

MindMatters *Overcoming Adversity and Building Resilience*

A Tool Kit for Empowerment

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Goals

People who have experienced trauma and toxic stress often have difficulty regulating their emotional responses when facing challenges in school, life, and relationships. As participants learn the skills and strategies in **Mind Matters**, they can begin to say, "I am not a victim of what happened to me. I am the hero in my own life story."

Introduction

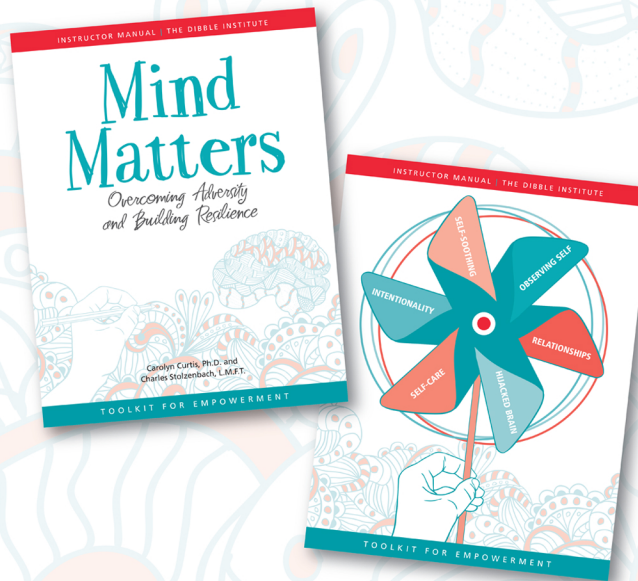
Mind Matters' 12 one-hour lessons teach participants ages 12 and up to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. They learn to address their physical, relational, and mental health needs.

Key Topic Areas

- **SELF-SOOTHING AND EMOTIONAL REGULATION**
cultivating a mindfulness practice
- **DEVELOPING AN OBSERVING SELF**
managing stress, dealing with intrusive thoughts, internal family systems
- **RELATIONSHIP SKILLS**
developing empathy, building and using a support system, asking for help
- **COMPASSION FOR THE HIJACKED BRAIN**
understanding the science of ACEs
- **SELF-CARE SKILLS**
yoga, rhythm, tapping, focused attention
- **INTENTIONALITY**
goal setting, developing a new self-statement

"The authors have truly created a gift to the community of people looking for a way to help others learn about just how normal childhood adversity is, how profound its effects are our brain, bodies, lives, and communities, and most importantly, how to soothe and heal ourselves."

—JANE STEVENS, PUBLISHER, ACES CONNECTION



Unique Aspects of Delivery

- Strong emphasis on **safety**,
- Lessons are **fun and engaging**,
- Creates **"new habits of mind"** through journals.
- Practical, **hands-on activities** that build resilience and increase hope.
- May be taught by **para-professionals to groups**.

Expands Access

- **Easy to implement:** 12-hours, written in a clear concise manner.
- **Training:** recommended but not required.
- **Affordable and available.**
- **Flexible:** lessons can be taught in different order and can be taught in segments.
- **Updated regularly:** posted on a private Facebook page.
- **Culturally competent:** Meets the needs of different cultural groups.

Who benefits?

Teens, youth and adults who have experienced trauma either directly or indirectly. Community agency staff and teachers exposed to secondary trauma.

Program Background

This program is **researched-based** in consultation with van der Kolk, Siegel, and Gentry and other leaders in the field. It was piloted with at-risk seventh graders, a high-needs community high school and a transitional housing association for their staff and clients. Currently, being implement across the country.

Learn more

<https://www.dibbleinstitute.org/mind-matters/>

For free online review copy contact

RelationshipSkills@DibbleInstitute.org
800-695-7975

Mind Matters *Overcoming Adversity and Building Resilience*

Instructor's Kit

\$325

SKU: MM

- Instructor's Manual with 12 lesson plans, including all handouts
- Appendix with guidance for 21, 20-minute, one-on-one sessions
- 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
- 1 sample Participant Journal

10 Participant Journals

\$100

SKU: MM-J5

3-11 packs - \$95

12+ packs - \$90

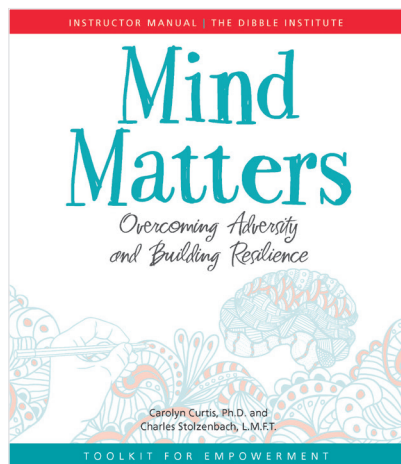


Table of Contents

Forewords	II	Lesson 7: Trauma Containment and Rhythm	83
Introduction	IV	Trauma Containment	
Mind Matters Overview	VI	Integrate the Senses Through Rhythm	
Acknowledgements	VIII	Lesson 8: Tapping & Efficient Sleep	91
Instructor Guidance	IX	Learn Tapping	
Order of Instruction	X	Efficient Sleep	
Toolkit & Participant Journal	XI	Lesson 9: Let's Get Moving	101
Online & Bonus Materials	XIII	Let's Get Moving	
Lesson 1: Self-Soothing	1	Join a Team or Club/Self-Defense	
Introduction to <i>Mind Matters</i> /Marshmallow Activity		Practice Yoga	
Four Self-Soothing Skills		Exercise Program	
Lesson 2: Discover Emotions	15	Lesson 10: Life of Intention	111
Body Scan		Your Road Map for Life	
Practice Identifying Emotions		SMARTER Goals	
Emotions: When They Work and When They Don't		Tell Someone	
Lesson 3: The Difference Between Emotion and Thought & The Internal Journal	29	Lesson 11: Code of Honor & Asking for Help	119
Expressing Emotion or Thought		Code of Honor/The Honor Shield	
Emotion or Thought Chart		Asking for Help	
The Internal Journal		Lesson 12: The Ongoing Journey	127
Lesson 4: Empathy	43	Four New Skills	
Building Empathy		Personal Agreement Contract	
Loving Kindness		<i>Mind Matters</i> Practice Record	
Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness	55	Safe Place, Picture, and Anchor Object	
Mapping Your Support System		Bibliography	137
Wheel of Awareness		Appendix: One-on-One Instruction	145
Lesson 6: Compassion for the Hijacked Brain	67	Toolkit: (Cardstock in back of Instructor Manual)	
Introduction of Trauma and ACE Questionnaire		1. Breath Exercises:	
Further Information on Trauma		a. Focused Breathing	
Effects of Trauma on the Brain and Behavior		b. Three-Part Breath	
ACE Response Checklist		c. Emotion and Thought Breath Exercise	
Hope: Methods to Build Your Brain		2. Self-Soothing Skills:	
		a. Peripheral Vision	
		b. 5-4-3-2-1 Skill	
		c. Loving Kindness Exercise	
		3. Self-Awareness Skills:	
		a. Body Scan	
		b. Wheel of Awareness	

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