



Skills Group

INTERPERSONAL EFFECTIVENESS MODULE – WEEK 1

WELCOME!

INTERPERSONAL SKILLS MODULE

- Introductions
- Rules of Engagement :)
- Overview of all three modules – 4 weeks each.

- In keeping with Extended Team's Self Management Theme. It is hoped that you will gather skills that can add to your personal self-management skills repertoire.
- We will review the skills you think you can use at the end of the session.

**EXTENDED HEALTH
TEAM**

**SELF MANAGEMENT
FORM**



GOALS OF MINDFULNESS PRACTICE

Reduce

Reduce suffering and increase happiness

Increase

Increase control of your mind

Experience

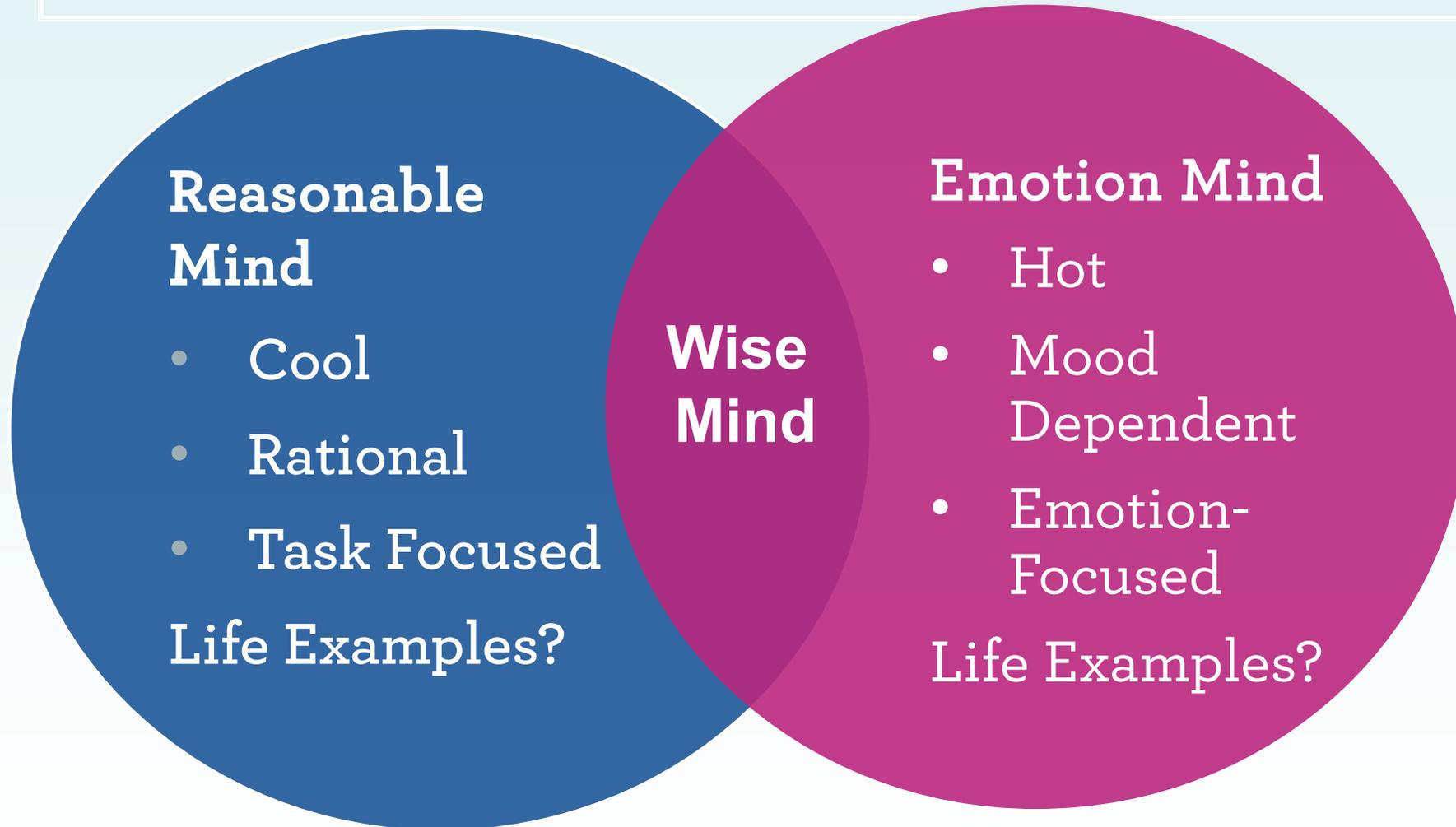
Experience reality as it is

Mindfulness Handout 1& 1A

WHAT MINDFULNESS IS NOT



WISE MIND: STATES OF MIND



Mindfulness Handout 3



IDEAS FOR PRACTICING WISE MIND

Mindfulness Handout 3



WHAT SKILLS



OBSERVE

IDEAS IN HANDOUT 4A PG 1-4



DESCRIBE

IDEAS ON HANDOUT 4B



PARTICIPATE

IDEAS ON HANDOUT 4C



Mindfulness Handouts
4, 4A, 4B, 4C

HOW SKILLS



**NON-
JUDGMENTALLY**



ONE-MINDFULLY

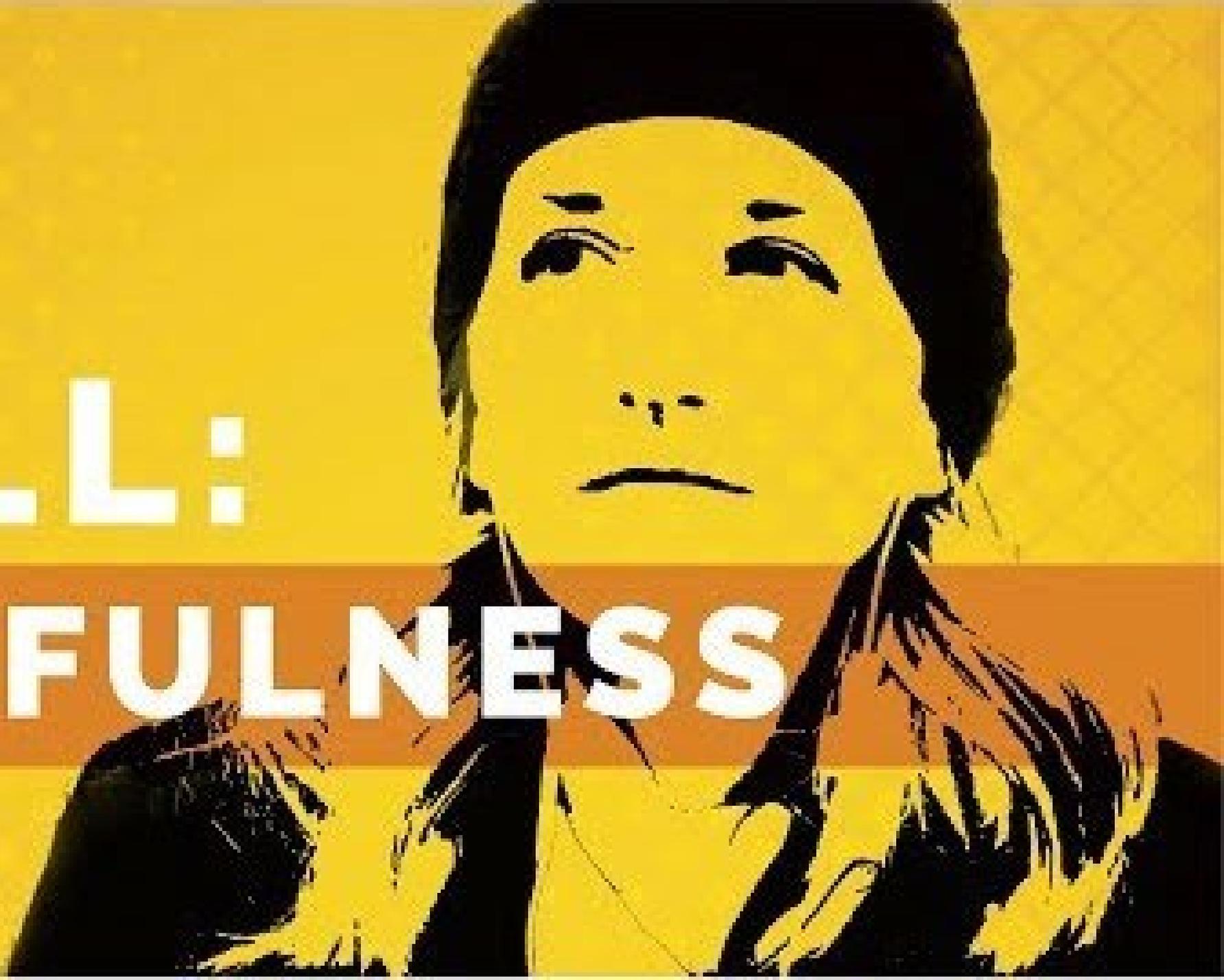


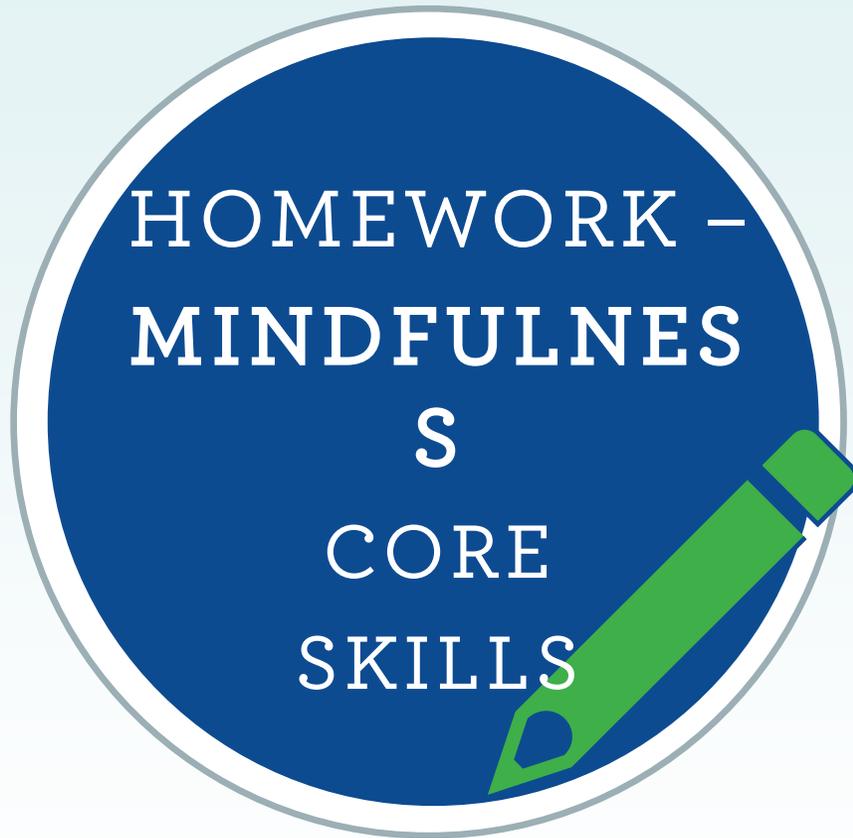
EFFECTIVELY

Mindfulness Handouts
5, 5A, 5B, 5C

**DBT
SKILL:**

MINDFULNESS





- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

MINDFULNESS PRACTICE

The yellow bird flew through
Through orange curtains
Into blue sky

THANKS FOR BEING HERE!





Skills Group

INTERPERSONAL EFFECTIVENESS MODULE – WEEK 2

MINDFULNESS PRACTICE



GOALS OF
INTERPERSONAL
EFFECTIVENESS:

Obtaining Objectives, while
Maintaining Relationships
and Self Respect

HOME
WORK
REVIEW



- Describe 2 situations, who, what, when and where
- Practice using one or more of the skills – describe using it.
- Check all that apply:

Mindfulness Worksheet 2B



FACTORS IN THE WAY OF INTERPERSONAL EFFECTIVENESS

You don't know what you want

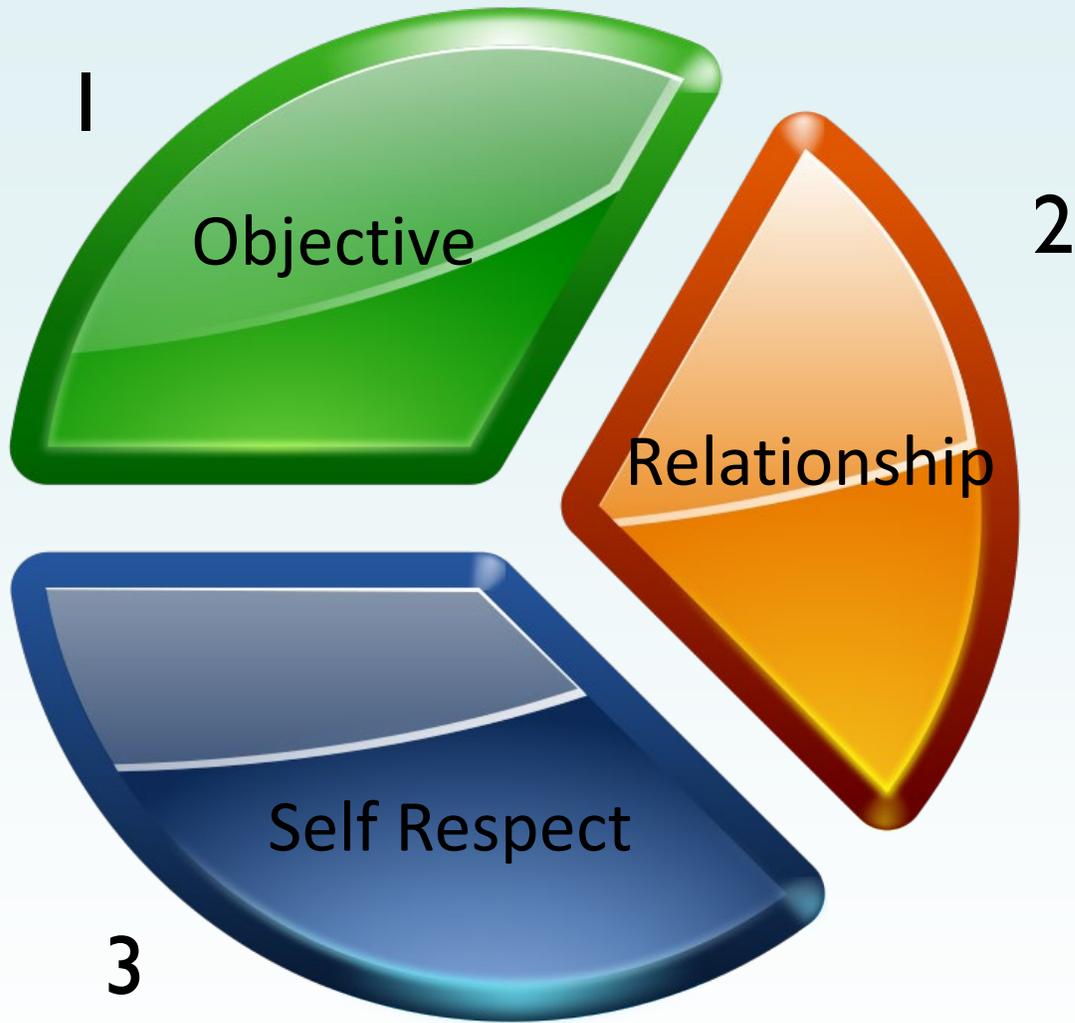
Your emotions are getting in the way

You forget your long-term goals for short term goals

Other people are getting in your way

Your thoughts and beliefs are getting in the way.

Interpersonal Effectiveness Handout 2



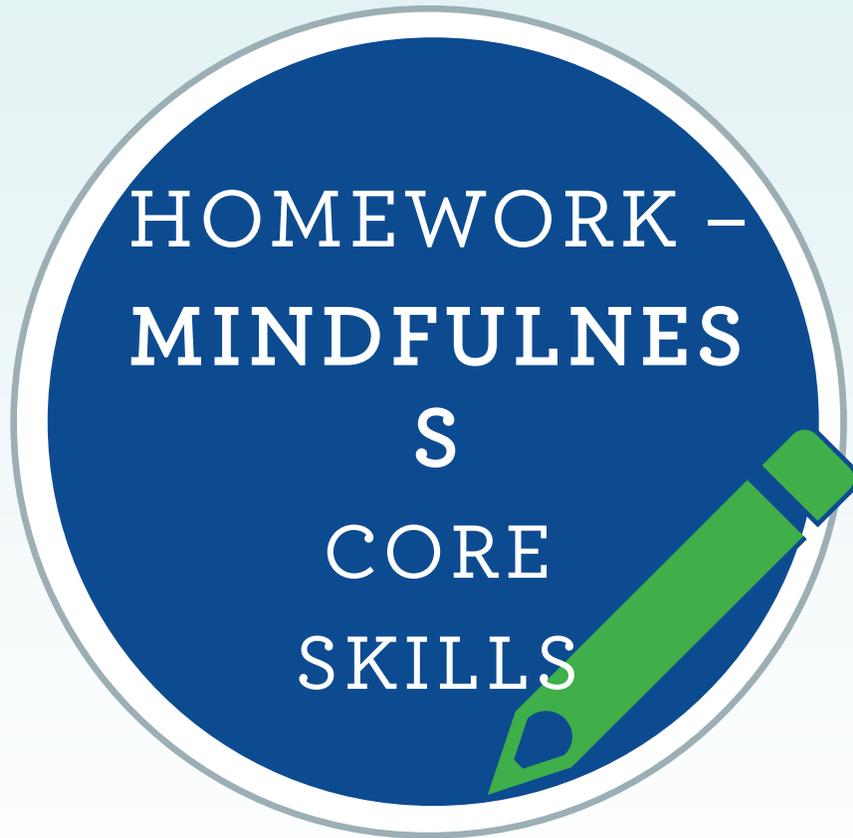
Clarifying Goals in Interpersonal Situations



Guidelines for OBJECTIVE Effectiveness (Getting what you want)

- D escribe
- E xpress
- A ssert
- R einforce
- M indful
- A ppear confident
- N egotiate





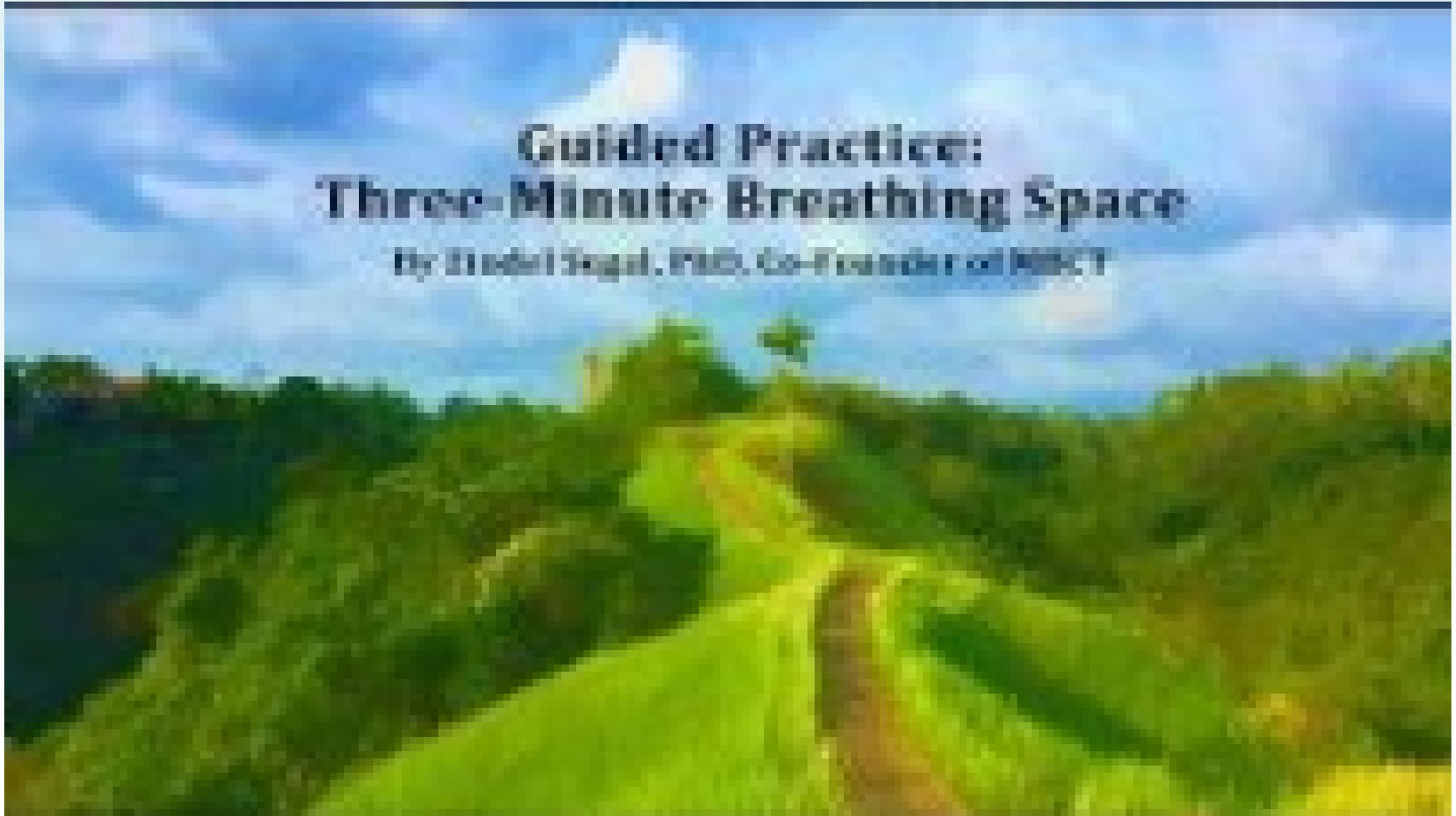
- D
- E
- A
- R
- M – broken record, ignore defensiveness
- A
- N – turn the tables

Interpersonal Skills Practice Sheet

MINDFULNESS PRACTICE

Guided Practice: Three-Minute Breathing Space

By Daniel Siegel, PhD, Co-Founder of MBSCT



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INTERPERSONAL EFFECTIVENESS MODULE – WEEK 3

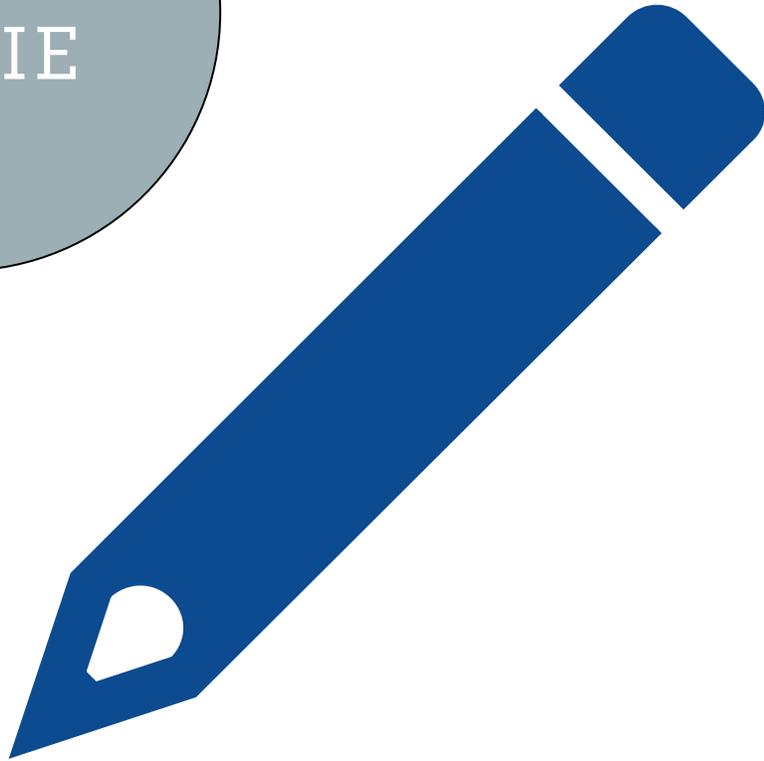
MINDFULNESS PRACTICE



TODAY'S AGENDA

Guidelines for Relationship Effectiveness: Keeping the Relationship

HOME
WORK
REVIEW



- D
- E
- A
- R
- M
- A
- N

Interpersonal Skills Practice
Sheet



Guidelines for RELATIONSHIP Effectiveness

- Gentle
- Interested
- Validate
- Easy manner



What validation is NOT!

Validation	Finding a kernel of truth in another person's perspective or situation
Advice	Giving guidance or recommendations concerning future action, typically given by someone regarded as knowledgeable or authoritative
Encouragement	Cheerleading yourself or someone else and rethinking a situation
Feedback	Information about reactions to a product, a person's performance of a task etc used as a basis for improvement
Praise	Positive evaluation communicating approval of another's performance or attributes <ul style="list-style-type: none">• Eg. You are so good at _____
Compliment	A polite expression of congratulations, encouragement or respect <ul style="list-style-type: none">• Eg That scarf looks nice on you



VALIDATION

6 Levels of Validation!

- Level 1 ~ Active Listening and paying attention. .
- Level 2 ~ Accurate Reflection. ...
- Level 3 ~ Articulate Non-Verbals. .
- Level 4 ~ Historical Context. ...
- Level 5 ~ Relay the Normal Human Experience. ...
- Level 6 ~ Radical Genuineness.

Guidelines for SELF RESPECT Effectiveness

- Fair
- No Apologize
- Stick to values
- Truthful





- D
- E
- A
- R
- M
- A
- N
- G
- I
- V
- E
- F
- A
- S
- T

Interpersonal Skills Dearman/Give/FAST

MINDFULNESS PRACTICE

THANKS FOR BEING HERE!





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INTERPERSONAL EFFECTIVENESS MODULE – WEEK 4

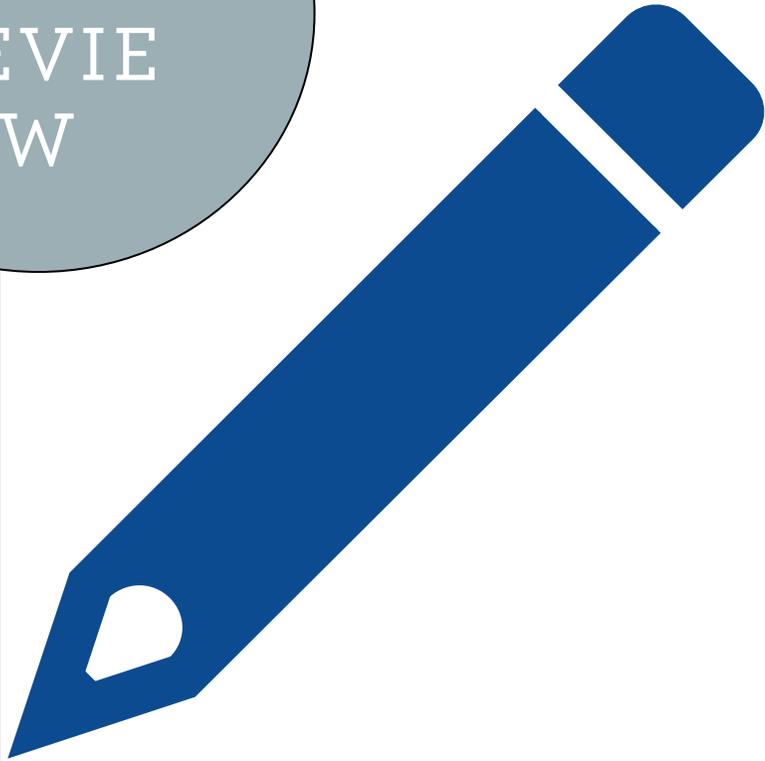
MINDFULNESS PRACTICE



TODAY'S AGENDA:

Evaluating Intensity to use in asking for something.

HOME
WORK
REVIEW



- D
- E
- A
- R
- M
- A
- N

- G
- I
- V
- E

- F
- A
- S
- T



Evaluating
Options for
Whether or How
Intensely to Ask
for Something or
say NO



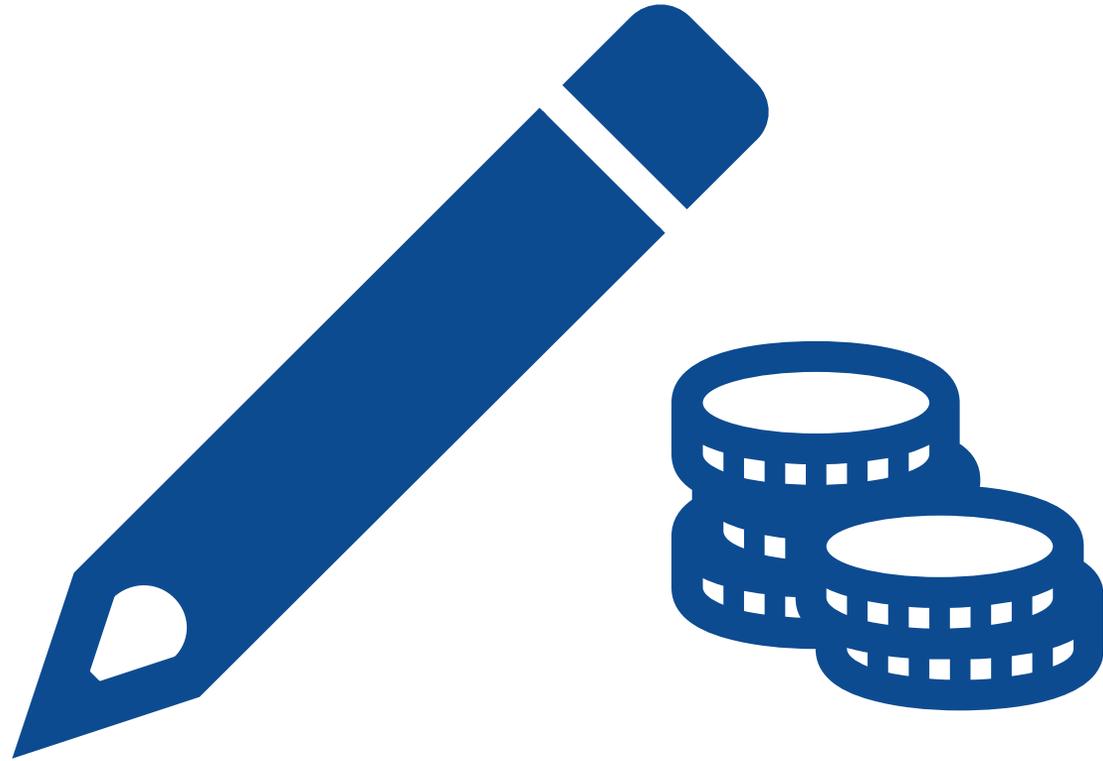
Interpersonal Effectiveness Handout 8

Factors to consider:

- Capability
- Priorities
- Self-Respect
- Rights
- Authority
- Relationship
- Long-Term Versus short term goals
- Reciprocity
- Homework
- Timeliness



TRY
AT
HOME
TOO 😊



Dime Game Practice in class

MINDFULNESS PRACTICE

Any skills you think you
could add to your Self
Management Skill Set?

EXTENDED HEALTH
TEAM

SELF MANAGEMENT
FORM



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