

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



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- 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

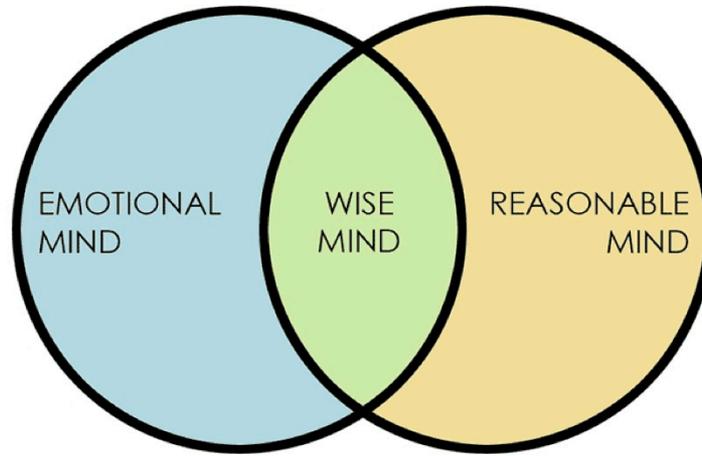
What in the World is the “Wise Mind”



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

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