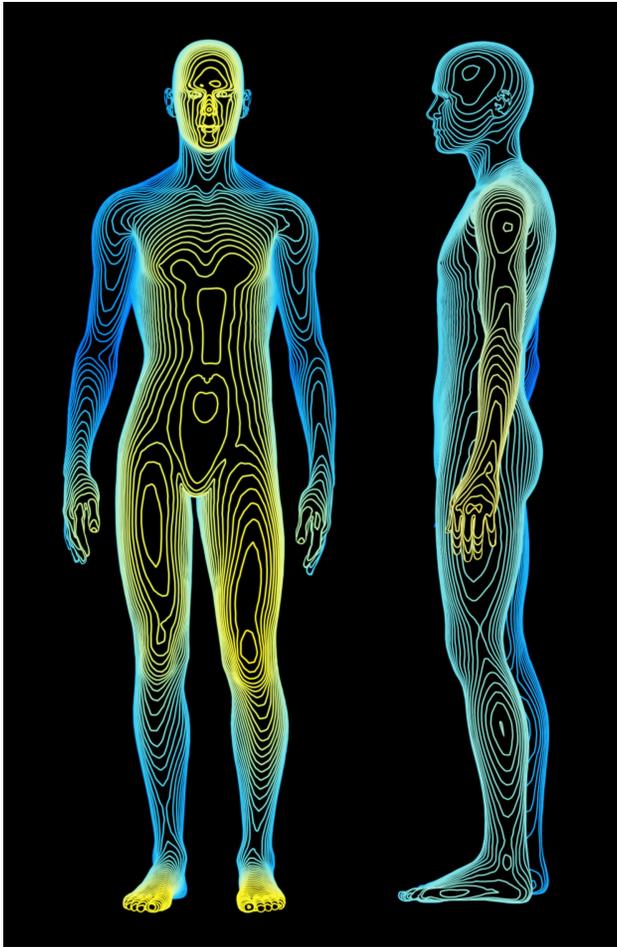
It's a coloring book.

Lesson 1: Self-Soothing



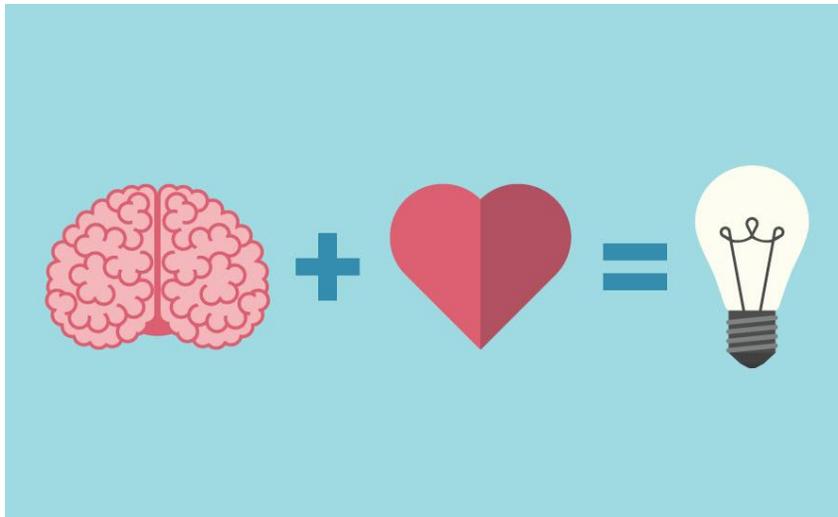
- **Issue**
 - Over reactive or under reactive systems
- **Theory**
 - Grow the brain through self-soothing
 - Learning to wait
- **Activities**
 - Breath Practice
 - Peripheral Vision
 - 5, 4, 3, 2, 1 Skill
 - Coloring

Lesson 2: Discover Emotions



- **Issue**
 - Lack of self-awareness
- **Theory**
 - Name it to tame it
- **Activity**
 - Body Scan
 - Label emotions
 - Recognize protective factors of feelings

Lesson 3: The Difference between Emotion and Thought/The Internal journal



- **Issue**
 - Reactive System
- **Theory**
 - Develop an Observing Self
- **Activity**
 - Distinguish between thoughts and emotions
 - Diagram internal systems
 - Apply soothing skills when distressed

Lesson 4: Building Empathy



- **Issue**
 - Lack of meaningful connection
- **Theory**
 - People are injured in relationships and people are healed in relationships
- **Activity**
 - Deep listening
 - Loving Kindness Practice

Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness



- **Issue**
 - Lack of a Support System
- **Theory**
 - Supportive adult relationship builds resilience
- **Activity**
 - Create a Support System Map
 - Name a Trusted Adult

Lesson 6: The Hijacked Brain



- **Issue**
 - Effects of Trauma
- **Change**
 - Its not what's wrong with you. It's what happened to you.
- **Activity**
 - ACEs test
 - Recognize the effects of trauma
 - Apply self-soothing skills

Lesson 7: Trauma Containment and Rhythm



- **Issue**
 - Intrusive memories
- **Theory**
 - Letting go of negative memory
 - Cultural traditions of healing
- **Activity**
 - Writing or drawing exercise
 - Use of music and dance

Lesson 8: Tapping/Efficient Sleep



- **Issue**
 - Intrusive memories and negative emotions & thoughts
 - Trouble sleeping
- **Theory**
 - Acupressure
 - Sleep science
- **Activity**
 - Tapping on Acupuncture Points
 - Develop plan for Efficient Sleep

Lesson 9: Let's Get Moving



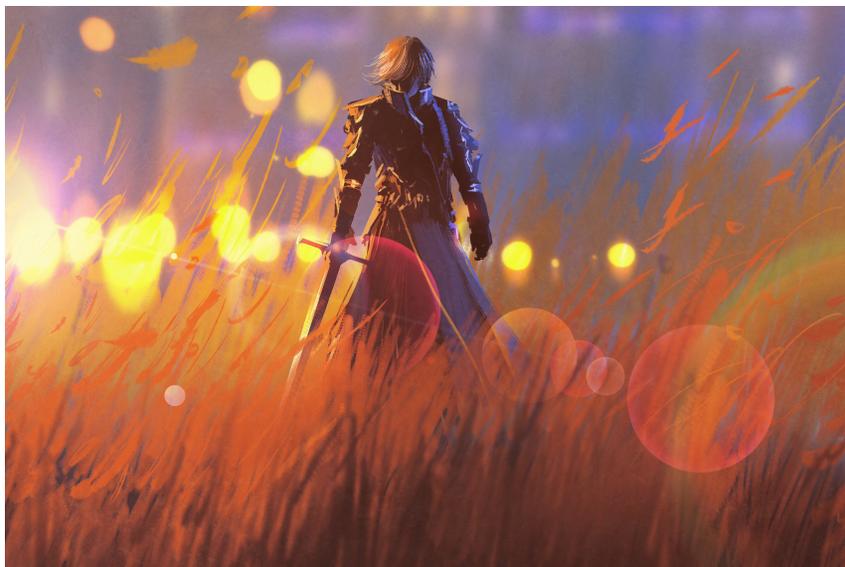
- **Issue**
 - Stress stored in the body
- **Theory**
 - Benefits of physical exercise
 - Do the physical activity you love
- **Activity**
 - Chair Yoga
 - Plan a life with physical activity

Lesson 10: Life of Intention



- **Issue**
 - Belief in a shorten future
- **Theory**
 - Create a vision for the future
- **Activity**
 - Goal setting
 - SMARTER Goals
 - Visualization of the future

Lesson 11: Code of Honor/ Asking for Help



- **Issue**
 - Lack of awareness of values
 - Social isolation
- **Theory**
 - Values recognition
 - Engaging a Trusted Adult
- **Activity**
 - Create a Code of Honor and a Personal Shield
 - Combine goal setting with asking for help

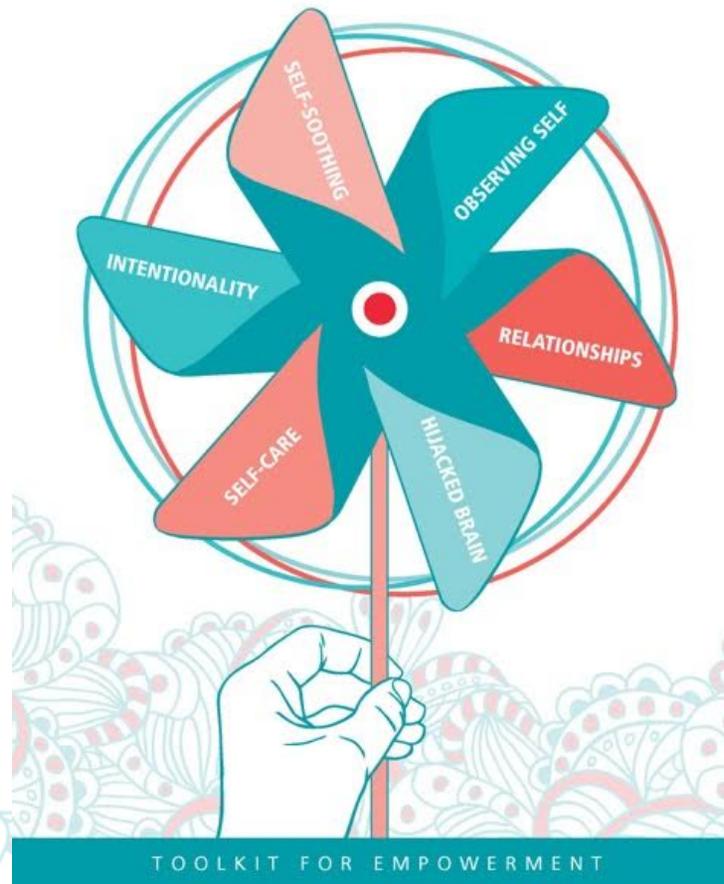
Lesson 12: The Ongoing Journey



- **Issue**
 - Continued use and maintaining learning
- **Theory**
 - Create new habits
- **Activity**
 - Review class learnings
 - Commit to healthy mind habits
 - Sign a contract for change
 - Create a self-monitoring system

Mind Matters Pinwheel Topics

MIND MATTERS | OVERCOMING ADVERSITY AND BUILDING RESILIENCE



MindMatters Overcoming Adversity and Building Resilience

Free on-line bonus material to expand your program.



- Additional materials
 - Video links
 - Supplementary material
 - PowerPoints
 - Ongoing updates of research information in the field
- Available upon purchase of *Mind Matters Kit*

When you teach *Mind Matters*,

You are building resilience.

You are changing your community.

You are joining a team.

You are pioneers.



Mind Matters is a ready-to-teach program.

Instructor's Kit (\$299 – *pre-publication special \$239**) includes:

- Instructor's Manual with 12 lesson plans including all handouts.
- Toolkit cards with breath exercises, self-soothing skills, self-awareness skills for easy use.
- PowerPoint slides for every lesson with embedded videos.
- Access to online Bonus Materials to supplement the lessons.
- 5 Participant Journals to build confidence and competence.

Participant Journals (\$49 for a pack of 5) are necessary to teach *Mind Matters* because they give participants tips and instructions.

Training is highly recommended but not required.

- July 26-27 at the National Association of Relationship and Marriage Educators Conference in Denver. www.NARME.org
- Host a regional training.
- Bring a Dibble training to your organization.

* ends July 30, 2017.

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How would you use this program?



Let's work together.

My goals for you include

Successful program

Implement with ease

Teach with confidence

Available to help

One hour monthly training to enhance teaching

Contact me through email



carolynrichcurtis@gmail.com

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- 800-695-7975

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Questions? Contact:

Kay Reed- KayReed@DibbleInstitute.org

Cathy Guidry- Cathy@Dibbleinstitute.org

July 2017 Webinar

Wednesday, July 12, 2017

Practical Methods for Implementing Love Notes with Risk-Immersed youth.

- Clay Rojas, Prison Families Aftercare
- Avis Files, Brothers United Fatherhood Program, Pathway Inc