Welcome

Toolbox: Webisode One

Orientation and Dialectics

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WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

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KING COUNTY 24hr CRISIS LINE

1-866-427-4747 or 206-461-3222

TEEN LINK

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE

Text HOME to 741741

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DELANEY KNOTTNERUS

School Based Behavioral Health Coordinator
LSWAIC, SUDP, MHP

CAILYN GRIFFITH

Behavioral Health Support Specialist
LMHCA, SUDPT, MHP

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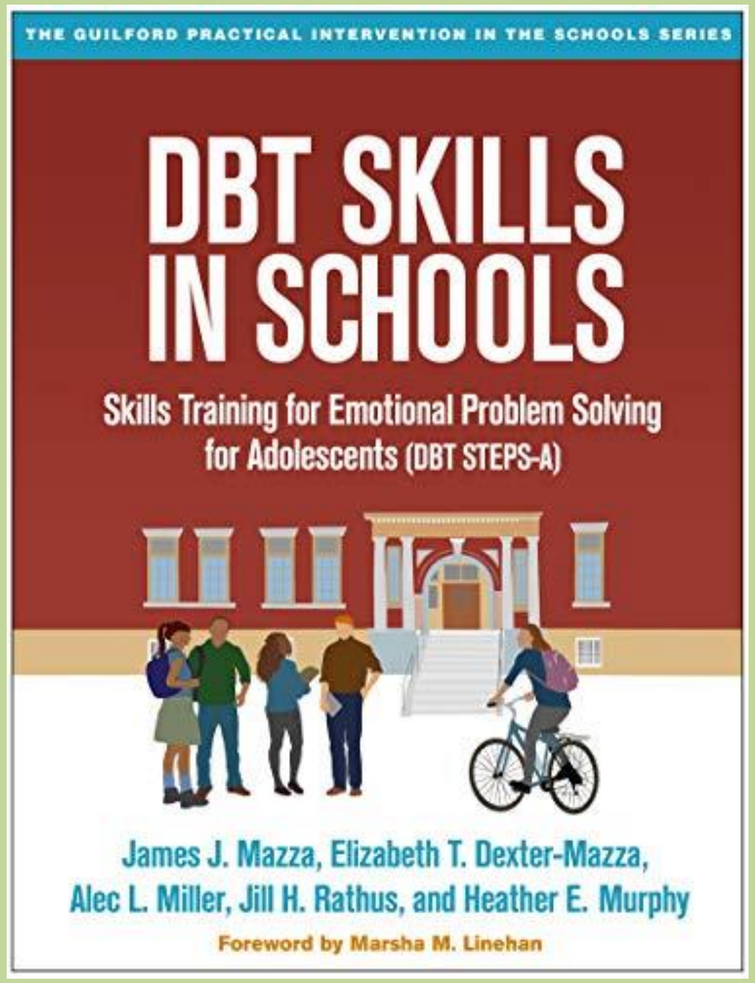
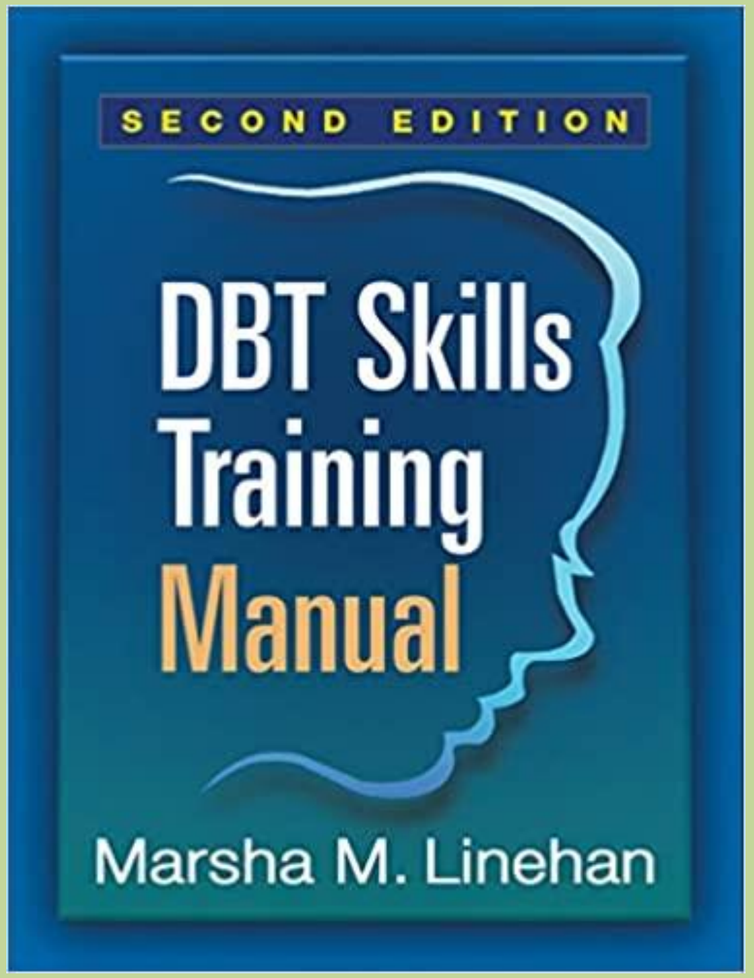
The Materials





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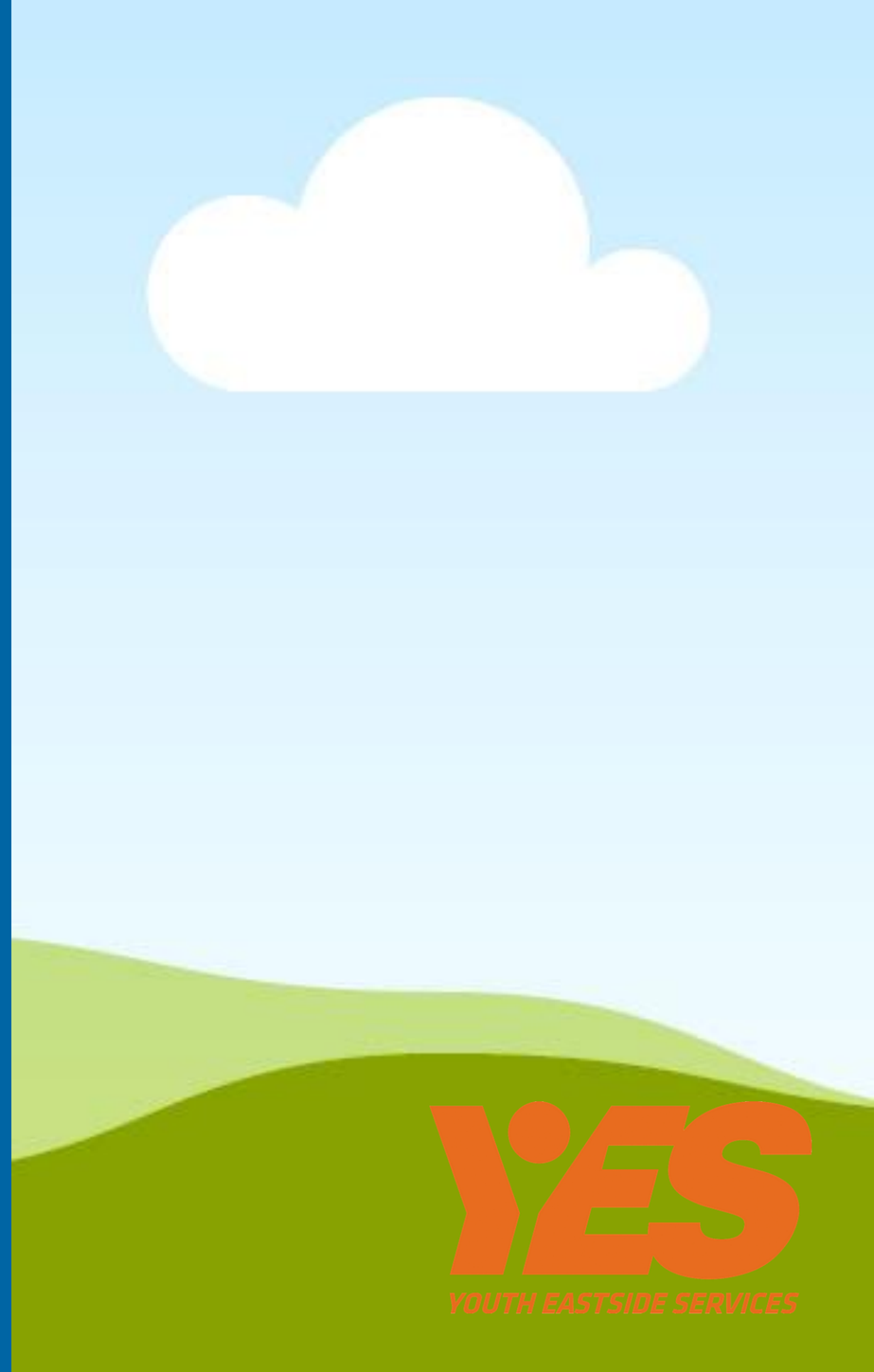
Today's Agenda

- Expectations for Toolbox Series
- Introduction to Dialectical Behavior Therapy (DBT)
- Today's Skill: Dialectical Thinking
- Something to Try at Home
- Q&A

Week 1 of 16 Week Series

April 15th 2021



Expectations

What you can get our of joining us!

- Discussion of skills between two mental health professionals
- Non-judgmental Language
- Learning Environment
- Ideas to apply what we talk about to your own life

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What is DBT?

The “D” means “dialectical.” A dialectic is a synthesis or integration of opposites.

The “B” stands for “behavioral.” DBT requires a behavioral approach. This means that we assess the situations and target behaviors that are relevant to our clients’ goals in order to figure out how to solve the problems in their lives.

The "T" stands for "therapy." DBT is used individually with therapists and clients as well as in a group setting.

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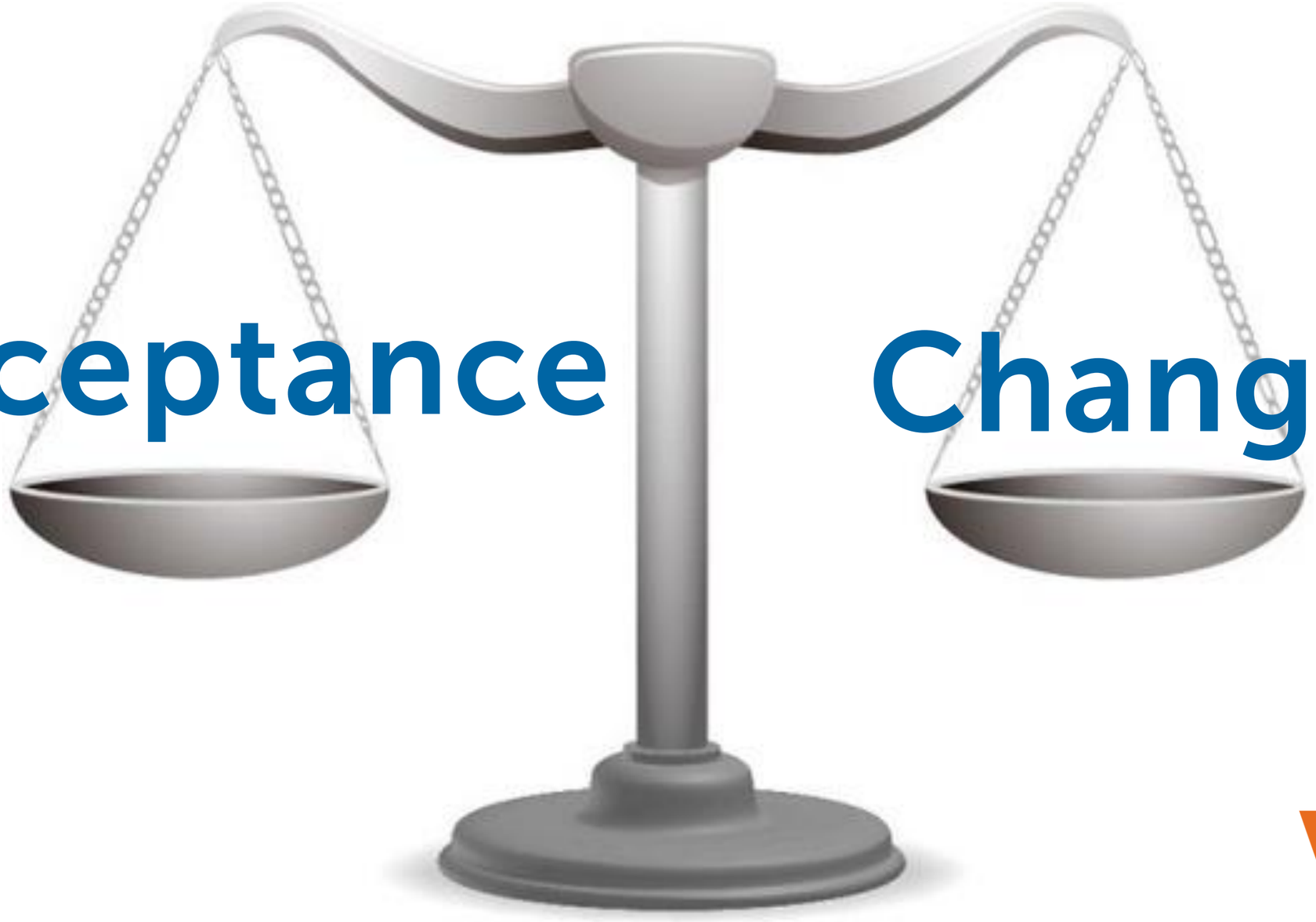
Acceptance



Change

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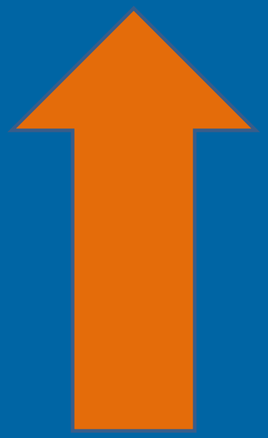
Behaviors to Decrease	Behaviors to Increase
Confusion Not feeling aware of why feelings occur Difficulty focusing	Mindfulness
Impulsive Behaviors Risky Decision Making Avoidance	Distress Tolerance
Labile Affect Feeling like emotions control you	Emotion Regulation
Interpersonal Chaos Fear of Abandonment Low self-respect	Interpersonal Effectiveness



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4 Ways to Address Any Problem

1. Stay Miserable → 1. Use NO Skills
2. Tolerate the Problem → 2. Distress Tolerance or Mindfulness
3. Feel Better about the Problem → 3. Emotion Regulation
4. Solve the Problem → 4. Dialectics, Interpersonal Effectiveness, Problem Solving Skills

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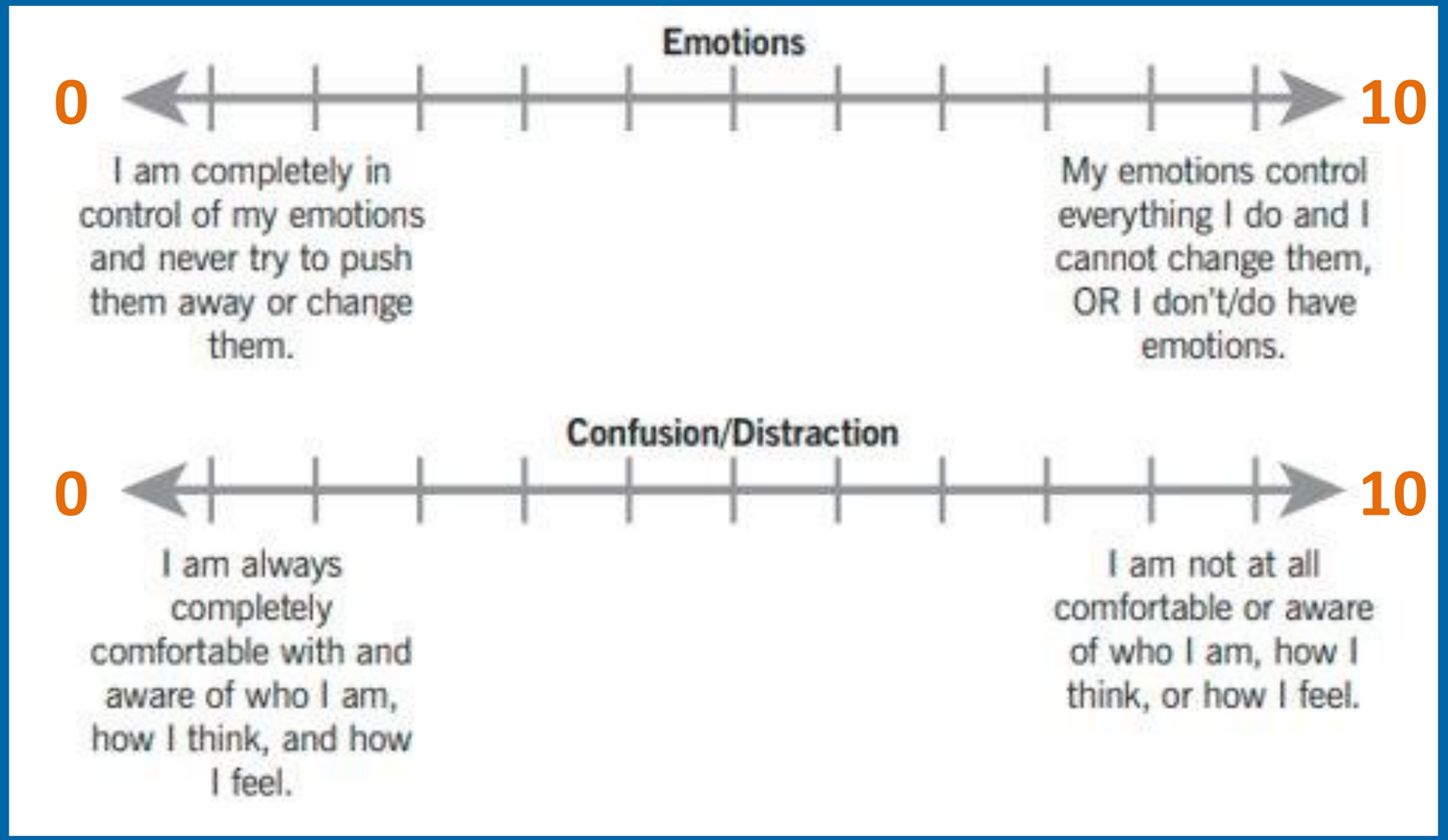
Self Check In:



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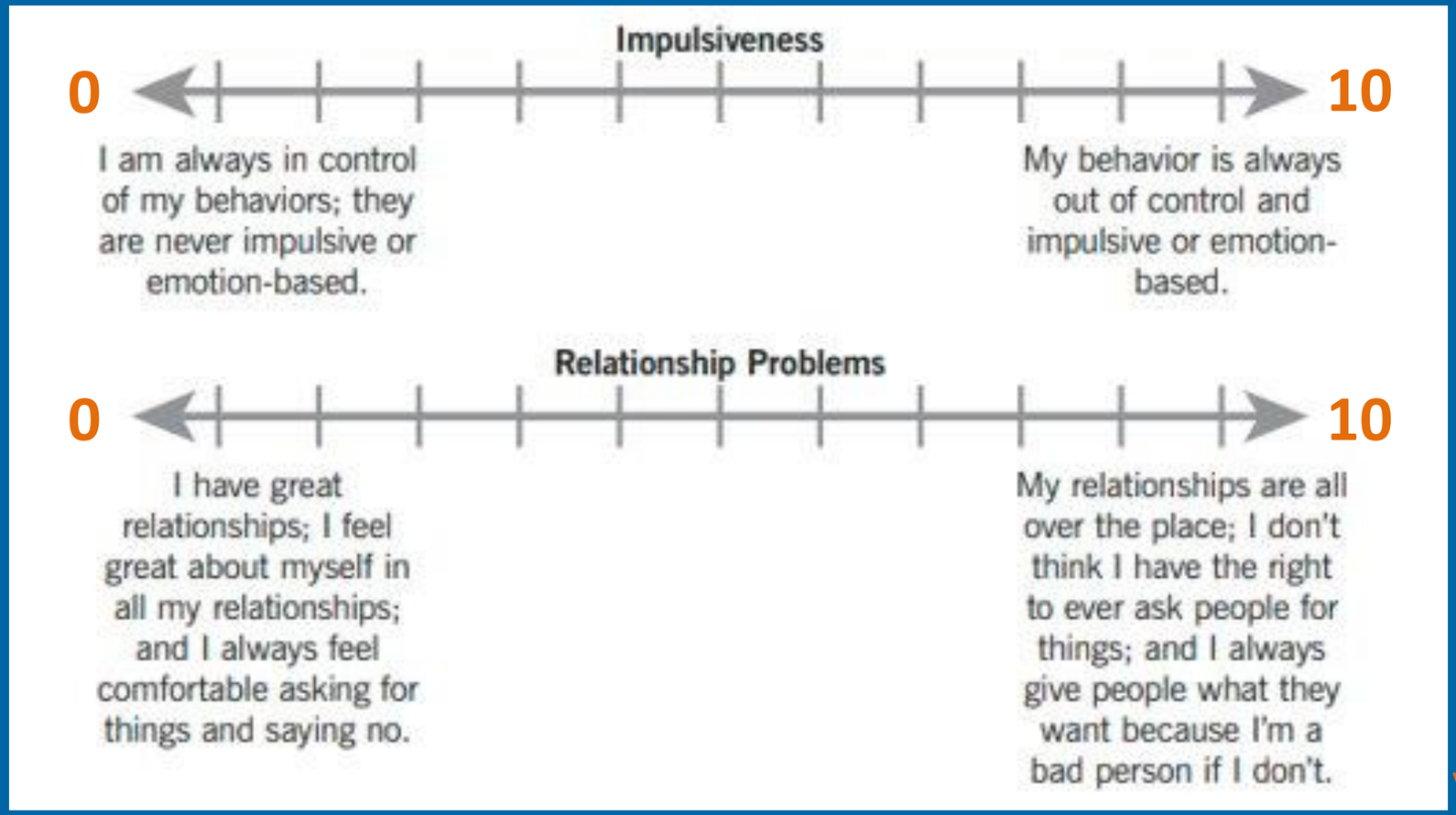

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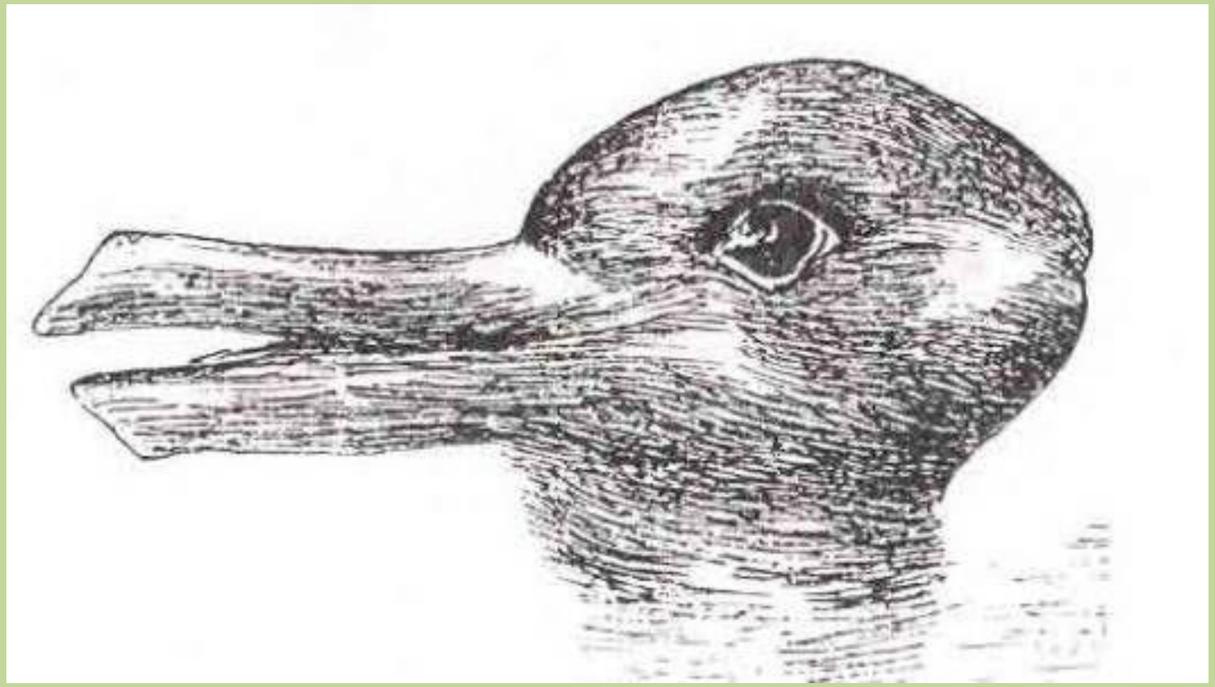
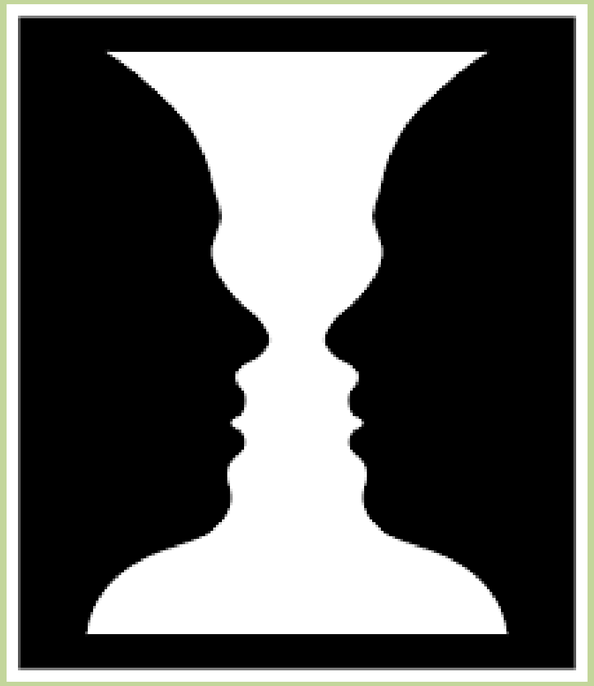
What is a Dialectic?





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Dialectics...

- Acknowledge there is more than one way to see a situation
- Teach us that there is also more than one solution to a problem
- Show us that everyone has different points of view
- "Honor" the truth on both sides of a conflict
- Move from "either-or", "always-never", and other black and white thinking to "and" thinking

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Synthesizing Dialectics

- Synthesizing is like compromising
- It's challenging our minds to come up with how both seemingly opposite ideas can both be true – walking the middle path

- *I am doing the best I can, AND I need to do better, try harder, and be more effective and motivated to change...*
- *I can do this AND it's going to be hard...*
- *I did not create or cause all the problems I am facing AND I am the one able to take control of the situation now to solve these problems...*

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How do we do this?

- "Both/And" thinking, rather than "either or" or "but"
- Noticing "should" "musts" and "ought to"
- Avoiding "always" and "never"
- Practice perspective taking
- Checking our assumptions
- Using "I feel" statements
- Don't expect OTHERS to know what YOU'RE thinking
- Don't assume YOU know what OTHERS are thinking

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At Home Practice:

1. Briefly describe a situation that comes up
2. Describe how you thought about or acted in response to this situation
3. Describe both sides of the dialectic
    - SIDE A
    - SIDE B
4. How can you honor both sides?
5. What is the outcome of thinking dialectically about the situation?

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At Home Practice:

1. Briefly describe a situation that comes up
    - *I texted my friend asking if they wanted to hang out that evening, and they never texted me back. They use 'read' receipts and they never opened the message*
2. Describe how you thought about or acted in response to this situation
    - *I ignored them the next day at school in 1st period, I thought they were ignoring me, so I returned the favor*

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At Home Practice:

3. Describe both sides of the dialectic

- *SIDE A: I was missing my friend and wanted to hang out with them. I recently got into a fight with my parents and I wanted to talk to someone about it*
- *SIDE B: My friend was busy working on a group project for school that was due the next day so she didn't see her messages and was up late working on it*

4. How can you honor both sides?

- *I can miss my friend AND be sad they didn't get back to me AND they are also allowed to be busy AND get back to me when they can*

5. What is the outcome of thinking dialectically about the situation?

- *Can feel more compassion for friend, can communicate about next time*

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Questions?
Comments?

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