

## REHABILITATION - GROUP (514)

P - (Purpose): Group rehabilitation services to help reduce client's impulsivity and to increase decision-making skills.

I - (Intervention): Met with clients for session 1 of 8 at CMHC Sonoma office. I facilitated opening and closing mindfulness exercise. Co-facilitator trained on DBT skills, format of DBT Skills group, and guidelines for the group (General Handouts 1 and 3). Following "Schedule 2: 24 Weeks, Linehan Standard Adult DBT Skills Training Schedule" for Modules 1 and 2, as given in "DBT Skills Training Manual, 2nd Edition" by Marsha Linehan, both facilitators trained participants on Mindfulness Handouts 3 ("Wise Mind") and part of 4 ("Taking Hold of Your Mind: 'What' Skills).

R - (Response): Susan reported that the mindfulness exercises helped her feel "clearer." She was able to identify being in Wise Mind as when she feels clear and without conflict in her decision-making.

PL - (Plan): Next session 3:30pm on Wednesday, December 14. Clients have been asked to use diary card over the course of the week to practice mindfulness skills with the goal of reducing anxiety and impulsivity. I will review diary cards as well as continue teaching DBT mindfulness skills.

\*\*\*

P - (Purpose): DBT psychiatric rehab to reduce impairments in Ken's social, recreational, and decision-making skills.

I - (Intervention): Practitioner reviewed Building Mastery, PLEASE skills, and mindfulness of current emotions. Following "Schedule 2: 24 Weeks, Linehan Standard Adult DBT Skills Training Schedule" for Modules 1 and 3, as given in "DBT Skills Training Manual, 2nd Edition" by Marsha Linehan, practitioner taught and discussed Emotional Regulation Handouts 10 ("Opposite Action") and 11 ("Figuring Out Opposite Actions"). Practitioner distributed Emotional Regulation Handouts 7 ("Opposite Action To Change Emotions") and 13 ("Reviewing Opposite Action and Problem Solving") as take-away references. Practitioner and co-practitioner provided validation of participants' efforts to understand and use the DBT skills, as required by DBT Skills Group protocol. Practitioner presented participants with Certificates of Completion.

R - (Response): Ken spoke more easily than he had in the past and seemed more confident in speaking up, though his answers were not always indicative of linear thought. He said that he could see using Opposite Action to move from the shade into the sun, i.e., change from negative to positive emotions.

PL - (Plan): Participants were invited to follow up with clinicians to review DBT skills, and to participate in the next DBT Skills Group in October.