

# Mindfulness Skills

## Choosing Goals

**Motivation-** Why is your client here (in their words)?

**Behavioral considerations:**

- Create the ideal “goal” and the “minimum goal”
- New behaviors must be practiced
- Replacement behaviors must be applied in relevant situations
- Anticipate when behaviors might be harder to access and plan ahead for them

**DBT focuses on 4 main areas:**

increasing mindfulness, decreasing emotional dysregulation, effective crisis management, increasing interpersonal effectiveness

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## Fundamental Problem Solving Technique

Pros and Cons

**Client ambivalence:**

- normative
- helpful to acknowledge
- can trigger therapist frustration, confusion, etc.

**Problem solving motivation skill:**

- Allows clients to continue to have a say in how and if they use skills/treatment
- Allows them to step back from situations, including their own emotions and thoughts to re-engage in a more thoughtful way

**Method- have clients describe the situation and describe their goals:**

- list pros of using skills in the situation
- list cons of using skills in the situation

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## The Problem Solving Framework

A guide to identify which situations call for which skills

- 1) Solve the problem -identify the actual problem
- 2) Feel better about the problem-use emotion regulation skills
- 3) Tolerate the problem -use distress tolerance skills
- 4) Stay miserable -use no skills
- 5) Make things worse-use ineffective skills

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## What is Mindfulness?

A consistent work of attending to the present moment with full, non-judgmental attention, willingness and responsiveness

- Present moment
- Full attention
- Non-judgemental
- Willingness-
- Responsiveness

**“What” skills**

- Observe, describe, participate

**“How” skills**

- One mindfully
- Nonjudgementally
- Fully/ompletely

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