

# Parenting Effectively



## **AVOIDING THE EMOTIONAL PARENTING RABBIT HOLE**

**TATIANA MATTHEWS LPC  
ATLANTA SPECIALIZED CARE**

# Tatiana Matthews LPC



- Licensed Professional Counselor and Certified Rehabilitation Counselor for 22 years
- Licensed in the state of Georgia and North Carolina
- Practice focused on Adolescents and Adults
- Treatment focuses include, anxiety, depression, bipolar, trauma, neuro-diversity (ADHD, ASD, LD) and executive functioning (planning, organizing, time, self, space management and social skills.)
- Primary interventions include Dialectical Behavioral Therapy, Eye Movement Desensitization and Reprocessing and Cognitive Behavioral Therapy.

# Atlanta Specialized Care



- Phone Number 770-815-6853
- Website: [www.atlantaspecializedcare.com](http://www.atlantaspecializedcare.com)
- Email: [tmatthews@atlantaspecializedcare.com](mailto:tmatthews@atlantaspecializedcare.com)
- Find us on Facebook
- Find us on Instagram: [atlantaspecializedcare](https://www.instagram.com/atlantaspecializedcare)
- Follow our Aha Connection “Ask Tatiana” and send in your questions.

# Atlanta Specialized Care Therapists



- Theresa Westfall, LPC, young children through adulthood with mood, trauma, neuro-diversity or impaired executive functioning. Trained in Brain Spotting, Progressive Counting, Collaborative Parenting, and DBT
- Neitcha Thomsen, LCSW, teens through adults with mood, bipolar, psychotic disorders, OCD. Trained in Exposure Therapy and is Certified in the Treatment of Anxiety
- Erin Mills, LCSW, adolescents through adults with mood, problematic adolescent behavior and substance abuse. Trained extensively in the area of addiction and DBT
- Natalie Stadnick-Uhl, M.Div. Clinical intern pursuing second degree in Masters of Rehabilitation Counseling. Reduced rate. Seeing children through adults with mood and impaired executive functioning

# What is Dialectical Behavioral Therapy?



- Developed in the 1980's by Marsha Linehan, Ph.D
- Initially indicated for Borderline Personality Disorder
- Reframes negative cognitions (thoughts) and manages high emotions
- Teaches a specific curriculum based on mindfulness, appropriate self-soothing and relationship skills
- Highly researched and shown to reduce or eliminate self-sabotaging behaviors

# How is DBT going to help me parent?



- Develop insight
- Manage your mood
- Manage your energy level
- Manage your impulses
- Self-soothe in a way that works.
- Navigate your relationships skillfully

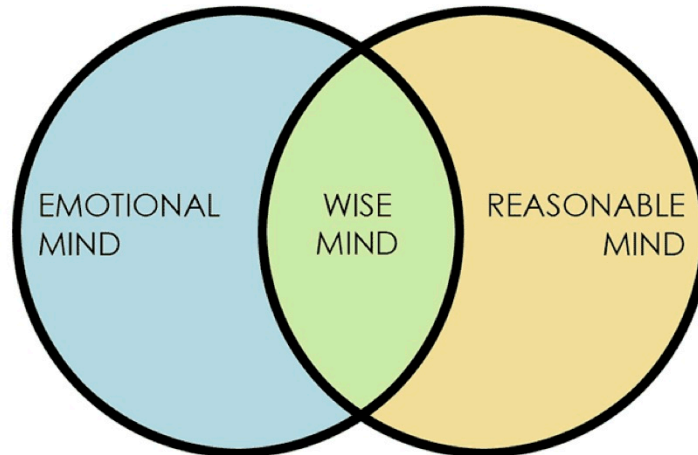
# What in the World is the “Wise Mind”



## **THE FOUNDATION OF DBT**

# The Wise Mind

Your mind has three states: The reasonable mind, the emotional mind, and the wise mind. Everyone possesses each of these states, but most people gravitate toward a specific one most of the time.



A person uses their **reasonable mind** when they approach a situation intellectually. They plan and make decisions based off of fact.

The **wise mind** refers to a balance between the reasonable and emotional halves. They are able to recognize and respect their feelings, while responding to them in a rational manner.

The **emotional mind** is used when feelings control a person's thoughts and behavior. They might act impulsively with little regard for consequences.

Describe an experience you've had with each of the three states of mind.

Reasonable	
Emotional	
Wise	



# Parenting out of the Emotional Mind



# Emotionally Minded Parents



- Parent based on how they feel
- Focus on immediate need to express
- Behave impulsively
- Trigger children to also respond emotionally or shut down
- Damage relationships
- Miss long-term goals with children

# Parenting out of the Reasonable Mind



# Reasonably Minded Parents



- Lack empathy
- Miss emotional cues
- Fail to fully communicate
- Fail to fully connect
- Lack the emotional motivation to follow through on what will work

# Wise Minded Parents



- Use mindfulness to manage their emotions
- Self-soothe in healthy ways in order to manage their emotions
- Think about their long term goals, not short-term relief
- Extract judgment from the facts
- Accept things as they are
- Does what is required and what works

# How do I get in my Wise Mind?



- What am I feeling? (Feelings are there to motivate and validate)
- What are my thoughts?
- Are they objective and none judgmental? Am I sticking to the facts? Am I accepting things as they are?
- What are my long term goals with this situation?
- Is there an outcome I am looking for or is my focus on tolerating a distressing situation?
- What is required to meet my goal?

# The Four Feelings



- Happy
- Sad
- Scared
- Mad
- Everything else is an adjective describing the feeling, a combination of them or the intensity
- Guilt is a synthetic feeling, it's anger you don't feel like you have a right to have
- Remorse is when you feel sad or scared about something you have done

# How do I get to the objective facts?



- Avoid “right and wrong”
- Avoid “good and bad”
- Avoid “better and worst”
- Stick to “healthy vs. unhealthy”
- Stick to “effective vs. ineffective”
- Stick to “helpful vs. harmful”



# Getting to a State of Acceptance



- Can I accept things as they are?
- Have I allowed myself to ruminate on how I wish things were instead of what they are?
- When things are not how I wish they would be, how do I feel about this?
- What can I do to feel better?

# Healthy Self-Soothing



- Talking to a friend
- Reading a book
- Going to exercise
- Watch a mindless show
- Listen to music that extracts the opposite emotion
- Journal
- Take a bath
- Focus on the moment
- Bake a batch of cookies (moderate your treat)
- Clean your kitchen (have a sense of mastery)

# Applying this to Children



- Teach your child how to get in to their Wise Mind
- Teach your children how to use emotions to validate and motivate
- Teach your child to unglue their emotions and judgments from the facts
- Teach your child about long term verses short term gratification
- Teach your child how to accept what is
- Teach your child how to self-soothe when things are hard

# Some Great Questions for Kids



- What's happening for you right now?
- How are you feeling?
- What makes you feel that way?
- What are you thinking?
- What are the facts?
- What are your emotions telling you?
- What are your emotions encouraging you to do?
- How can you make yourself feel better in a healthy way?
- Did that work?
- Was that helpful or harmful?

Thank you for Attending!



Q&A

[www.atlantaspecializedcare.com](http://www.atlantaspecializedcare.com)