From Chaos To Clarity

GUIDING CLINICIANS ON NEXT STEPS WITH MULTI SYMPTOM CLIENTS

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A Little About Me

- Therapist
- Specialist in DBT, Trauma and Yoga for Trauma
- Group Practice Owner
- Trainer, Owner of Rebelmente

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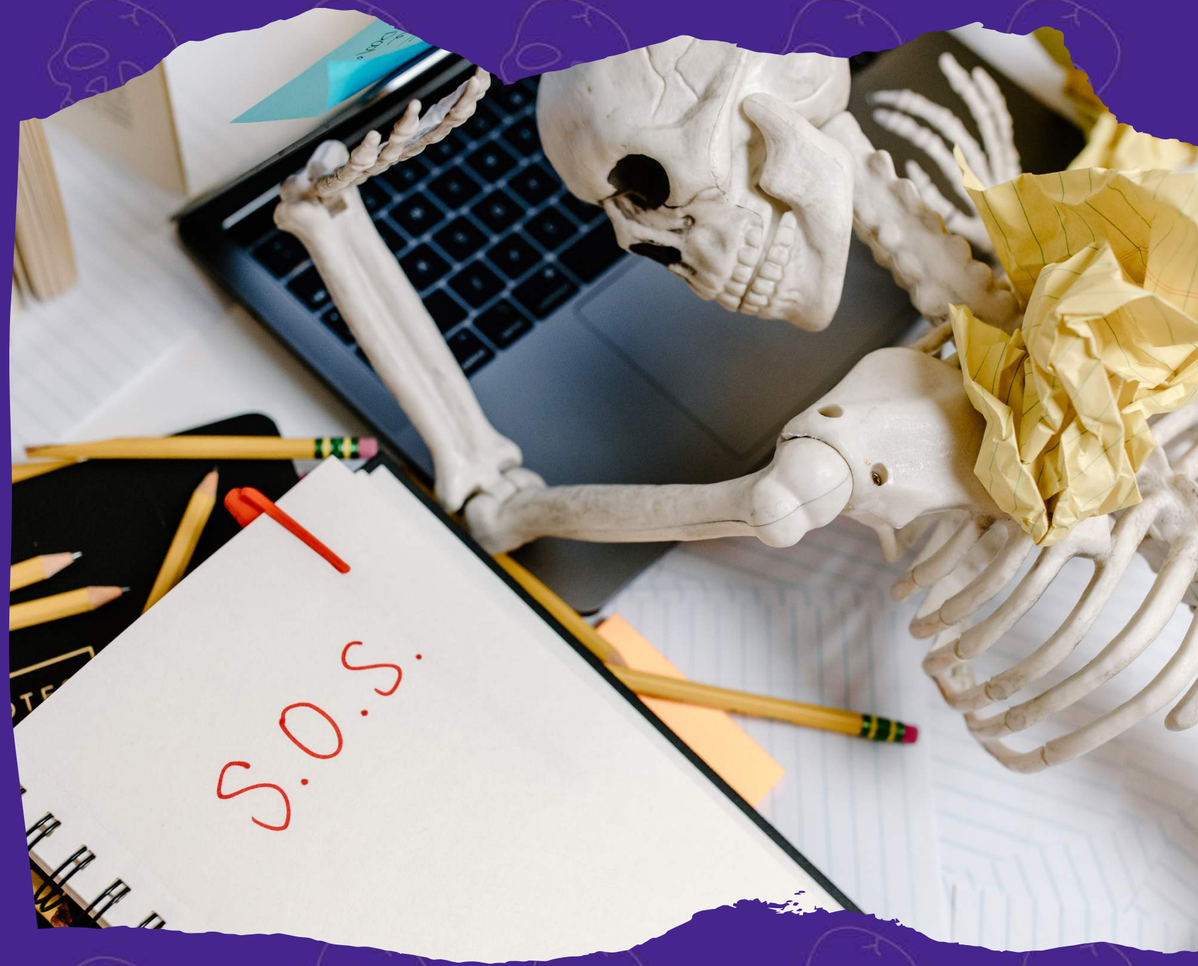
Why Are We Here?

As a therapist, you may be feeling:

- Overwhelmed
- Under prepared
- Uncertain
- Afraid
- Incompetent



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How Does This Show Up?

"I just feel so burnt out by my client"

"maybe they need to be referred out"

"I have no clue what I'm doing with this client"

"I don't even know what help I need"

"I don't know that I'm cut out for this"

"It's taking forever to build my caseload...I've lost a quite a few clients"

Fear Not, Dear Therapist

- You learned a lot in grad school, and there's no way you could have learned it all.
    - You learned broad strokes. You need now need precision.
- Becoming a good therapist takes time, give yourself grace for what you don't know.
    - You are continuously learning-the more you know, the better equipped you will be.
- You are doing the best you can.
- It gets better! I promise.

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You Need a Blueprint

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By the end of this training

- You will be able to apply the 4 step method used to conceptualize your cases.
- You will be able to list your client issues in a set of targets to increase and decrease.
- You will be able to distinguish high priority targets from lower priority targets with your multi symptom clients.

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4 Step Plan To Clarity

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01. Awareness

- Calm before clarity-you need at least 5 minutes
- When thinking of this client list what **sensations** you feel **physically** and any **emotions** you notice
- Breathe into that space
- List in objective form, the behaviors and problems of this client that contribute to a state of crisis* (Crisis for the client and a feeling of chaos/incompetence/etc. for you)
- List behaviors/or circumstances that are strengths or positive pieces of the clients picture
- Take the last few moments to simply reflect on your list

You now have a list of behaviors to **increase** and **decrease**

02. Asking

Ask yourself “what is the **highest need for change** on this list?” when looking at behaviors to decrease.

Ask yourself “which is the **easiest strength to grow**?” on the list of behaviors to increase?

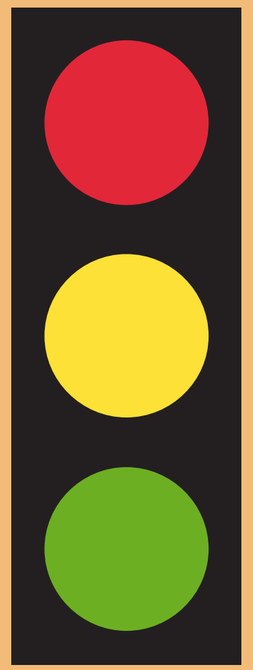
Free Write

03. Assess

- Go through your list and rank order the issues.
  - Use this filter to help **prioritize**
- Are there anythings that can be put on the back burner for now?
- Are there any issues that you are taking on responsibility for solving because you feel stressed for your client?

**Reminder, you are not responsible for solving every problem of your client. You are responsible for helping your client help themselves.*

Prioritize



Red Light, **High Priority**-Life threatening, self injury, behavior that threatens safety in a life threatening way (Substance Abuse, Eating Disorder)

Yellow Light-1-Priority-**Threatens** the **therapy** relationship, impacts therapy working

Yellow Light 2-Priority-Impacts **quality of life** (anything that's not life threatening or therapy interfering, but is impacting the client's life negatively-goes here).

Green Means Go!-These are things to reinforce, cheerlead and grow!

04. Action

After selecting your top target, follow these steps:

1. Clear your mind of distractions-*tuck your list away so you can return to it if needed, but until this target shifts, keep your eye on the prize.*
2. Talk to your client about what you have been thinking, and what you feel the plan of action should be. *Look for the head-nod.*
3. With focusing on your top target, decide if you need more help with HOW to target the issue.

Troubleshooting

- Quality of life targets may need a mini assess practice/prioritization done within that target list.
- Staying focused requires consistent mindfulness practice-take the time for it.
- Plan ahead for time to think this through each week-the opposite of having it consume you.
- Who will you go to for more help?
  - Clinical supervision
  - Group supervision
  - Clinical Consultation Team
  - *remember in getting help, you need to be clear on what the help you need is!

Troubleshooting-What's Next?

- Asking for help effectively
- Gaining client commitment
- Remaining mindful as a therapist, as a human
- How to pivot when stuck
- Taking case conceptualization to treatment planning

You know enough vs.
There's always more to learn!

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How Can I help?

If this was helpful, you may be interested in learning DBT with me.

- On Demand + Live Trainings
- Monthly Q + A
- Private Discussion Community
- Specialized Topics with Experts
- Access to all workbooks + worksheets

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