

The background is a dark, textured surface with numerous water droplets of various sizes scattered across it. The droplets are rendered with realistic highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the frame.

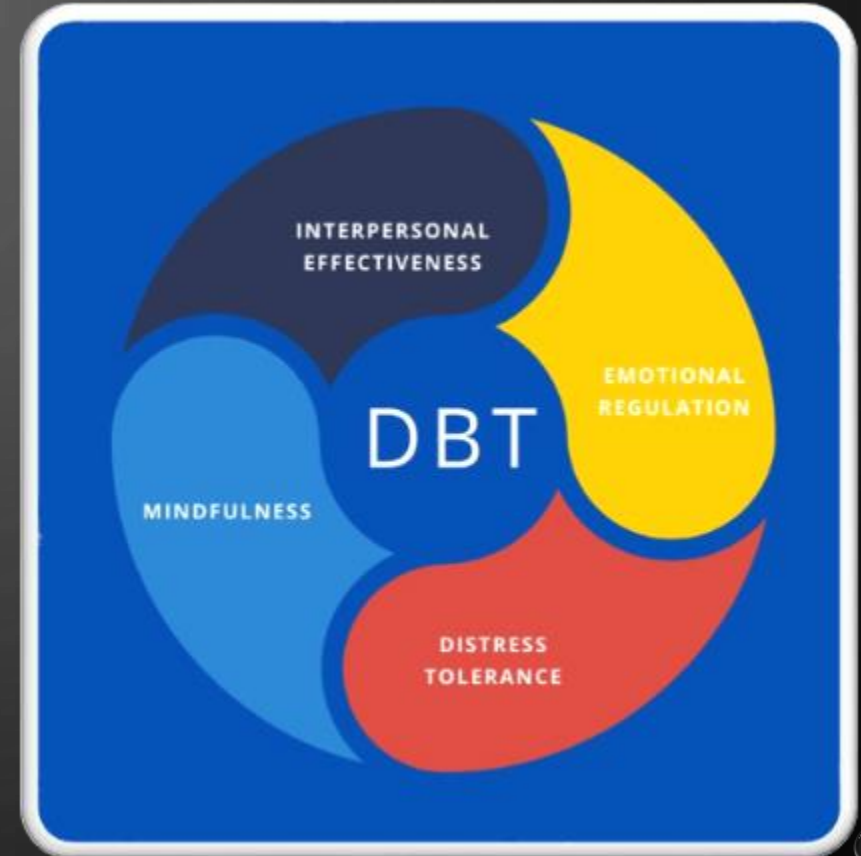
DIALECTICAL BEHAVIORAL THERAPY (DBT) - WISE MIND

NOV, 2023

LA CHEIM BHS

DIALECTICAL BEHAVIORAL THERAPY

- DEFINITION: EVERYTHING IS FUNDAMENTALLY COMPRISED OF OPPOSITES – AND THE HEALING COMES IN EXPLORING THE MIDDLE SPACES IN THE DIALECTIC
- PURPOSE: DESIGNED TO HELP US BETTER COPE WITH **EXTREME SETS OF EMOTIONS** - VERY REPETITIVE – NECESSARY FOR REWIRING OUR BRAIN
- VERY RESEARCH-BASED, COMMONALITIES WITH **CBT**...BUT WHEN THE **STAKES ARE HIGHER** AND REFRAMING OF THOUGHTS IS **TOO DIFFICULT**



DBT

- MOST OF THE SKILLS INVOLVE TAKING A **PAUSE**
- HELPS **DISARM** THE THOUGHT THAT WE'RE A HORRIBLE PERSON (THAT PEOPLE MAY HAVE BEEN REINFORCING OUR ENTIRE LIFE) - OR THAT OTHER PEOPLE ARE HORRIBLE PEOPLE
- **MOST USEFUL:**
 - WHEN WE NEED TO BUY TIME,
 - TO PREVENT THINGS COME GETTING WORSE,
 - TO HELP WHEN OUR EMOTIONS ARE TELLING US TO DO SOMETHING EXTREME - SOMETHING WE'LL LATER REGRET
- STARTING POINT IS **WISE MIND...**

WISE MIND

DBT SKILLS GROUP TOPIC 1



DBT SKILL:
WISE MIND

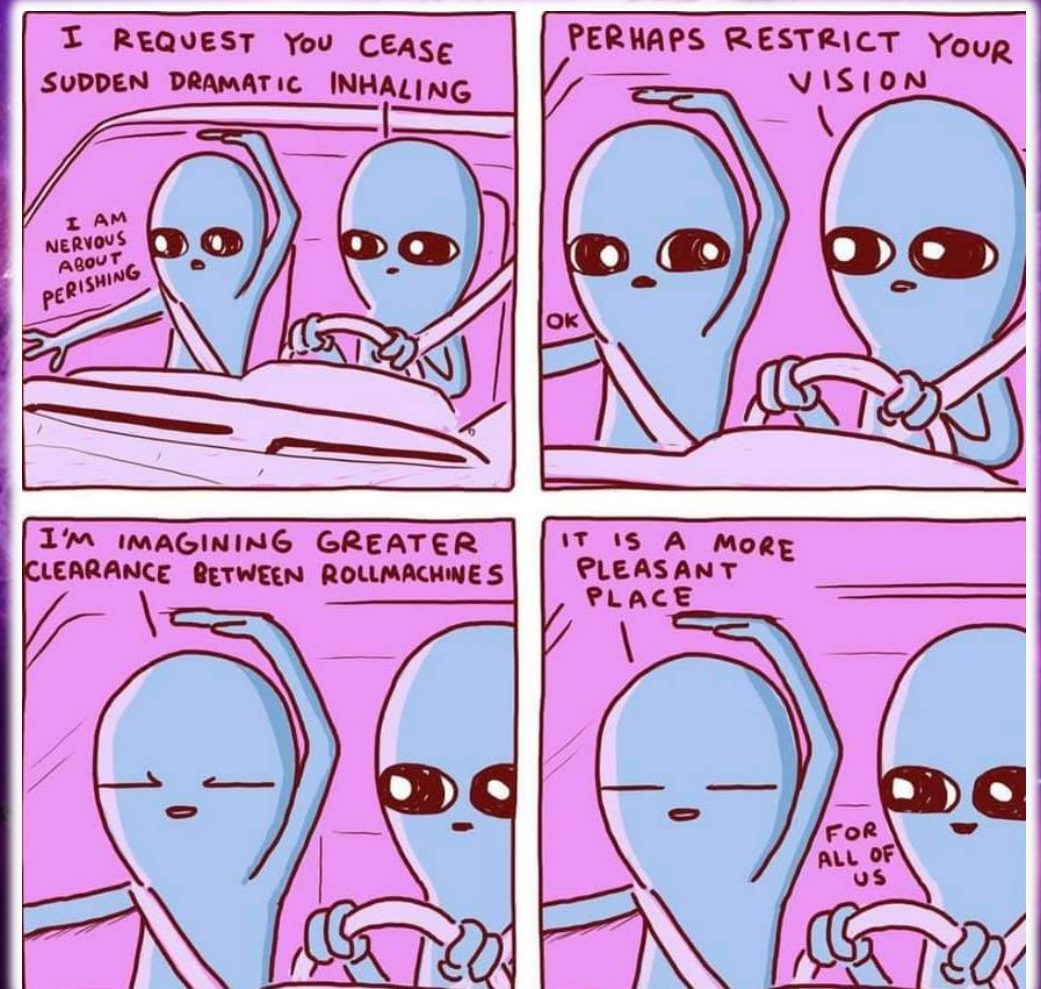


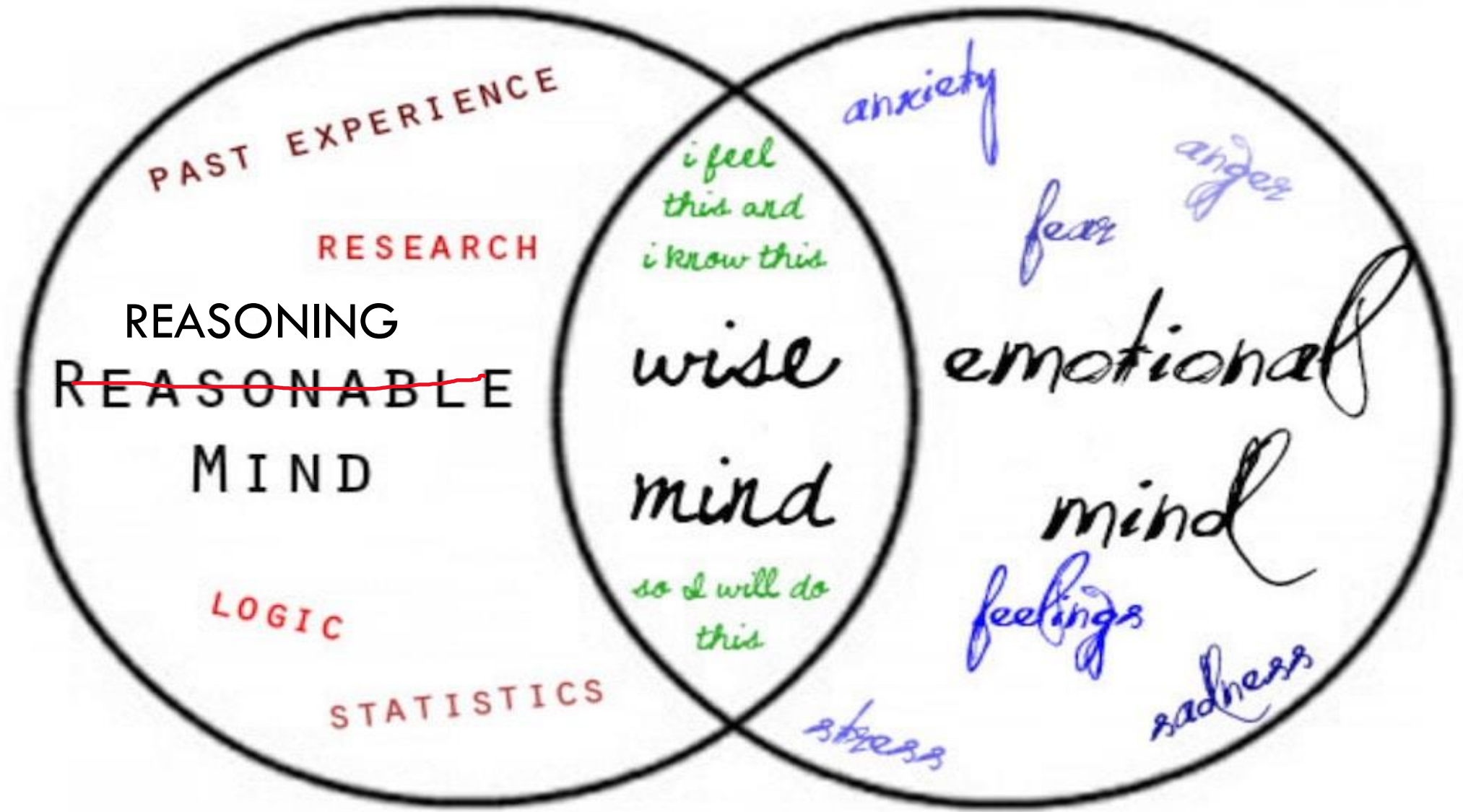
WISE MIND VIDEO LINK

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=-UOGRATAVV4](https://www.youtube.com/watch?v=-UOGRATAVV4)

Wise Mind: Key Ideas

- Wise mind is a DBT term first introduced by the founder of dialectical behavior therapy Marsha M. Linehan.
 - It lies between the emotional mind (decision making and judgements based entirely on our emotions, or the way we feel) and the reasoning mind (decisions and judgments based solely on facts, logic, and deliberation).
- We are most effective when we are able to access, integrate and deliberately balance both our emotional and reasoning minds.
- We can access our wise mind by taking a pause and inviting ourselves to use both our intuition and logical/thinking processes.

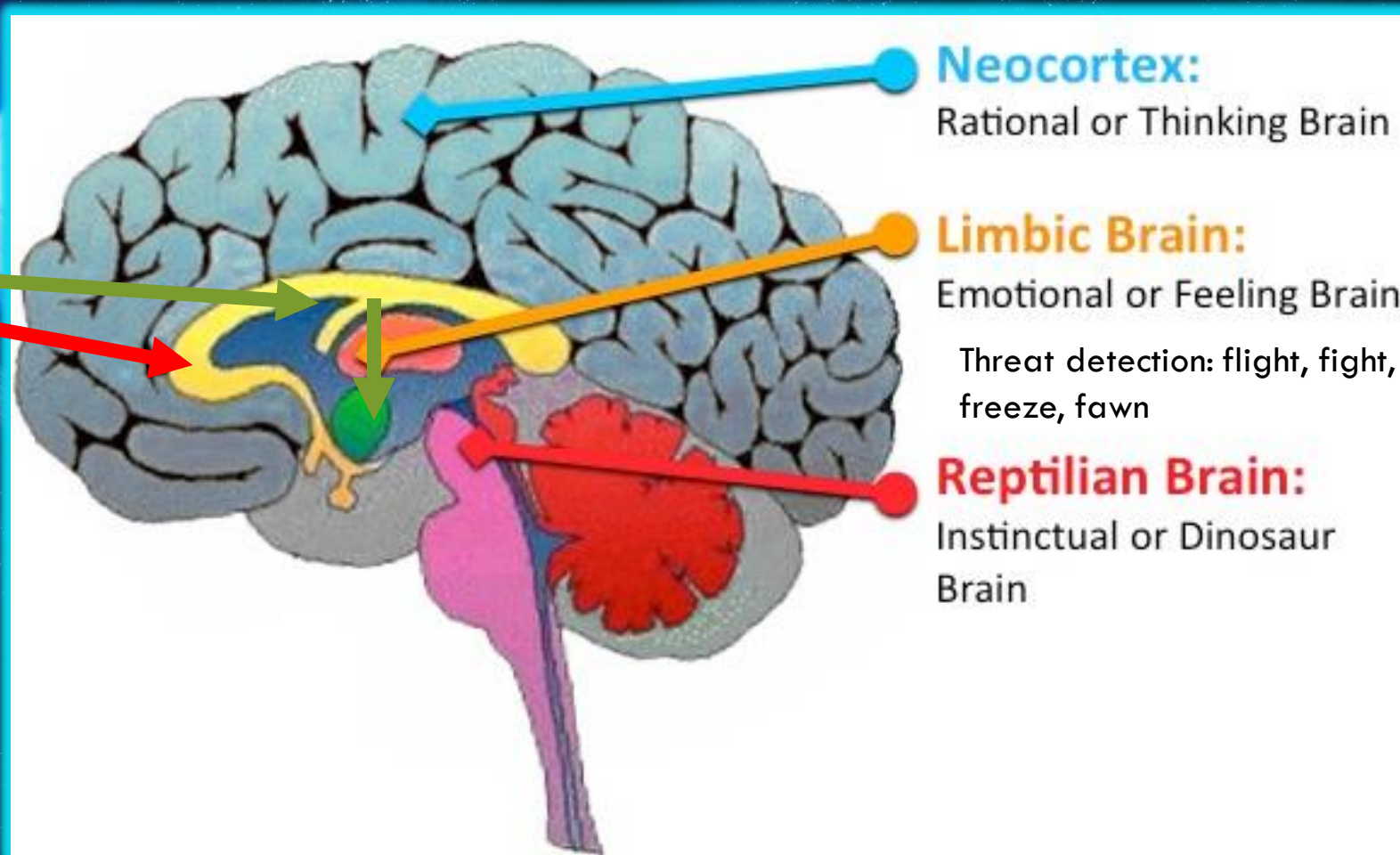




Triune Model of the Brain:

Another way to think about wise mind

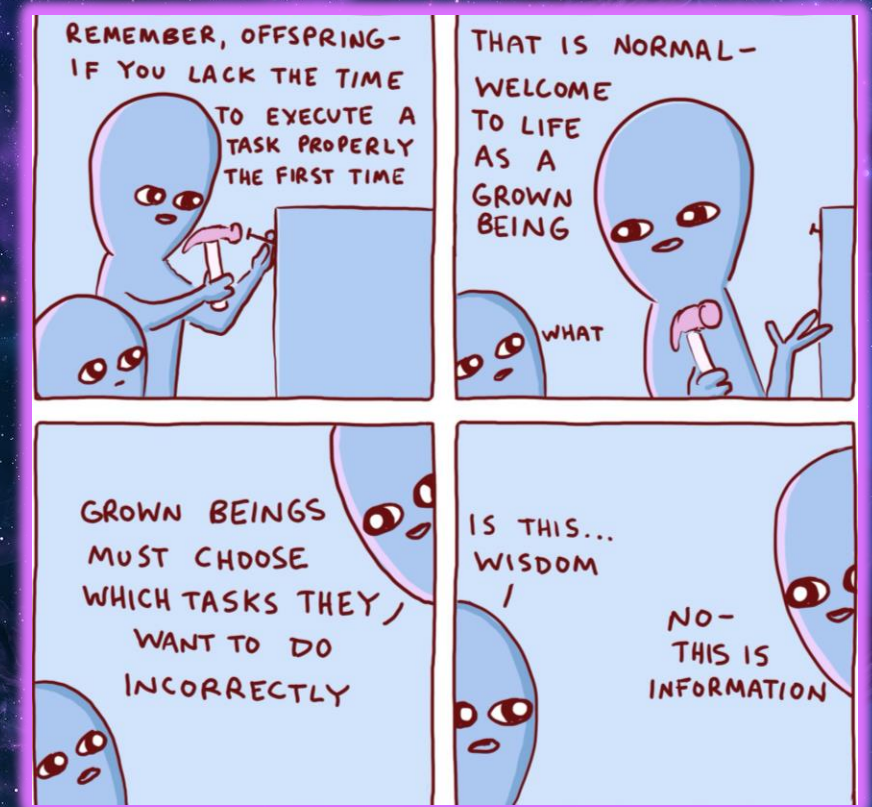
Trigger



Accessing Your Wise Mind

Take a pause, center, and enlist your awareness, balance, and future intentions.

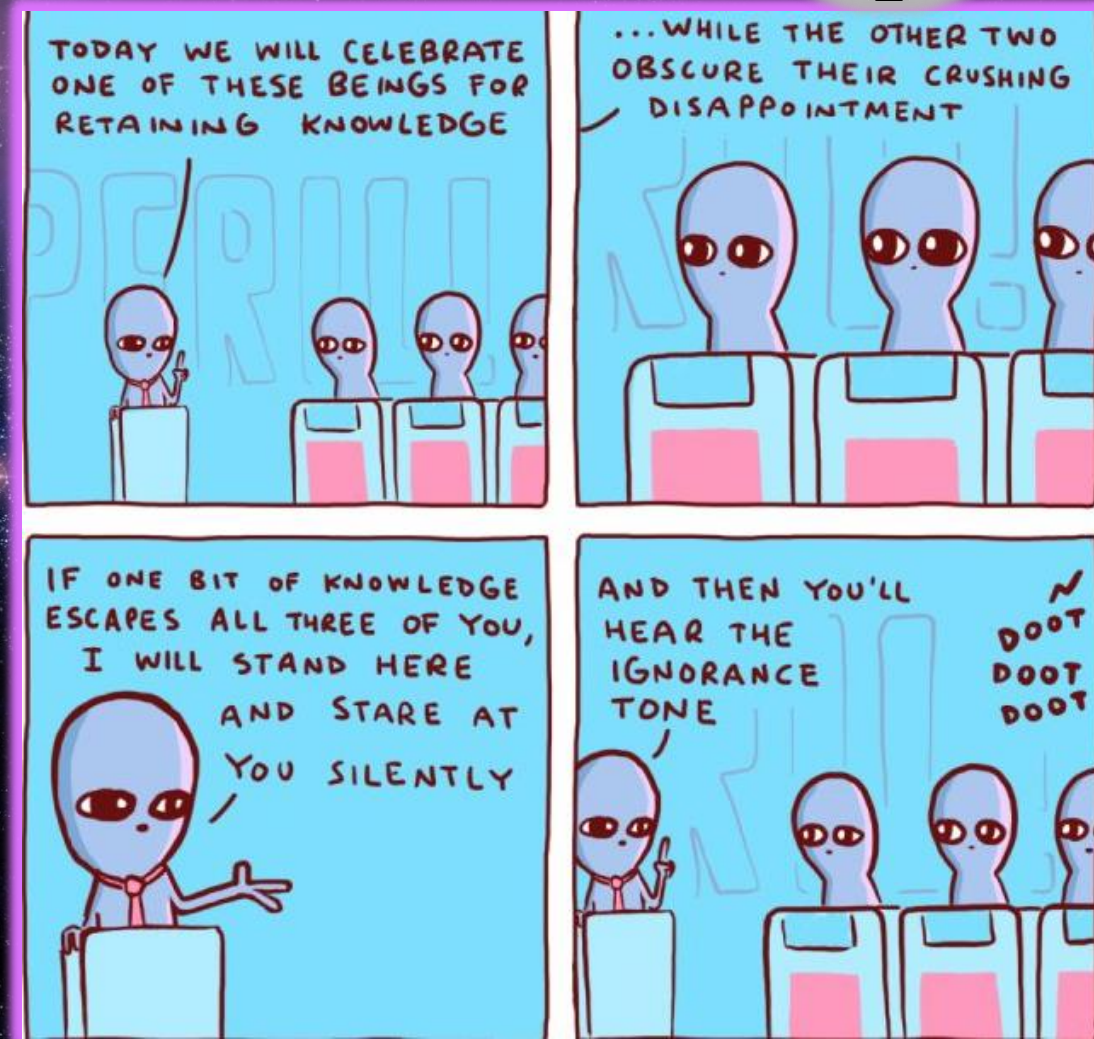
- Meditation and mindfulness are crucial to Wise Mind.
- Take a non-judgmental stance.



Wise Mind Exercise

- Engage your intuition by taking a pause, centering, and inviting your intuition and emotions without judgement.
- Breathing in, silently ask Wise Mind a Question
- Breathing out, listen for the answer
- Listen, but do not give yourself the answer. Do not tell yourself the answer, listen for it.

➤ Continue asking on each in-breath. If no answer comes, try again another time.



Exercise: Breakout Rooms

- Discuss in small groups: brainstorm ways to use “wise mind”. What helps you access wise mind?



Wise Mind Practice: Stone Flake on a Lake

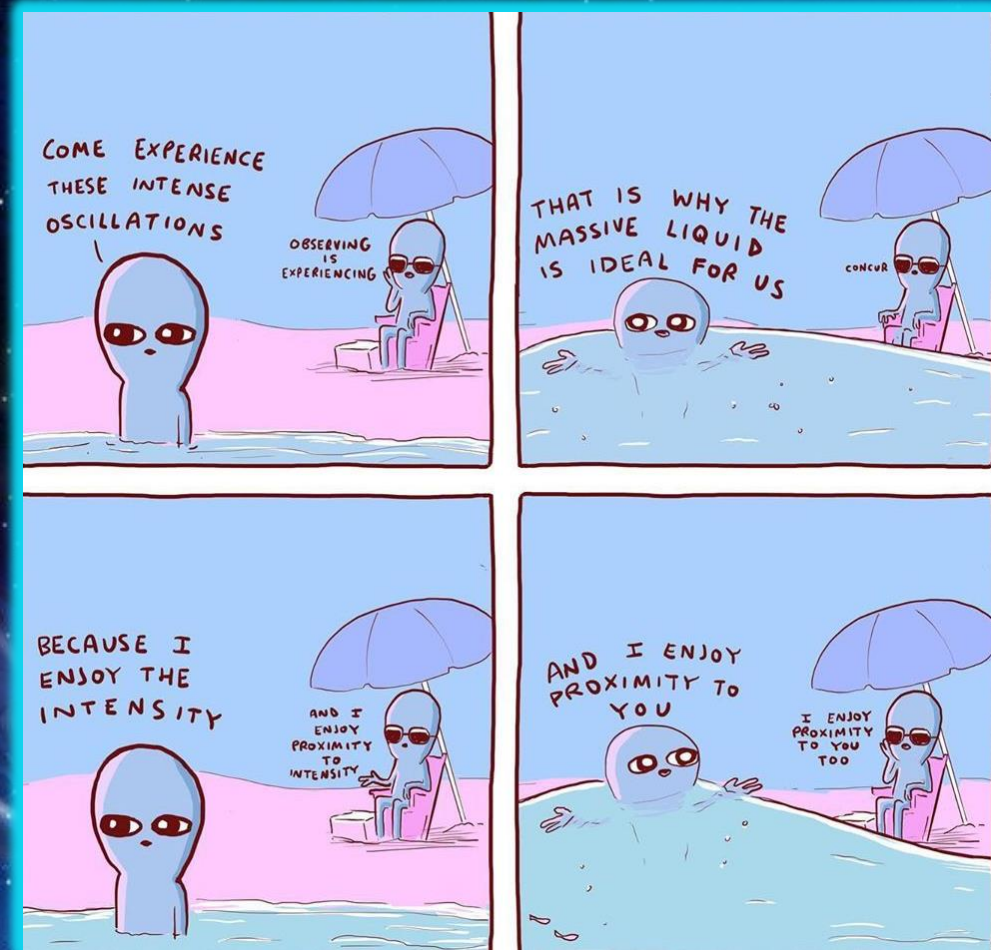
Imagine that you are by a clear blue lake on a beautiful sunny day. Then imagine that you are a small flake of stone, flat and light. Imagine that you have been blown onto the lake. Take slow, calm breaths.

Now imagine that you are gently, slowly, floating through the calm, clear blue lake to the lake's smooth, sandy bottom. Continue to breathe normally.

Notice what you see, what you feel as you flow down, perhaps in slow circles, floating toward the bottom. As you reach the bottom of the lake, settle your attention there within yourself.

Notice the serenity of the lake: become aware of the calmness and quiet deep within.

As you reach the center of yourself, settle your attention there.



How Our Brain Operates in Different Modes

	Planful, "Thrive" Mode	"Survive" Mode
What it pays attention to:	Facts, past experience, short and long term, feelings, emotions	Feelings, sensations, impressions, emotions
How it makes decisions: (intuition, logic)	Logic: Finding patterns, analytical thinking, critical thinking, cognitive processing	Intuition: Gut feeling, intuition. Body/somatic
Temperature/color:	Cool, Blue, turquoise, sea water, float on a lake.	Colorful, bright red Vibrant, fiery, hot
Intensity of response (emotional, physical, action):	More balanced, temperate Detached, disconnected	High intensity, urgency More visceral, felt sense
Speed/sense of urgency:	Slower, more intentional.	Spontaneous, pressing/pressured
Awareness of others:	May be focused on self, but also able to consider self and others. Evaluate how someone is feeling	Focus on self and survival Experience others in extreme ways Assume how someone is feeling