Welcome

Toolbox: Webisode Thirteen

Interpersonal Effectiveness: GIVE

YES
YOUTH EASTSIDE SERVICES

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

REACH OUT TO US

CURRENTLY NOT TAKING NEW CLIENTS

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

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REACH OUT TO SOMEONE ELSE

KING COUNTY CRISIS LINE (24/7)

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

TEEN LINK (6-10pm nightly)

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

CRISIS TEXT LINE (24/7)

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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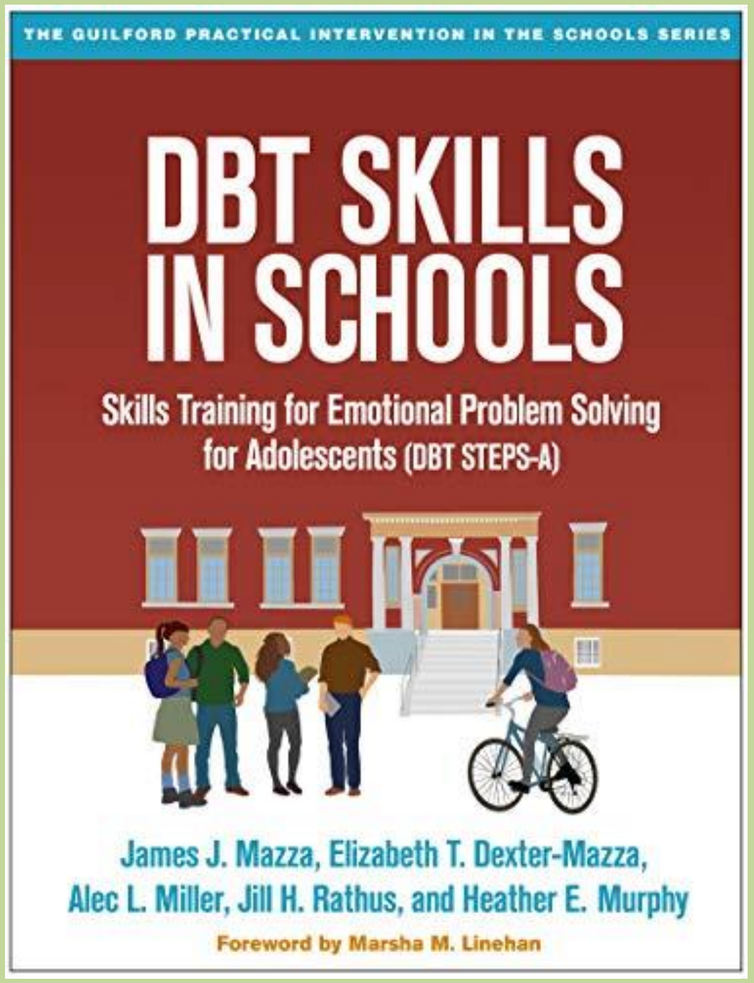
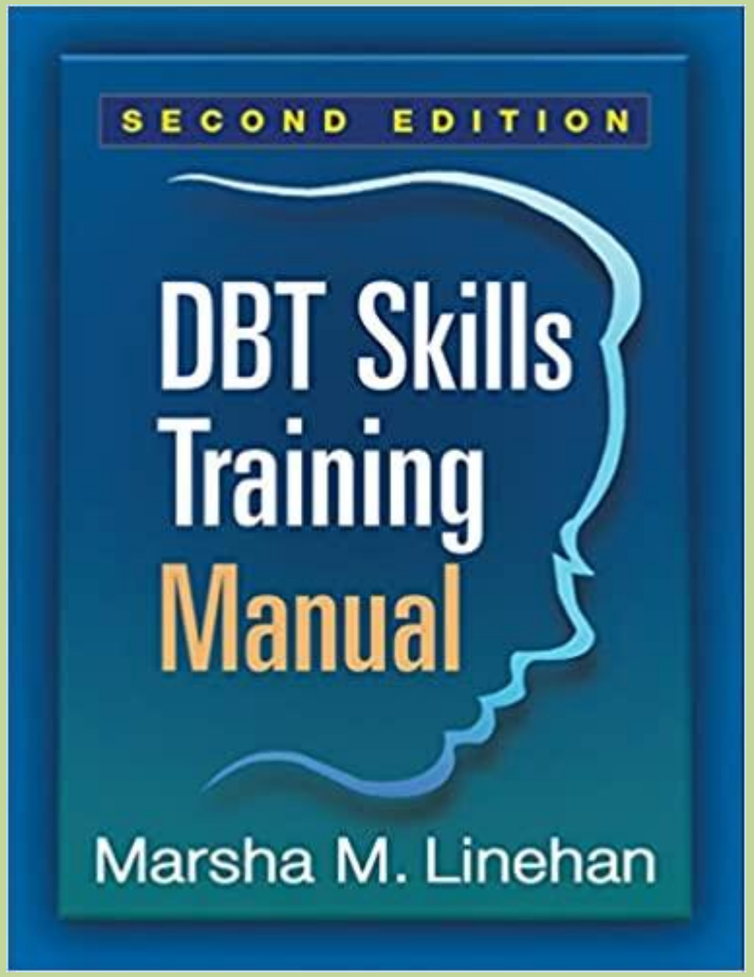
The Materials





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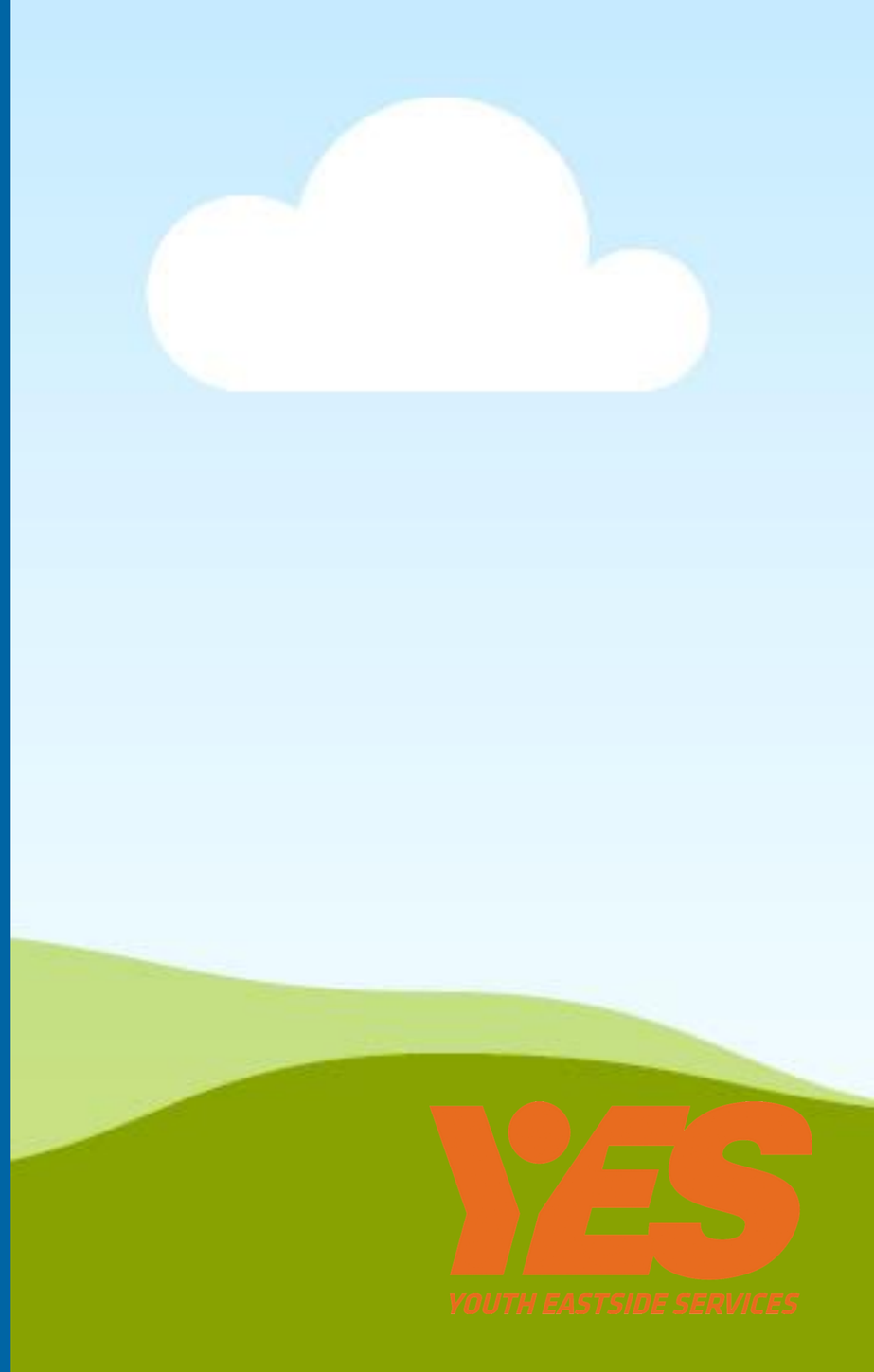
Today's Agenda

- Mindfulness
- Interpersonal Effectiveness Goals
- GIVE
- At Home Practice
- Q&A

Week 13 of 16 Week Series

July 8th 2021



Your Toolbox:

Mindfulness

- Thinking Dialectically
- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-Mindfully
- Effectively

Distress Tolerance

- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- Pros & Cons
- Radical Acceptance

Emotion Regulation

- Functions of Emotions
- Describing Emotions
- Check the Facts
- Opposite Action
- ABC PLEASE
- The Wave Skill

Interpersonal Effectiveness

- GIVE

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Mindfulness

Let's Practice

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I Am Me

My Declaration of Self-Esteem and Self Acceptance

In all the world there is not one exactly like me. Everything that comes out of me is authentically mine because I choose it…I own everything about me, my body, my feelings, my mouth, my voice, all my actions whether they be to others or to myself…I own my fantasies, my dreams, my hopes, my fears…I own all of my triumphs and successes, all of my failures and mistakes…because I own all of me. I become intimately acquainted with me…by so doing, I can love me and be friendly with me in all my parts…I know there are aspects about myself that puzzle me and other aspects I do not know…but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and for ways to find out more about me…however I look and sound whatever I say and do, and whatever I think and feel at a given moment in time is authentically me…if later some parts of how I looked, sounded, thought and felt turned out to be unfitting, I can discard that which is unfitting and keep the rest and invest something new for that which is I discard…I can see, hear, feel, think, say and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me…I own me and therefore I can engineer me…I am me and **I AM OKAY.**

Virginia Satir

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Interpersonal Effectiveness Goals

1) Meeting your Objectives

2) Maintaining and Improving your Relationships

3) Maintaining and Increasing your Self-Respect

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Goals of Relationship Effectiveness

- *Communicating your wants and needs in a way that* **builds and maintains the relationship**
- *Thinking about* **how you want the other person to feel about you** *after the interaction is over*

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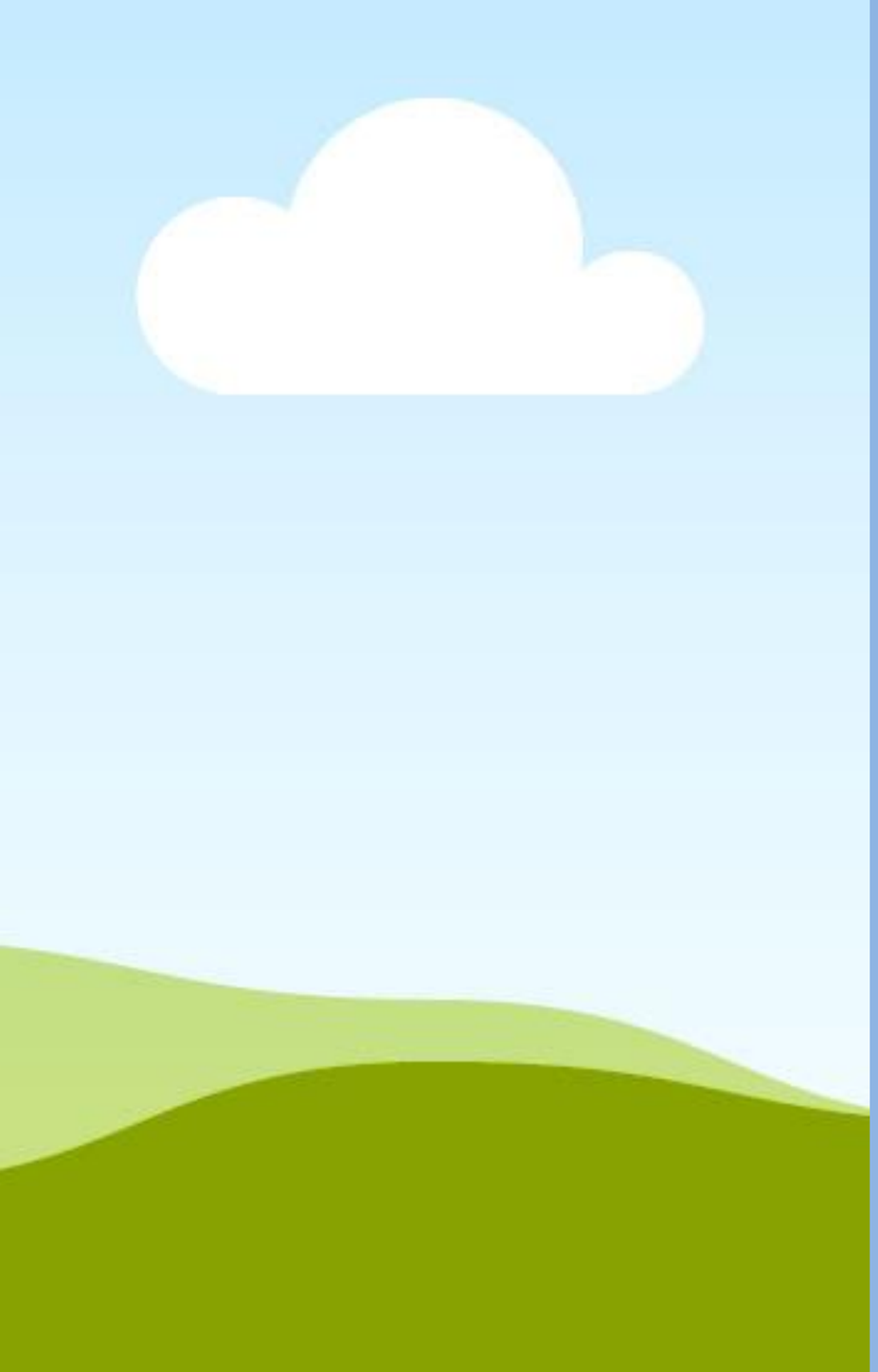

How many positive relationships do you think you would have if you constantly insisted on doing only what you want, talking only about yourself, and not acknowledging the other person's feelings at all?

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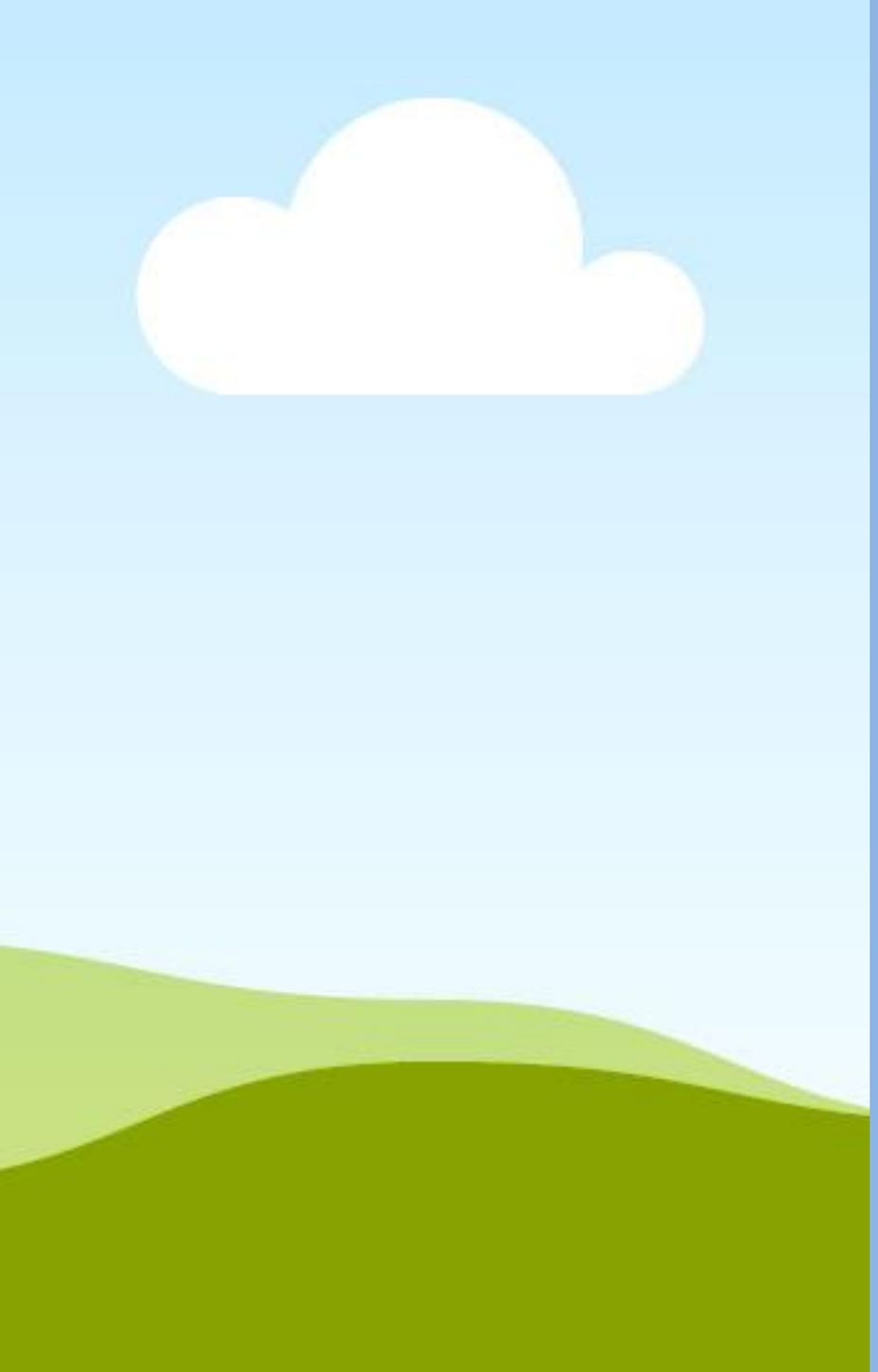

How many of you pay attention to how you interact with your parents? Some don't pay much attention to their relationship with their parents, because they don't think that how they interact with their parents has any effect on the relationship. Do you think you would be more likely to get what you want from your parents if you attended to the relationship in a way that strengthens it?

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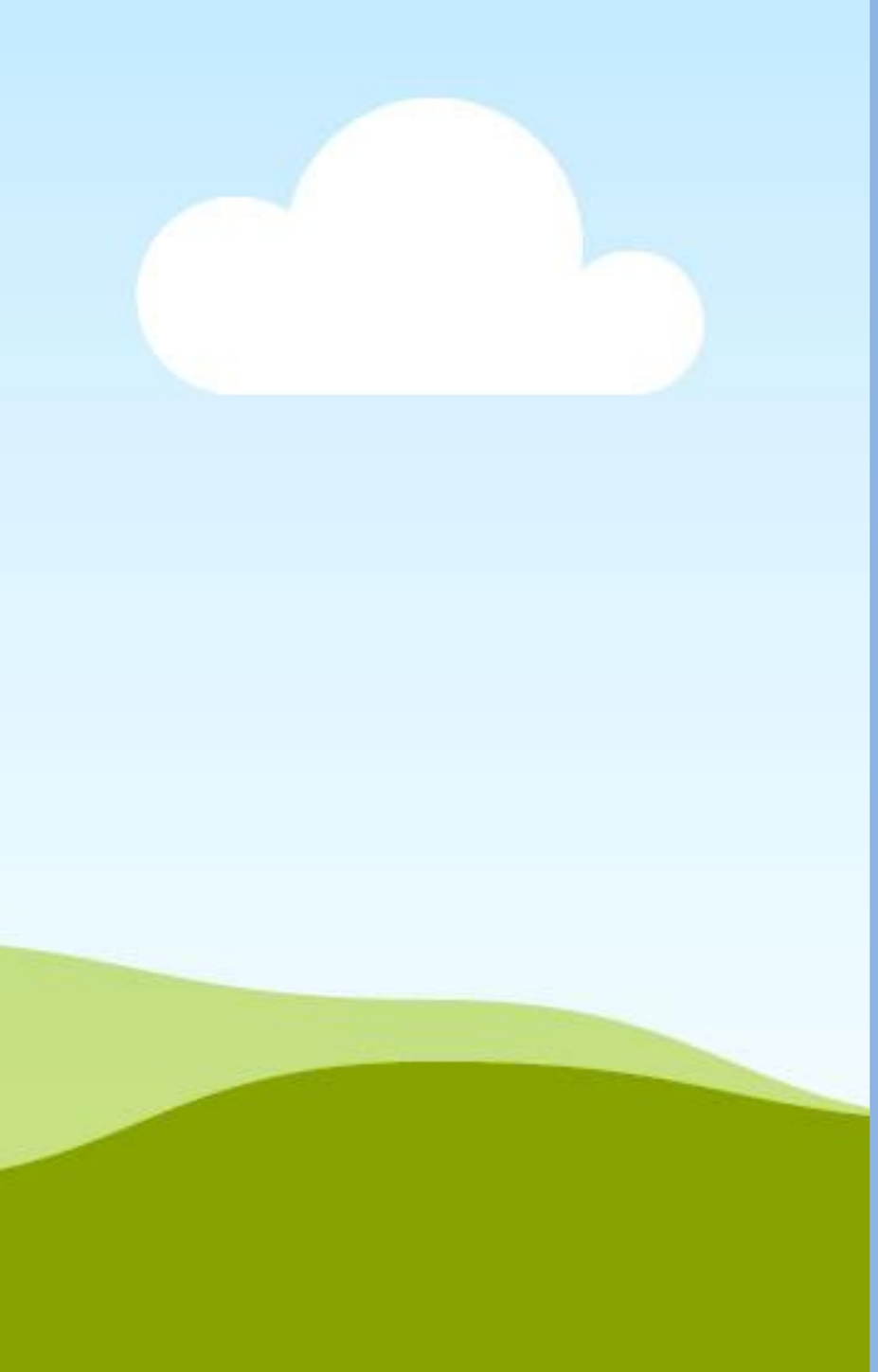

How many of you pay attention to how you interact with your children? Some don't pay much attention to their relationship with their children, because they don't think that how they interact with their children has any effect on the relationship. Do you think you would be more likely to get what you want from your children if you attended to the relationship in a way that strengthens it?

What about with Teachers, Bosses, or Close Friends?

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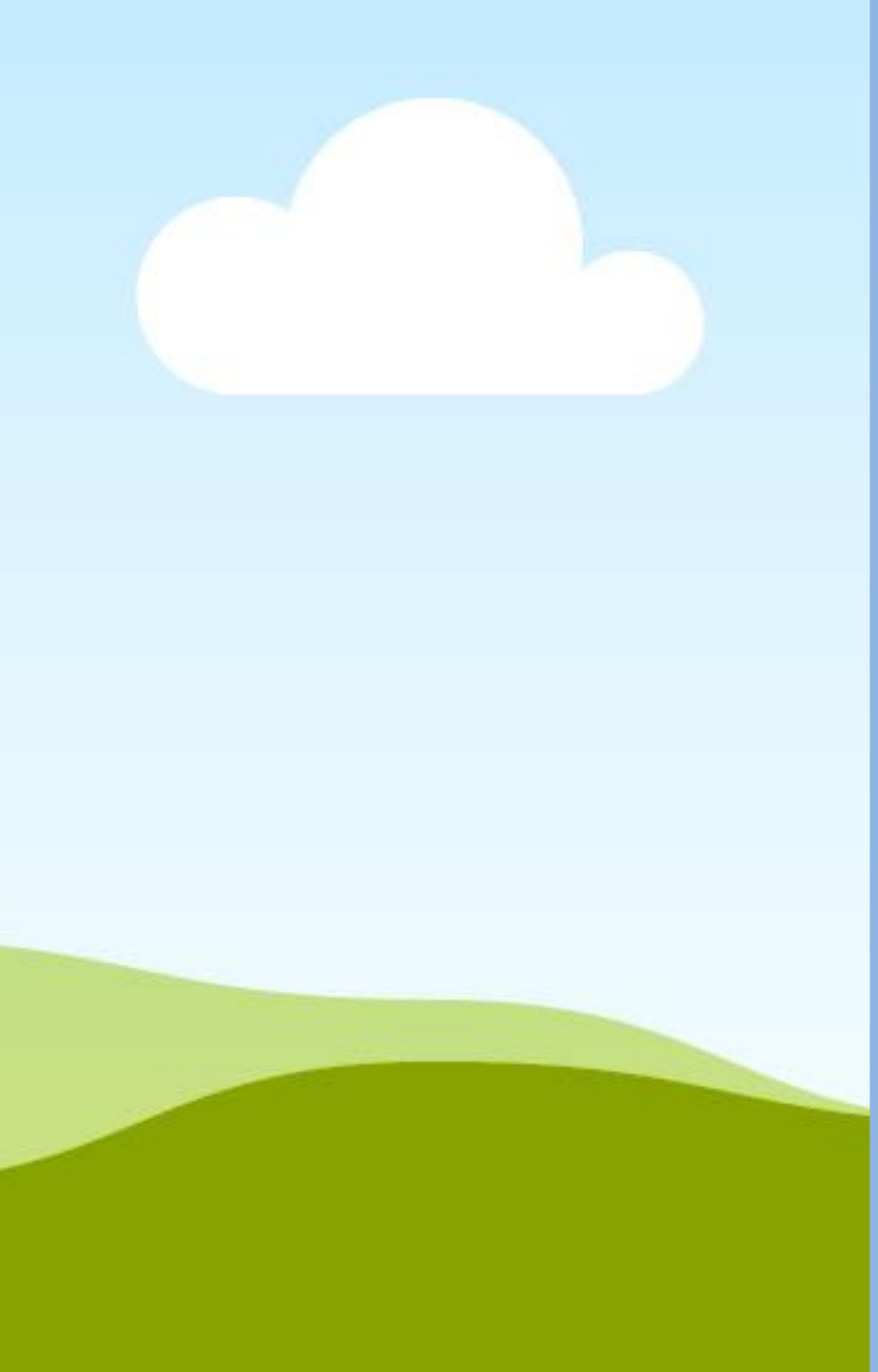

Determining our Priorities

There are some situations where your objective within an interpersonal interaction is LESS IMPORTANT than maintaining your relationship with a person, or maintaining your self-respect.

This informs the GOAL of the interaction

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For Example:

You have a movie date with a friend. You want to see the latest new comedy....they want to see something else.

DEAR MAN

GIVE

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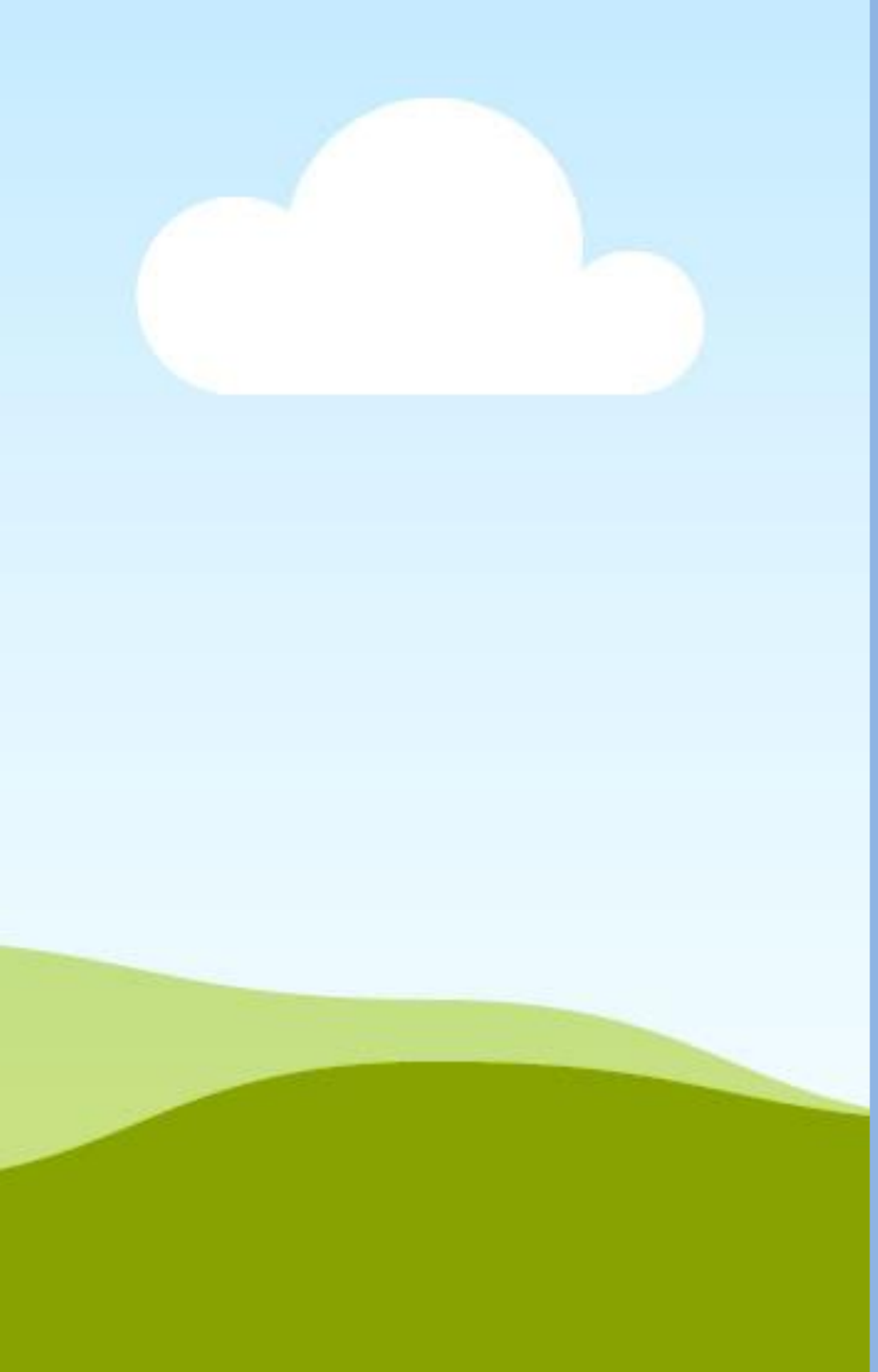

GIVE

The mneumonic for the skills to use for building and maintaining a relationship.

*These skills focus on **HOW** you interact with the other person, similarly to the "how" skills in mindfulness*

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"It's not what you said, it's HOW you said it"

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G: (Be) GENTLE

- *Be Courteous, Respectful, and Pleasant*
- *No attacks or threats*
  - *E.g. "If you don't do this....", "You caused this"*
- *No judgements*
  - *Avoid guilt trips, "should"s*
- *Voice Tone*

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I: (Act) INTERESTED

- *Show interest in what the person is saying because you case about the relationship, even if you aren't interested in the topic*
- *Allow the person to finish their thoughts without interruption*
- *Be patient with the person*

What are active listening skills?

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Active Listening Skills

Build trust and establish rapport.

Demonstrate concern.

Ask specific questions.

Active listening techniques can help you truly understand what people are saying in conversations and meetings

Use brief verbal affirmations like:

the balance

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Have you ever been in a conversation with another person, and while you were talking, the other person kept checking for text messages or social media updates?

- *How did you feel in this experience?*
- *Did you think the other person cared about what you were saying*
- *What is the non-verbal communication?*

What do you notice in a supportive listener?

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V: Validate

Validation is simply acknowledging another person's feelings, behaviors, or opinions, and expressing that they MAKE SENSE.

"Well, of course you got mad, I can see how that led to..."
Vs.
"Wow, you kinda blew up out of nowhere"

Validation ≠ Approval

We can validate WHY someone did something without validating WHAT the person did.

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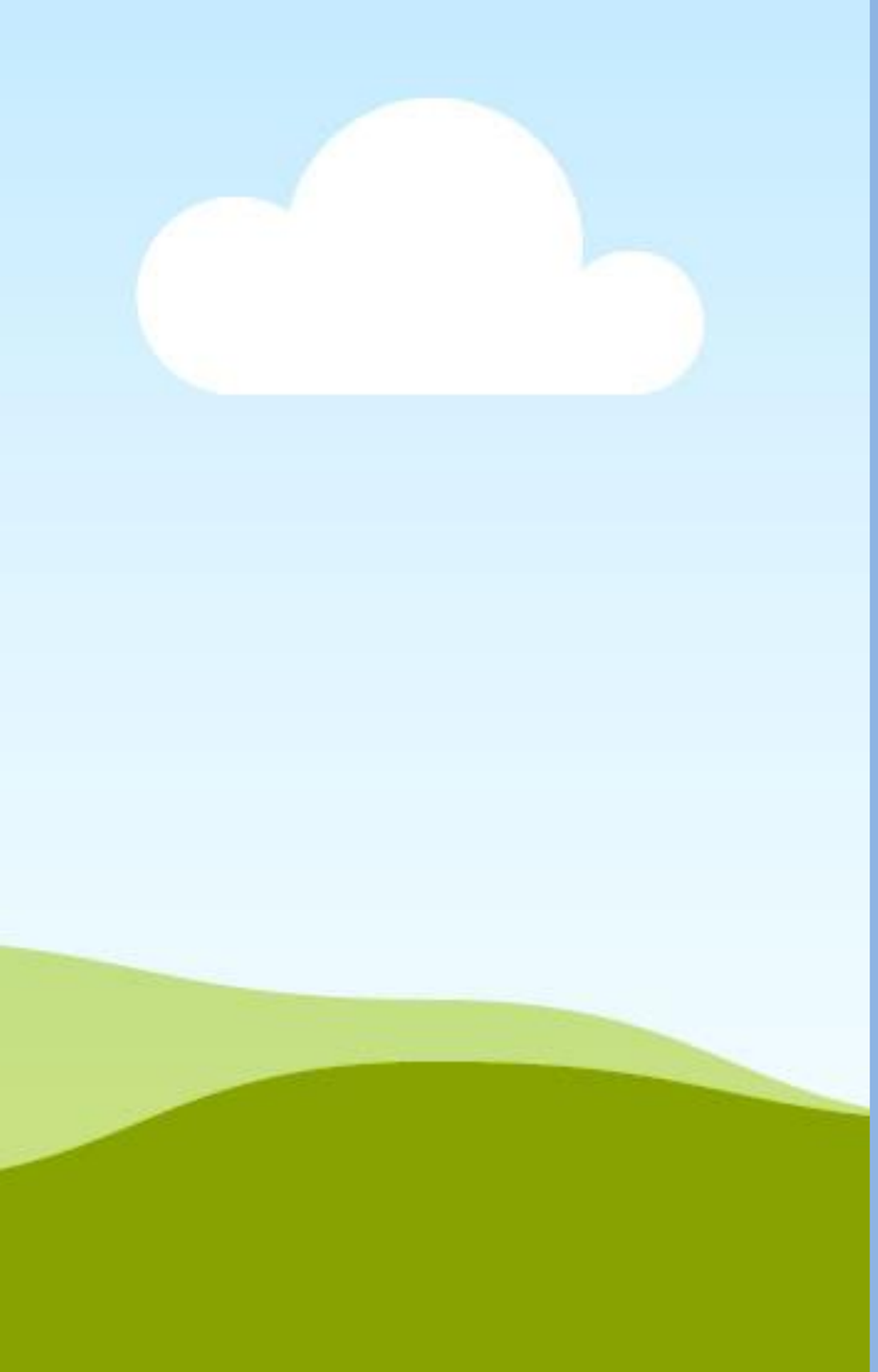

Validation Strategies

1. Based on their past experiences

"Of course you were scared to tell your parents that you failed the test, because last time you failed a test, they grounded you for a month"

2. By Normalizing a person's reaction

"I get that you were scared to tell your parents that you failed the test, I know I would be too!"

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Validating Levels

Level One: Stay awake and Pay attention

Level Two: Reflect Back

Level Three: Read Minds

Level Four: Show Understanding

Level Five: Acknowledge the Valid

Level Six: Show Equality

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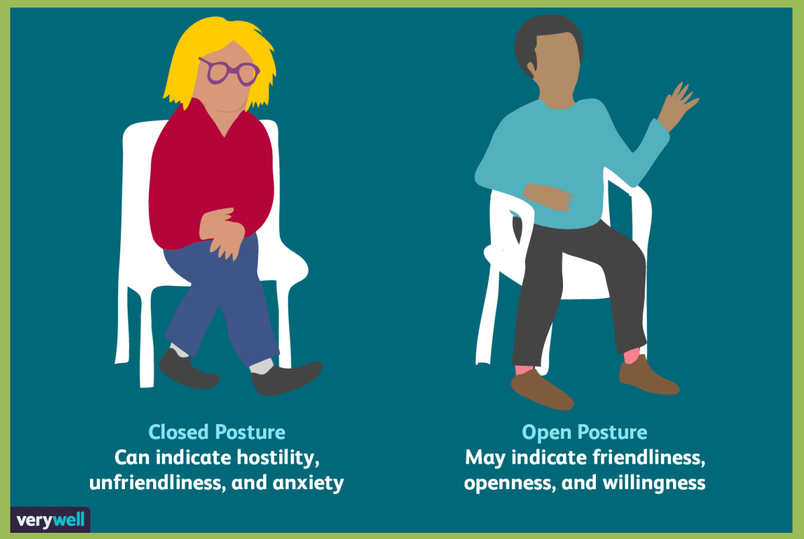
E: (Use an) EASY MANNER

- *Smile*
- *Be easygoing*
- *Use Humor*
- *Use a light tone of voice*



The goal is to minimize the chance of the person feeling as if they are forced into a defensive position, so they can be more open to hearing what you're saying

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At Home Practice: In Vivo Experience

Find another person to practice with. With the other person, practice taking turns talking about an event from your day or week that you would feel comfortable telling a friend about.

- Taking turns, Person A will begin by sharing about this event.
- For the first 5 minutes that Person A is sharing, Person B should use GIVE skills while listening.
- For the second 5 minutes, Person B should intentionally stop using GIVE.
- Switch roles

Then Discuss: What did it feel like to experience GIVE or not? How did it change your perception of the relationship?

Questions?
Comments?

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thank you

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