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“Foundations & Focus: Mindfulness, Emotion Regulation, and Multimodal Tools for Therapist and Client Resilience”

◆ Hour 1: Foundations of Mental Health for Therapists

- Overview of therapist wellness and clinical sustainability
 - Protective factors and vulnerability in mental health professionals
 - The role of meaning, connection, and professional identity
 - Reflection: Assess your current mental health foundation
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◆ Hour 2: Nervous System Basics & Window of Tolerance

- Understanding hyper- and hypoarousal
 - The “Window of Tolerance” (Siegel, Ogden)
 - Recognizing when you're in or out of your window
 - Practice: Identify your baseline states
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◆ Hour 3: Introduction to Mindfulness in Clinical Practice

- What mindfulness is and isn't
 - Benefits of mindfulness for therapists and clients
 - Modes: formal, informal, embodied
 - Practice: Mindful listening & breath awareness
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◆ Hour 4: DBT Mindfulness Skills

- Observe, describe, and participate
- What vs. how skills
- Wise Mind and mindfulness of current emotion

- **Practice: Mindful moment journaling**
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◆ **Hour 5: Foundations of Emotion Regulation (DBT & CBT)**

- **Understanding emotion dysregulation**
 - **CBT emotion-thought-behavior triangle**
 - **DBT emotion regulation model**
 - **Practice: Daily emotion tracking worksheet**
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◆ **Hour 6: Emotion Regulation Skills – DBT in Depth**

- **PLEASE and ABC skills**
 - **Opposite action and increasing positive emotions**
 - **Practice: Plan a positive activity routine**
 - **Discussion: Case examples of dysregulation**
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◆ **Hour 7: EMDR Concepts for Regulation and Resourcing**

- **Brief overview of EMDR phases 1–2 (Resourcing)**
 - **Affect tolerance and resourcing (calm place, nurturing figure)**
 - **Bilateral stimulation basics**
 - **Practice: Create your resource container**
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◆ **Hour 8: CBT Tools for Thought and Emotion Management**

- **Identifying and reframing automatic thoughts**
 - **Cognitive distortions overview**
 - **Cognitive restructuring practice**
 - **Activity: Thought log with emotion mapping**
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◆ **Hour 9: Integration of Mindfulness + Cognitive Skills**

- How mindfulness strengthens CBT/DBT
 - Thought defusion vs. reframe
 - Self-talk and metacognition
 - Practice: Thought detachment visualization
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◆ **Hour 10: Tolerating Distress – DBT & Somatic Tools**

- STOP, TIPP, ACCEPTS skills (DBT)
 - Somatic grounding: breath, cold, movement
 - Creating an emergency coping plan
 - Practice: Somatic distress tolerance circuit
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◆ **Hour 11: Self-Compassion and Therapist Identity**

- The inner critic and self-doubt in therapists
 - Developing self-compassion with DBT and ACT tools
 - Voice dialogue: wise self vs. critic
 - Practice: Self-compassion letter or reframe
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◆ **Hour 12: Integration & Next Steps**

- Review of tools: DBT, CBT, EMDR, Mindfulness
- How to choose the right tool in the moment
- Personal integration plan
- Practice: Visualization of future clinical self