

St Joseph's PROS Program Help I Need Skills II

Course Title: "HELP I NEED SKILLS II"

Frequency and Duration: 1x / week x 60min

Component and Service: CRS- WSM

Course Overview / Description:

This class is comprised of teaching a variety of skills to assist with mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation. Many of these skills are adapted from Dialectical Behavior Therapy (Linehan, 1993 / 2015) and are easily integrated into any recovery and / or wellness plan.

Goals:

This class is designed to provide participants with coping skills that they can apply to their daily lives.

Expected outcomes:

Participants will report a decrease in emotional dysregulation and impulsivity as well as an increase in the ability to manage distress.

Modules:

1. Introduction to Skills Training
2. Core Mindfulness
3. Distress Tolerance
4. Interpersonal Effectiveness
5. Emotion Regulation 101

Module 1: Introduction to Skills Training

Course Title: “HELP I NEED SKILLS II”

- I. **Introduction and Explanation of Goals for this Module:** The purpose of this module is to provide participants with an understanding of how the development of core mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills in their natural environments can lead to improved quality of life as well as enhancing the experience of the recovery process.

- II. **Learning Objectives and Expected Outcomes:** At the conclusion of this module participants shall be able to:
 1. Define “mindfulness”
 2. Apply the “What” and “How” skills in the context of a daily mindfulness practice
 3. State at least three ways mindfulness can benefit one’s recovery journey.

- III. **Engagement:**

Activity (1): Brief Self Assessment: At the beginning of each session participants will check in using the SUDS scale and stating two words that describe how each is doing in the present moment.

Activity (2): Homework Review and Process: This will allow participants time to share the insights gained from the homework assignment given at the end of the last class.

Activity (3): Informational portion of class:

- Why are you in this class?
- What are the benefits of this class?
- What is the required commitment for this class?
- Format for this class

Activity (4): Didactic portion:

- Definition of Mindfulness
- States of mind
- “What” skills
- “How” skills

Activity (5): Homework Assignment

- Complete Daily Mindfulness Log and bring next week ready to discuss impressions, experiences and insights gained.

- IV. **Summary / Closure:** Check out using SUDS Scale and one thing participants are willing to commit to do this week to promote your recovery process.

Module 2: Core Mindfulness

Course Title: "HELP I NEED SKILLS II"

- I. **Introduction and Explanation of Goals for this Module:** (Cont... from last week) begin to apply mindfulness to a number of different group activities so you can increase your comfort and mastery with both the "What" skills and "How" skills
- II. **Learning Objectives and Expected Outcomes:** At the conclusion of this module participants shall be able to:
 - Increase understanding of how mindfulness can be applied within the context of group activities
 - Increased willingness to cultivate a daily mindfulness practice
- III. **Engagement:**

Activity (1): Brief Self Assessment: At the beginning of each session participants will check in using the SUDS scale and stating two words that describe how each is doing in the present moment.

Activity (2): Homework Review and Process: This will allow participants time to share the insights gained from the homework assignment given at the end of the last class.

Activity (3): Informational portion of class:

- Group Mindfulness Practice
- Rice Bin
 - Discussion "what" skills (Observe, Describe Participate)
- Word search
 - Discussion "How" skills (Non-Judgmentally, One-Mindfully, Effectively)
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Activity (4): Didactic portion:

- Practice Mindfulness ↑
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Activity (5): Homework Assignment

- Complete Daily Mindfulness Log and bring next week ready to discuss impressions, experiences and insights gained.

- IV. **Summary / Closure:** Check out using SUDS Scale and one thing participants are willing to commit to do this week to promote your recovery process.

Module 3: Distress Tolerance

Course Title: “HELP I NEED SKILLS II”

- I. **Introduction and Explanation of Goals for this Module:** Distress Tolerance skills are designed to assist participants with building efficacy in the realm of painful feelings and urge in order to prevent situations from getting worse.
- II. **Learning Objectives and Expected Outcomes:** At the conclusion of this module participants shall be able to:
 - State at least 2 skill sets which can be used to manage painful feelings and urges
 - Incorporate distress tolerance skills into an existing recovery wellness plan.
- III. **Engagement:** “We all experience painful feelings at one time or another. You might ask yourself why bother to learn different and more effective ways of coping. Some very straight responses to this are: pain is part of life and can’t always be avoided, if you can’t deal with your pain then you may act impulsively, and finally when you act impulsively, you may end up hurting yourself, hurting someone else and not getting what you want. This module is designed to assist you with learning practical skill sets which can profoundly impact the quality of your life and relationships.

Activity (1): Brief Self Assessment: At the beginning of each session participants will check in using the SUDS scale and stating two words that describe how each is doing in the present moment.

Activity (2): Homework Review and Process: This will allow participants time to share the insights gained from the homework assignment given at the end of the last class. Clarify any murky points from last week.

Activity (3): Informational portion of class:

Activity (3): Didactic portion:

- “Wise Mind ACCEPTS”
- “Self-Soothe using the Five Senses”
- “IMPROVE the moment”
- “PROS & CONS”

Activity (5): Homework Assignment

Complete Daily Mindfulness Log and bring next week ready to discuss impressions, experiences and insights gained.

- IV. **Summary / Closure:** Check out using SUDS Scale and one thing participants are willing to commit to do this week to promote your recovery process.

Module 4: Interpersonal Effectiveness

Course Title: “HELP I NEED SKILLS II”

- I. Introduction and Explanation of Goals for this Module:** Interpersonal Effectiveness skills are designed to help participants understand ones self
- II. Learning Objectives and Expected Outcomes:** At the conclusion of this module participants shall be able to:
- Communicate wants and needs effectively
 - Relationship Effectiveness (Keeping relationships)
 - Self-Respect

III. Engagement:

Activity (1): Brief Self Assessment: At the beginning of each session participants will check in using the SUDS scale and stating 2 words that describe how each is doing in the present moment.

Activity (2): Homework Review and Process: This will allow participants time to share the insights gained from the homework assignment given at the end of the last class.

Activity (3): Situations for Interpersonal Effectiveness & Goals of Interpersonal Effectiveness

Activity (4): Factors Reducing Interpersonal Effectiveness & Factors to Consider

Activity (3): Didactic portion:

- “DEAR MAN”
- “GIVE”
- “FAST”

Activity (5): Homework Assignment

Complete Daily Mindfulness Log and bring next week ready to discuss impressions, experiences and insights gained.

- IV. Summary / Closure:** Check out using SUDS Scale and one thing participants are willing to commit to do this week to promote your recovery process.

Module 4: Emotion Regulation 101

Course Title: Skills Building

- I. **Introduction and Explanation of Goals for this Module:** Interpersonal Effectiveness skills are designed to help participants understand one's self
- II. **Learning Objectives and Expected Outcomes:** At the conclusion of this module participants shall be able to:
- Understand emotions
 - Name emotions effectively

II. **Engagement:**

Activity (1): Brief Self Assessment: At the beginning of each session participants will check in using the SUDS scale and stating 2 words that describe how each is doing in the present moment.

Activity (2): Homework Review and Process: This will allow participants time to share the insights gained from the homework assignment given at the end of the last class.

Activity (3):

Activity (4):

Activity (3): Didactic portion:

- Hand out - Understanding and Naming **Emotions**
- Hand out - What emotions do for you
- Ways to describe emotions
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Activity (5): Homework Assignment

Complete Daily Mindfulness Log and bring next week ready to discuss impressions, experiences and insights gained.

- V. **Summary / Closure:** Check out using SUDS Scale and one thing participants are willing to commit to do this week to promote your recovery process.