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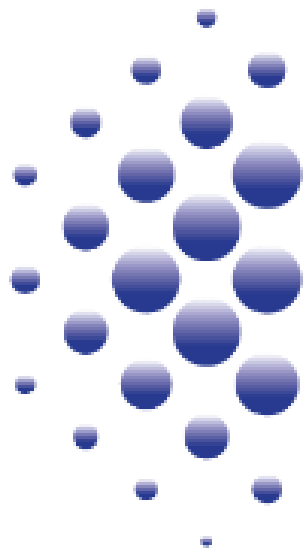
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Developing Cognitive, Social and Emotional Skills: Practical Ways to Use Cognitive Behavioral Therapy

June 15, 2022 | Presented by:

Dr. Anjali Nandi, PhD, MAC, LAC



BJA's

Comprehensive Opioid, Stimulant, and Substance Abuse

Program



BJA's

Comprehensive
Opioid, Stimulant,
and Substance Abuse

Program

Zoom Webinar Technical Overview



Q&A

Enter your questions into the Q&A box.



Chat

Watch the Chat for messages from the webinar organizers.

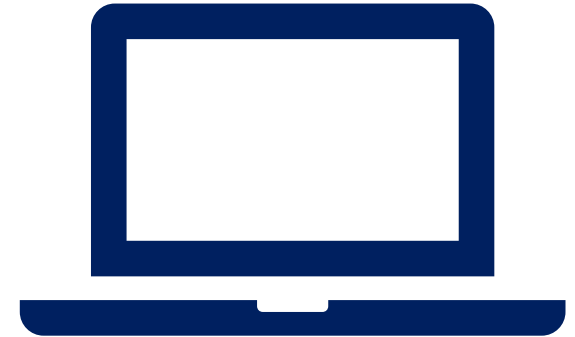


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Poll Questions

Poll questions will be asked during the webinar.

Please respond promptly; polls are open for a short period of time.



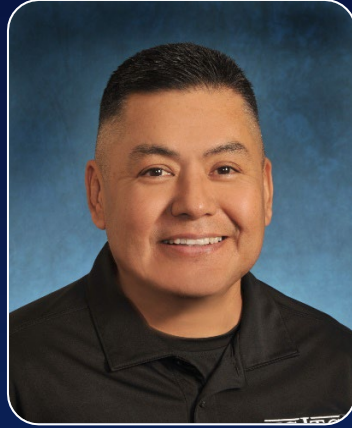
Which of the following best describes your role?

- Victim Services/Victim Advocate
- Probation/Community Corrections
- Law Enforcement
- CAC, Social Worker, Mental Health Worker
- Other

Today's Presenter & Panel



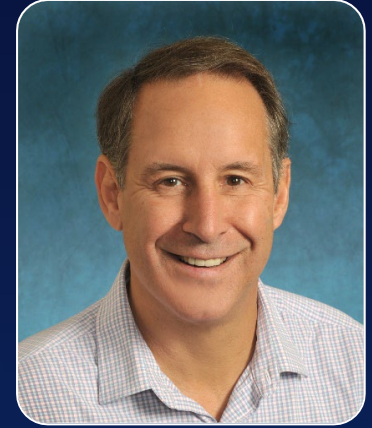
Dr. Anjali Nandi,
PhD, MAC, LAC
Associate, NCJTC



Kevin Mariano
Program Coordinator,
NCJTC



Justine Souto
Program Manager,
NCJTC

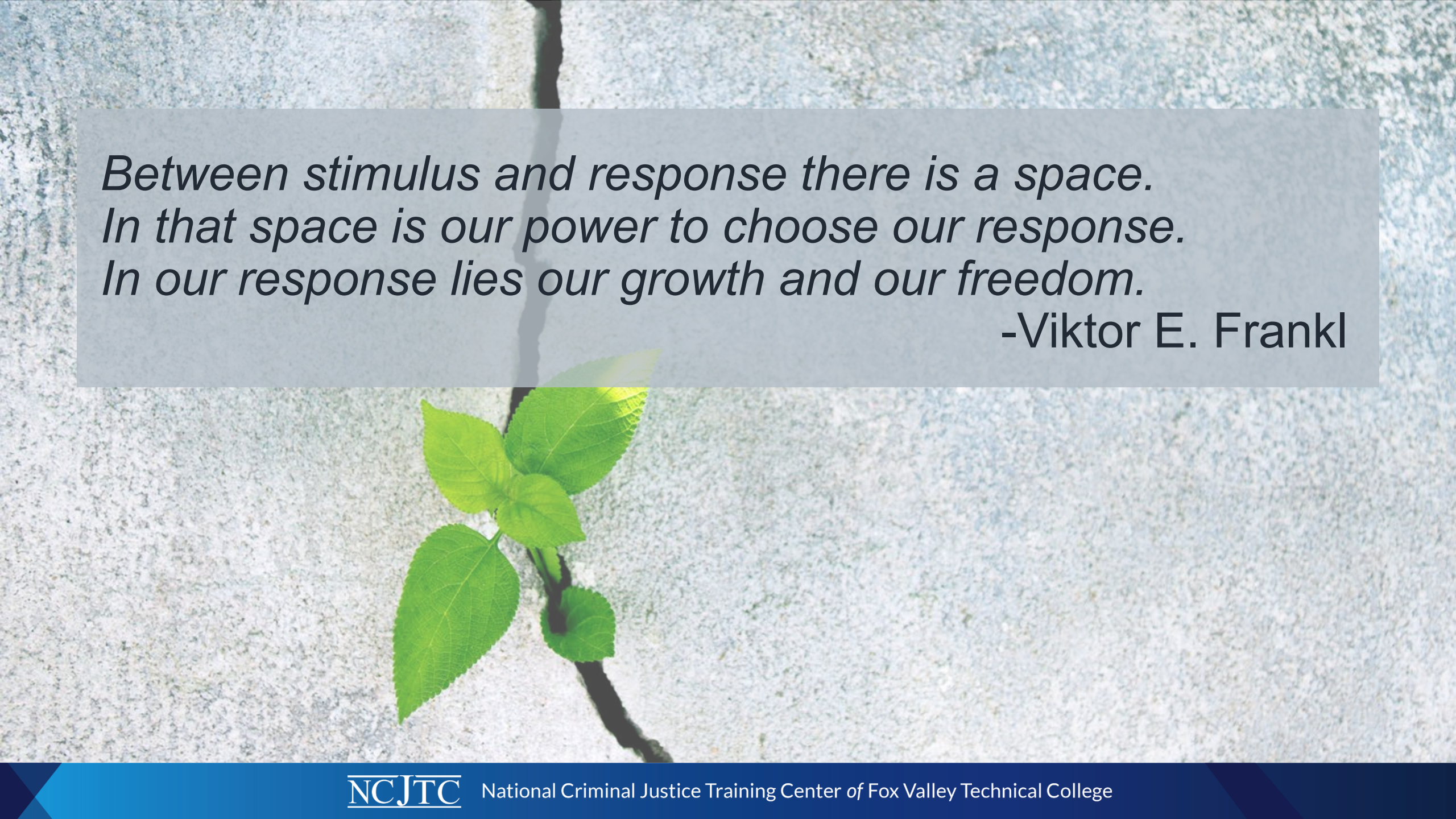


Greg Brown
Program Manager,
NCJTC

Learning Objectives

- ✓ Provide a deeper understanding of decision-making related to skill-building
- ✓ Develop a deeper familiarity with the steps to skill-building
- ✓ Describe how to weave skill-building into any conversation
- ✓ Recognize and avoid common traps related to skill-building



A small green plant with several leaves is growing out of a crack in a light-colored, textured concrete wall. The plant is positioned in the lower-left quadrant of the image. A semi-transparent grey rectangular box is overlaid on the upper half of the image, containing text.

*Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.*

-Viktor E. Frankl



MIND THE GAP

A photograph of two people walking away from the camera on a dirt path in a forest. The person on the left is wearing a dark hoodie and dark pants, while the person on the right is wearing a dark jacket, blue jeans, and a backpack. The path is covered in fallen leaves and the forest is dense with trees and greenery. A semi-transparent dark rectangle is overlaid on the center of the image, containing the title and definition text.

Social and Emotional Development

Social and emotional development is a process through which we acquire skills to increase self-awareness, improve relationships with others, and achieve their goals.

Why is This Important?

- Related to success in family, school, work
- Fewer conduct problems
- Lower emotional distress and positive well-being
- Improved academic outcomes

Social Emotional Skills as a Buffer

- Public assistance
- Criminal Involvement
- Addiction

Mitigates the negative impacts of adverse childhood experiences, trauma, and substance misuse



Which is the main reason you think we shy away from skill-building in our interactions?

- Feels weird
- Client resists
- Unsure how
- Doesn't help
- Other

Skill Building Steps

Identify:

- Gap or Issue
- Clearly name skills (S)
- Opportunities to practice (O)
- Opportunities for feedback (F)
- Transferable scenarios (T)

Components of Cognitive Behavioral Therapy (CBT)

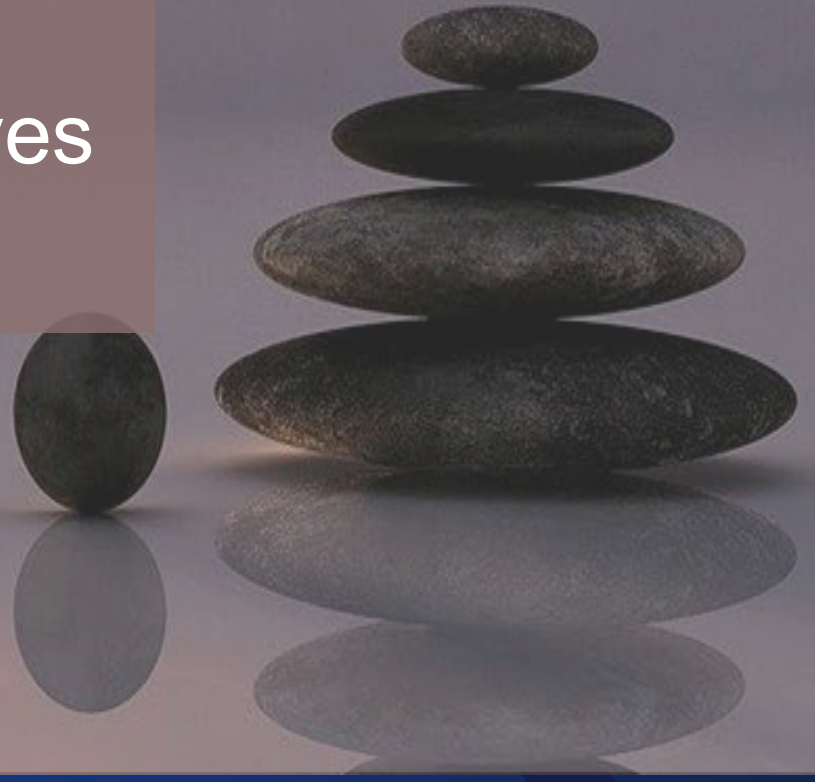
- Emotional Skills
- Social Skills
- Cognitive Skills

Social Emotional Skill Development & Tribal Populations

- Historical traumas
- Social and economic disparities
- Psychological distress

Skills Regarding Self

- Increasing self-awareness
- Identify thoughts and emotions
- Developing skills to manage ourselves
- Growth mindset





Restructuring Thinking

1. Identify thoughts
2. Thoughts vs. feelings
3. Thought stopping
4. Challenging
5. Replacing
6. Emotional tolerance

Thought Stopping Techniques

- Visualizing a stop sign
- Saying STOP out loud
- Using a rubber band on your wrist
- Distract yourself
- Move around, change your position – stand up, sit down
- Exhale loudly



Ways to Develop Emotional Vocabulary

- Emotion cards
- Checking in using emotion cards
- Separating thoughts and feelings
- Emotion charades



Techniques for Emotional Management

- Emotional awareness
- Naming emotions
- Tolerating emotions (distress tolerance)
- How does the emotion inform my action
- Self-regulating techniques

Social Skills

Relational Awareness

- Cognitive empathy
- Affective empathy
- Appreciating difference

Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Need versus position
- Boundaries
- Managing social pressure

How do we Support Skill Development?

- Naming
- Modeling
- Exploring
- Practicing



Which area do your clients struggle with the most?

- Cognitive skills
- Emotional skills
- Social skills
- All of it!

Practice Strategies

- In the moment role-play
- Imagine if...
- Have a redo
- Convince me...
- And what if...
- Evidence for/against
- Let's give it a shot

CBT Curricula

- Quick Skills
- Carey Guides
- Probation and Parole Treatment Planner
- Strategies for Self-Improvement and Change
- Mind over Mood
- Thinking for a Change
- Moral Reconation Therapy

Contact Information

NCJTC General Inquiries

info@ncjtc.org
www.ncjtc.org
(855) 866-2582



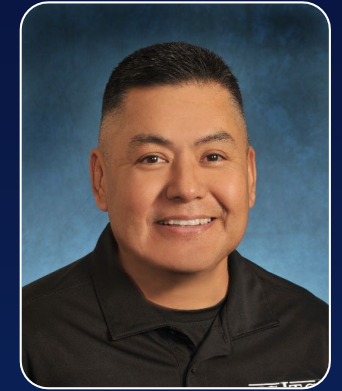
Dr. Anjali Nandi,
PhD, MAC, LAC
anjalinandi@hotmail.com



Greg Brown
browngr@fvtc.edu



Justine Souto
souto@fvtc.edu



Kevin Mariano
mariano@fvtc.edu

Bureau of Justice Assistance's
**FY2022 Comprehensive Opioid, Stimulant and
Substance Abuse Program Solicitation is Now Open!**

Category 1c is designated for tribal, rural and local agencies

Award amount: up to \$1,000,000

Deadline: June 17, 2022

Solicitation information: bja.ojp.gov/funding/opportunities/o-bja-2022-171280

Bureau of Justice Assistance's **Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center**

Website

www.cossapresources.org

Tailored Assistance

www.cossapresources.org/Program/TTA/Request

Funding Opportunities

www.cossapresources.org/Program/Applying

COSSAP Webinars

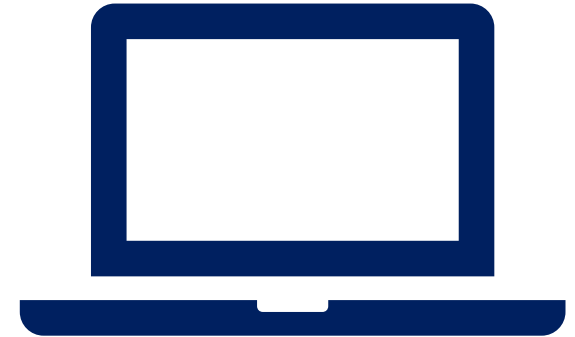
www.cossapresources.org/Media

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Training and Technical Assistance (TTA) Services & Opportunities

Visit www.ncjtc.org/iasap for additional Tribal Responses to Alcohol and Substance Abuse TTA services, offerings and opportunities.

Watch your inbox for upcoming webinars and scheduled trainings!