Welcome to WISE MIND Skills

Topic: Mindfulness Week 3

Sabrina Chaumette, LCSW; Lic# LCS18239
Ben Lim, PhD; Lic# PSY18181
Helen Chao, ASW; Reg# ASW91631

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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.

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- 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.

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Check In by 6:20p

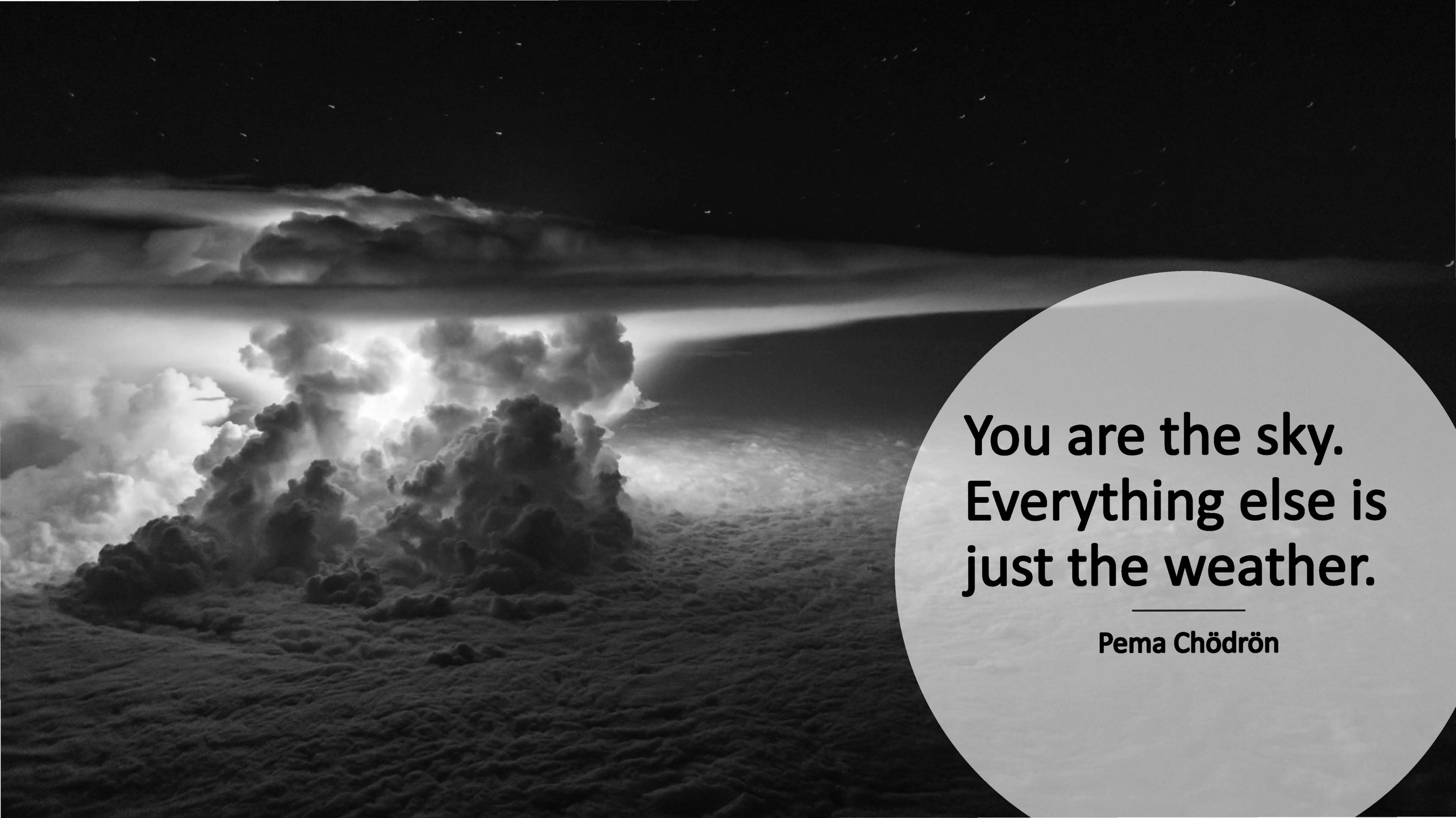
Breakout Room Check In

- 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

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You are the sky.
Everything else is
just the weather.
Pema Chödrön



What is a behavior?

- Anything that we can increase or decrease in a person.
- Anything that can be reinforced.

Why do we do them? How do we change them?



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Analyzing behavior

To figure out its causes
and plan for problem solving.

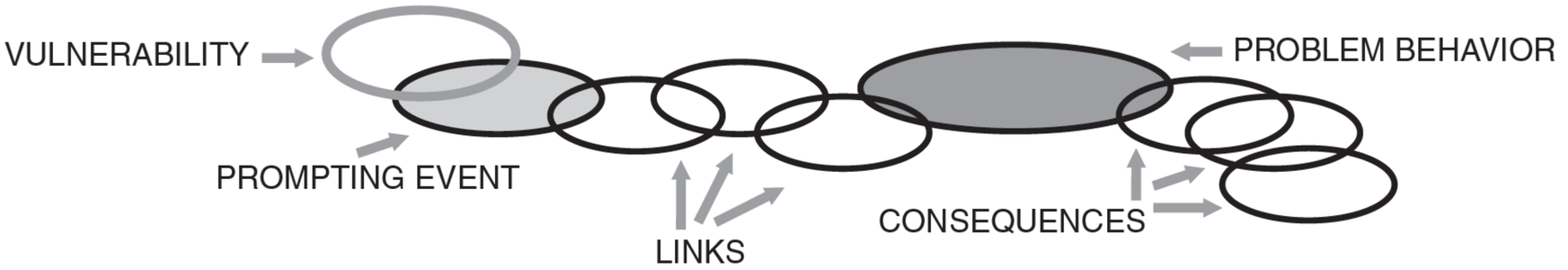
Chain Analysis
is for when you engage in ineffective behavior.

A chain analysis examines the chain of events that leads to ineffective behaviors, as well as the consequences of those behaviors that may be making it hard to change them. It also helps you figure out how to repair the damage.

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Chain Analysis

To understand behavior, do a chain analysis.



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Overview of a Chain Analysis

Step 1: Describe the **PROBLEM BEHAVIOR**.

Step 2: Describe the **PROMPTING EVENT** that started the chain of events leading to the problem behavior.

Step 3: Describe the factors happening before the event that made you **VULNERABLE** to starting down the chain of events toward the problem behavior.

Step 4: Describe in excruciating detail the **CHAIN OF EVENTS** that led to the problem behavior.

Step 5: Describe the **CONSEQUENCES** of the problem behavior.

To change behavior:

Step 6: Describe **SKILLFUL** behaviors to replace problem links in the chain of events.

Step 7: Develop **PREVENTION PLANS** to reduce vulnerability to stressful events.

Step 8: REPAIR important or significant consequences of the problem behavior

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Step 1: Describe the specific **PROBLEM BEHAVIOR**

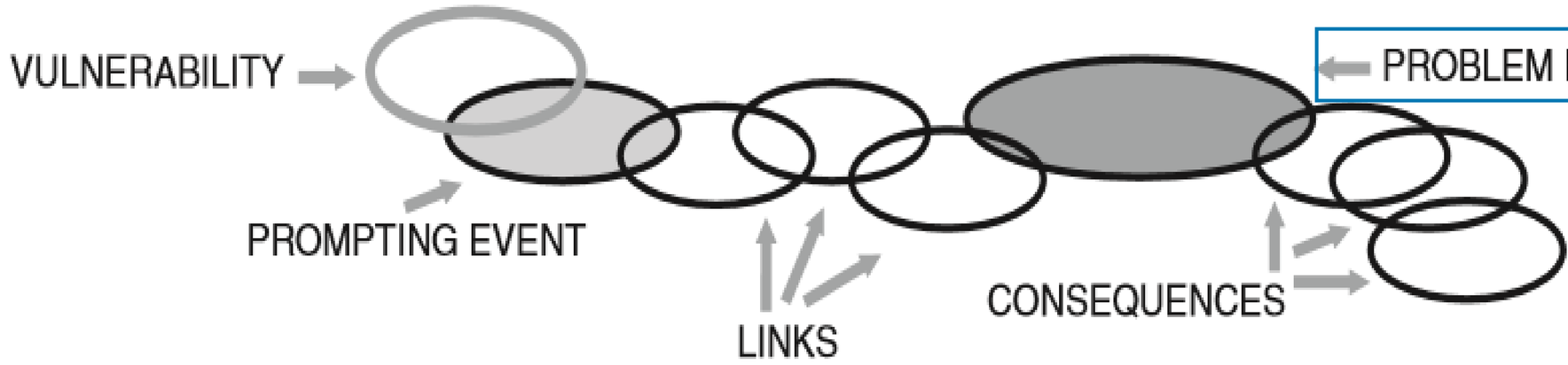
A. Specific and detailed.

B. Identify exactly what you did, said, thought or felt.

C. Describe the intensity of the behavior and other characteristics of the behavior that are important.

D. Describe the problem behavior in enough detail that an actor in a play or movie could recreate the behavior exactly.

Yell at my partner and slammed the door



Step 2: Describe the specific **PROMPTING EVENT** that started the whole chain of behavior.

Start with the environmental event that started the chain.

Possible questions to help you get at this are:

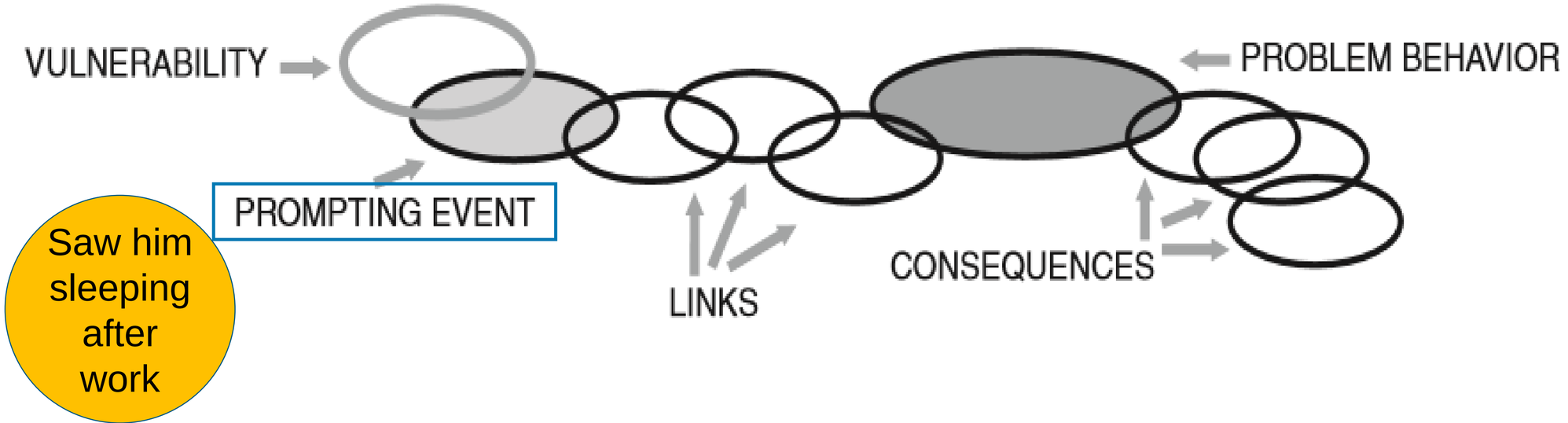
A. What exact event precipitated the start of the chain reaction?

B. When did the sequence of events that led to the problem behavior begin? When did the problem start?

C. What was going on right before the thought of or impulse for the problem behavior occurred?

D. What were you doing/thinking/feeling/imagining at that time?

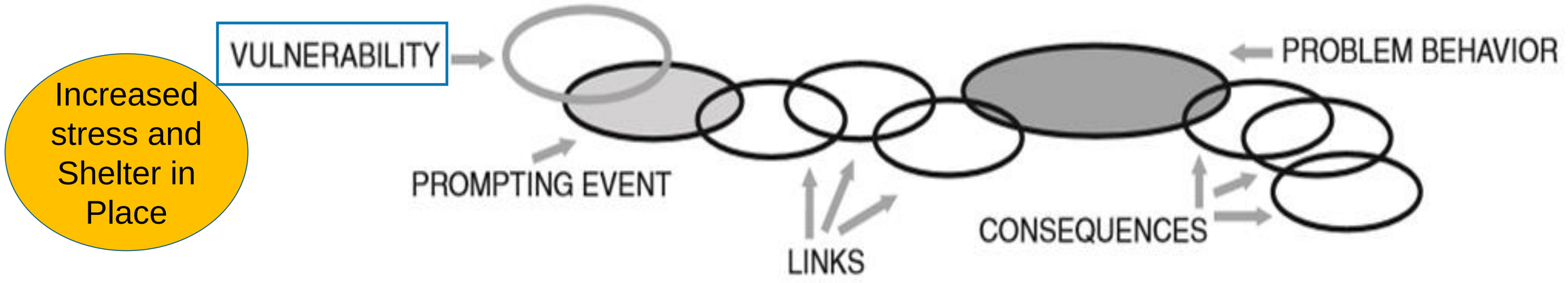
E. Why did the problem behavior happen on that day instead of the day before?

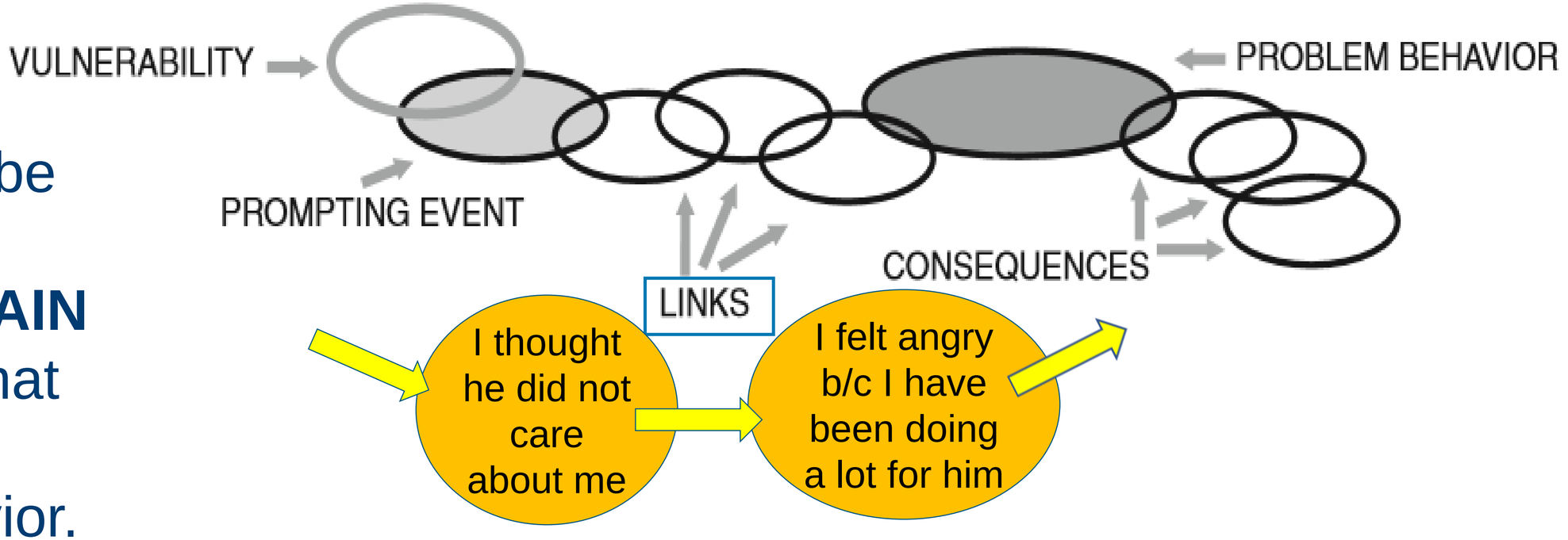


Step 3: Describe in general **VULNERABILITY FACTORS** happening before the precipitating event. What factors or events made you more vulnerable to a problematic chain?

Areas to examine are:

A. Physical illness; unbalanced eating or sleeping; injury
B. Use of drugs or alcohol; misuse of prescription drugs
C. Stressful events in the environment (either positive or negative)
D. Intense emotions, such as sadness, anger, fear, loneliness
E. Previous behaviors of your own that you found stressful coming into your mind



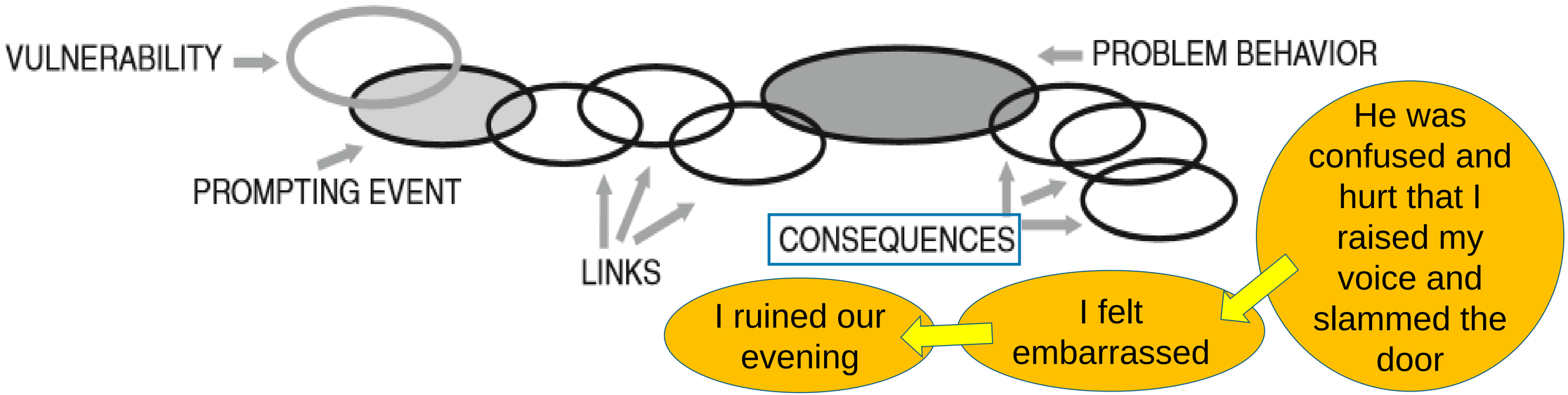


Step 4: Describe in excruciating detail **THE CHAIN OF EVENTS** that led up to the problem behavior.

What exact thought (or belief), feeling, or action followed the prompting event? What thought, feeling, or action followed that? What next? What next? And so forth.

- Look at each link in the chain after you write it. Was there another thought feeling, or action that could have occurred? Could someone else have thought, felt, or acted differently at that point? If so, explain how that specific thought, feeling, or action came to be.
- For each link in the chain, ask whether there is a smaller you could describe.

The links can be thoughts, emotions, sensations and behaviors.



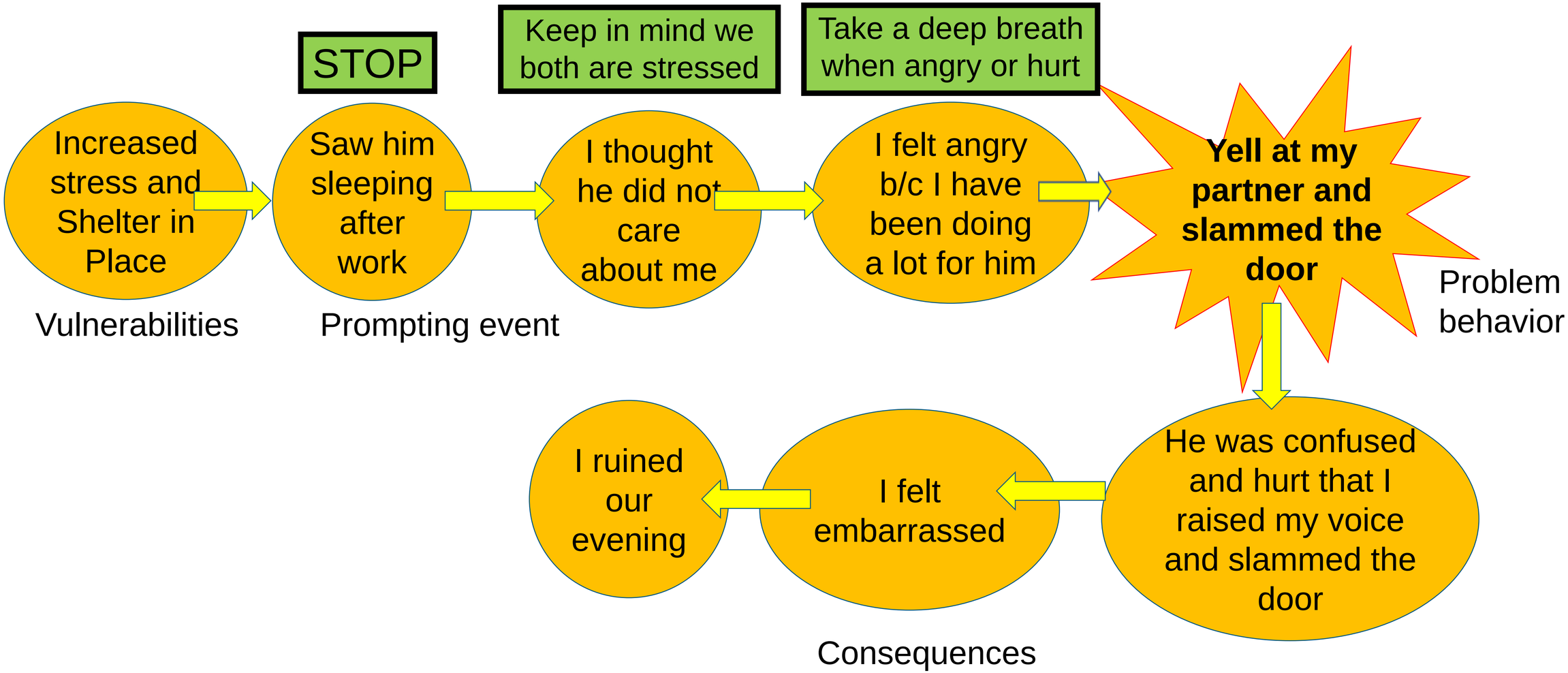
Step 5: Describe the **CONSEQUENCES** of this behavior. Be specific.

- How did other people react immediately and later?
- How did you feel immediately following the behavior? Later?
- What effect did the behavior have on you and your environment?



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Step 6: Describe in detail at each point where you could have used a **SKILLFUL** behavior to head off the problem behavior. What key links were most important in leading to the problem behavior?



Step 7: Describe in detail a **PREVENTION STRATEGY** for how you could have kept the chain from starting by reducing your vulnerability to the chain.

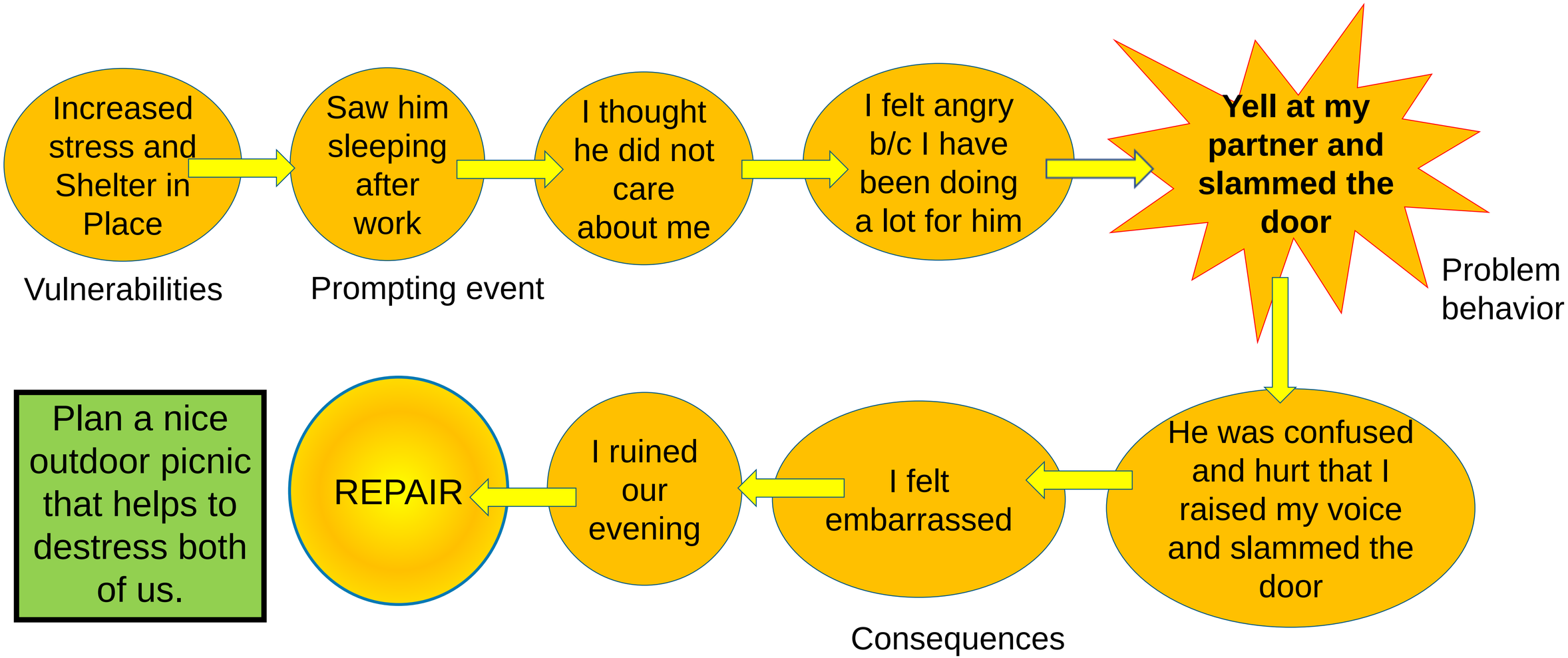
Prevention Strategy

1. Be mindful of my stress level
2. Five minute morning mindfulness routine
3. Make sure I am staying hydrated

Increased stress and Shelter in Place

Vulnerabilities

Step 8: Describe what you are going to do to **REPAIR** important or significant consequences of the problem behavior.



Questions?

Homework

Defining Behavior:

- Anything that we can increase or decrease in a person.
- Anything that can be reinforced.

There are different ways to understand or analyze our behavior. No behavior happens in a vacuum, there are always factors that contribute and interact with each other. As such, understanding the factors that lead to a behavior we're trying to increase or decrease (as well what happens as a result of the behavior) can help us make changes:

- Behavioral Chain Analysis: https://www.dbtselfhelp.com/html/behavior_chain_analysis.html
- Homework/Practice assignment guide: https://youtu.be/RCP55feRBSA
- Mindfulness Handouts (6, 7, 7a): https://mydoctor.kaiserpermanente.org/ncal/Images/Mindfulness%20DBT%20Skills%20ADA_05012020_tcm75-1599005.pdf