

Welcome to WISE MIND Skills

Topic: Mindfulness Week 1

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The purpose of this Wise Mind Group is to teach basic DBT (Dialectical Behavioral Therapy) skills. DBT, created by Dr. Marsha Linehan, is a widely researched and effective treatment method for depression, anxiety, bipolar disorder, and borderline personality disorder.

In DBT, the skills are the therapy, rather than group discussion. While we would be glad to spend group time to answer questions or clarify the skills, please be mindful that our priority is to impart the skills.

- Everyone's privacy is our top priority. Each group participant agrees to treat what is said in the group with respect and confidentiality. We all agree **not to share each other's personal information or comments from group to others.**
- As always, it is allowed and encouraged to share any useful general information outside of the group. **We agree not to record or screenshot anything from this group.** The group leaders will upload a PDF of today's slides so group participants can download the document to refer back to, and to share with others.
- We will respect and protect all members of marginalized groups including people of color, LBGTQ+, and disabled people. Harmful speech (including but not limited to racism, classism, antisemitism, xenophobia, sexism, homophobia, and transphobia) will be addressed directly and collaboratively. If it continues, it will not be tolerated. Clinicians will interrupt or stop discussions at their own discretion.
- This Microsoft Teams service allows for audio to be heard and documents and other materials exchanged to be viewed during the session. By joining this session, you automatically consent to participate. If you do not consent to participate, please exit the meeting and discuss your concerns with your individual therapist.

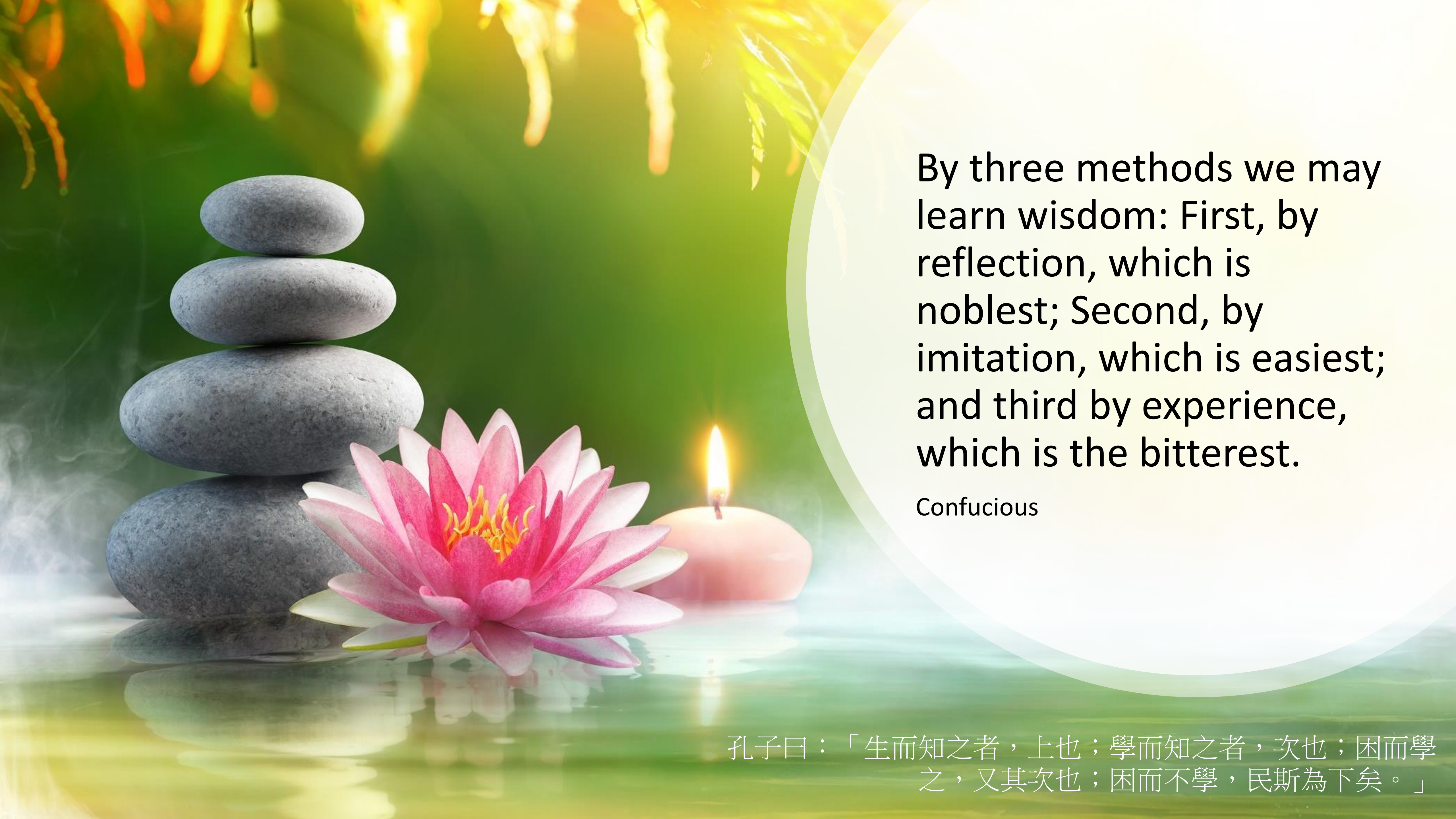
Check In
by 6:20p

Breakout Room Check In

- We will be using *Breakout Rooms*
- Please be patient as we assign you

How to check in

- First name (pronoun optional)
- Confirm that your physical address is the same as on Kaiser record, and that you are in California (a simple “yes” and “yes” will suffice)
- Success this past week
- Goal for tonight and/or this week



By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.

Confucious

孔子曰：「生而知之者，上也；學而知之者，次也；困而學之，又其次也；困而不學，民斯為下矣。」

A serene landscape featuring a calm lake that perfectly reflects the surrounding environment. On the left, a dense line of trees displays vibrant autumn foliage in shades of orange, yellow, and red. On the right, a small island or peninsula is covered with dark green evergreen trees. The sky is a clear, bright blue, and the overall atmosphere is peaceful and tranquil. The text 'Mindfulness activity' is overlaid in the center in a clean, white, sans-serif font.

Mindfulness activity

Mindfulness Activity Script

Stone flake on the 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 tossed out onto the lake and are now gently, slowly, floating through the calm, clear blue water to the lake's smooth, sandy bottom.

- Notice what you see, what you feel as you float 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 your self, settle your attention there.

GOALS OF MINDFULNESS



1. REDUCE SUFFERING AND INCREASE HAPPINESS.



2. INCREASE CONTROL OF YOUR MIND.



3. EXPERIENCE REALITY AS IT IS.

What is Mindfulness?



Intentionally living with awareness in the present moment.

(Waking up from automatic or rote behaviors to participate and be present to our own lives.)



Without judging or rejecting the moment.

(Noticing consequences, discerning helpfulness and harmfulness—but letting go of evaluating, avoiding, suppressing, or blocking the present moment.)



Without attachment to the moment.

(Attending to the experience of each new moment, rather than ignoring the present by clinging to the past or grabbing for the future.)

Mindfulness Skills/Practice

WHAT ARE MINDFULNESS SKILLS?

Mindfulness skills are the specific behaviors to practice that, when put together, make up mindfulness.

Mindfulness Skills/Practice

WHAT IS MINDFULNESS PRACTICE?

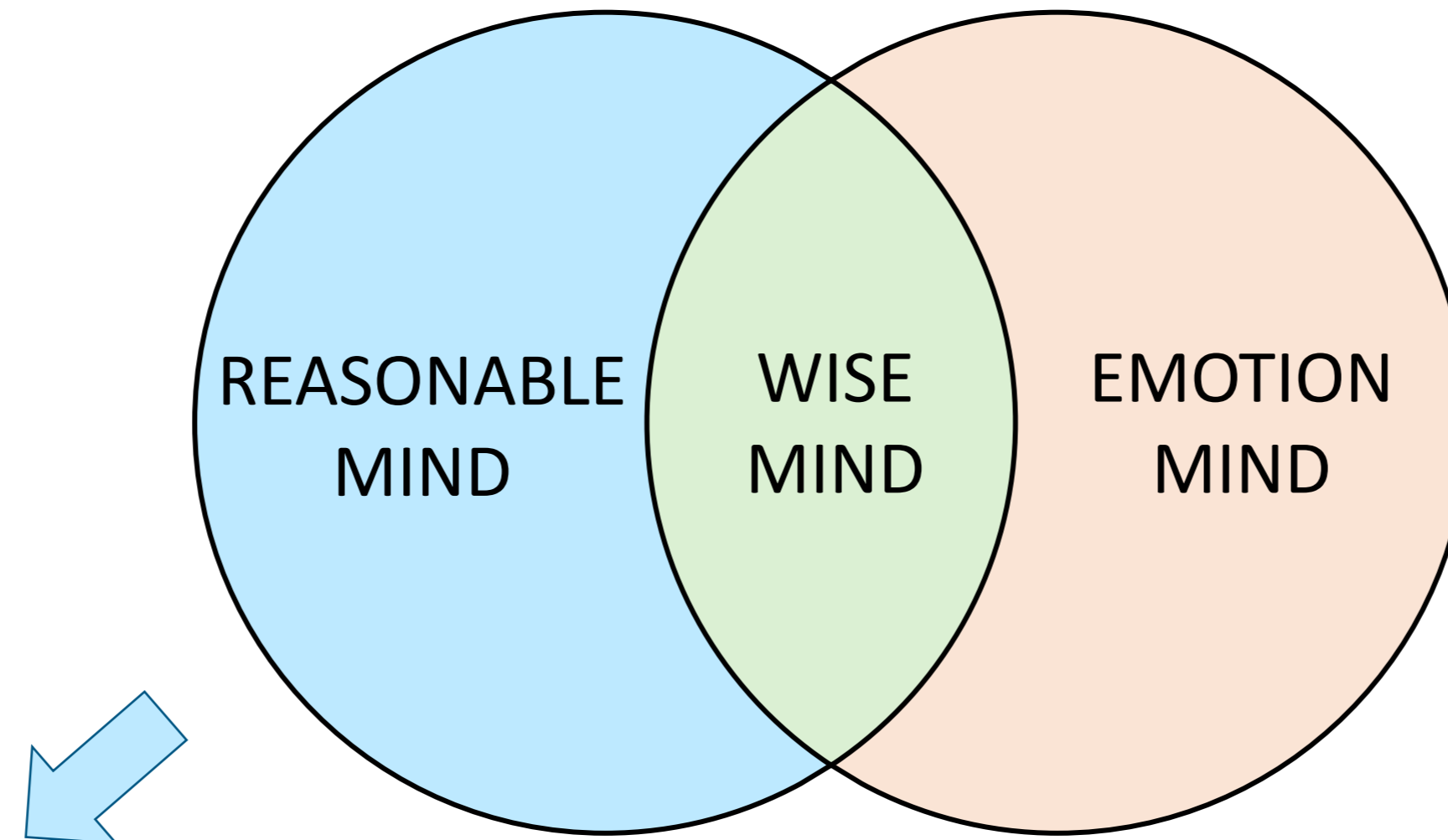
Mindfulness and mindfulness skills can be practiced at any time, anywhere, while doing anything. Intentionally paying attention to the moment, without judging it or holding on to it, is all that is needed.

Meditation is practicing mindfulness and mindfulness skills while sitting, standing, or lying quietly for a predetermined period of time. When meditating, we focus the mind (for example, we focus on body sensations, emotions, thoughts, or our breath), or we open the mind (paying attention to whatever comes into our awareness). There are many forms of meditation that differ mostly by whether we are opening the mind or focusing the mind—and, if focusing, depending on what is the focus of our attention.

Contemplative prayer (such as Christian centering prayer, the rosary, Jewish Shema, Islamic Sufi practice, or Hindu raja yoga) is a spiritual mindfulness practice.

Mindfulness movement also has many forms. Examples include yoga, martial arts (such as Qigong, tai chi, aikido, and karate), and spiritual dancing.

Wise Mind: States of Mind



Reasonable Mind Is:

Cool

Rational

Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Wise Mind Is:

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

The middle path

Emotion Mind Is:

Hot

Mood-Dependent

Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Ideas for Practicing Wise Mind

The mindfulness skills often require a *lot* of practice. As with any new skill, it is important to first practice when you don't need the skill. If you practice in easier situations, the skill will become automatic, and you will have the skill when you need it. Practice with your eyes closed and with your eyes open.

Stone Flake on the Lake. See slide 12

Walking down the spiral stairs. Imagine that within you is a spiral staircase, winding down to your very center. Starting at the top walk very slowly down the staircase, going deeper and deeper within yourself.

- Notice the sensations. Rest by sitting on a step, or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the center of your self, settle your attention there—perhaps in your gut or your abdomen.

Pros and Cons of Practicing Mindfulness

PROS	Stay Mindless, Judgmental, Ineffective <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Practice Mindfulness <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
CONS	Stay Mindless, Judgmental, Ineffective <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Practice Mindfulness <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Questions?

Homework

WHAT DO I WANT TO TAKE FROM TODAY'S GROUP?

What was the most relevant thing I learned today?

What is one action I can take daily to practice mindfulness this week?

Skillful Podcast: <https://bayareadbttcc.com/02-introduction-to-mindfulness-and-the-wise-mind/>

Mindfulness Video: https://www.dbtselfhelp.com/html/mindfulness_video_part_1.html

Homework/Practice assignment guide: <https://youtu.be/RCP55feRBSA>

Mindfulness Handouts (1 – 3A):

https://mydoctor.kaiserpermanente.org/ncal/Images/Mindfulness%20DBT%20Skills%20ADA_05012020_tcm75-1599005.pdf

Handout 3A – Ideas for Practicing Wise Mind