

**Raising Adolescents with
Developmental Trauma:
DBT 101**

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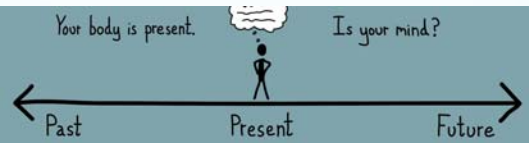
What is DBT?

Core Mindfulness Skills

- When managing emotional distress, children and adolescents need to have some awareness of their feelings, bodily sensations, actions, and thoughts.
- The Core Mindfulness Skills lays the foundation for the other three modules in DBT.
- The Core Mindfulness Skills include:
 - Wise Mind
 - “What” and “How” Skills

Why Mindfulness?

Mindfulness teaches children and adolescents to identify emotions, notice cognitive distortions or unhelpful thoughts, stay attuned to the moment, and reduce non-attending behaviors. Mindfulness is also associated with decreased stress, anxiety, and depressive symptoms.



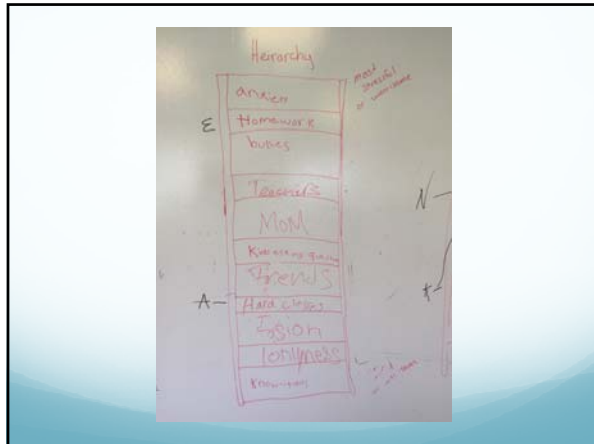
Semple, R. J., Reid, E. G., & Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal Of Cognitive Psychotherapy*, 19(4), 379-392.

Understanding Mindfulness

- More than one hundred thousand individuals use contemporary and alternative treatment methods such as mindfulness-based therapies.
- Originating in Eastern philosophy and religion, mindfulness has been adapted to Western modes of therapy such as DBT, MSBR and MBCT.
- Frequently used in clinical settings as research suggests it decreases symptomology related to depression, anxiety, and other mental health challenges.

Defining Mindfulness

- **Jon Kabat-Zinn**
Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally
- **Melbourne Academic Mindfulness Interest Group**
Cultivation of conscious awareness and attention on a moment-to-moment basis



How do you use mindfulness at home?

- Skill Wars
- ABC Mindfulness
- Labeling or I Spy
- Mad Libs Guided Imagery
- Family Wise Mind Chart
- Model Mindfulness
- The Both/And Challenge

Resources

Baer, R. A. (2003). Mindfulness training as a clinical intervention: a conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10(2), 125-143. doi: 10.1093/clipsy.bpg015

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Resources

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