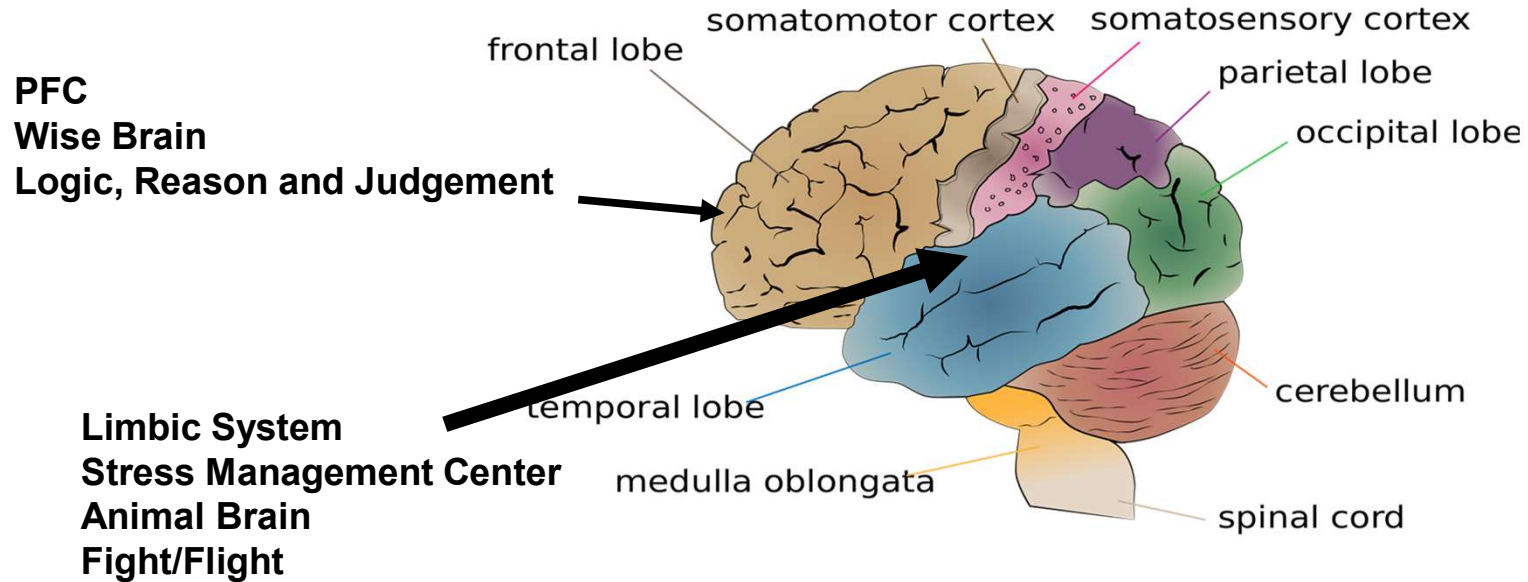

The Need for Coping Skills in an Age of Anxiety

Presented by: Paul DePinto, LPC, Strength For Change, LLC

Some Considerations

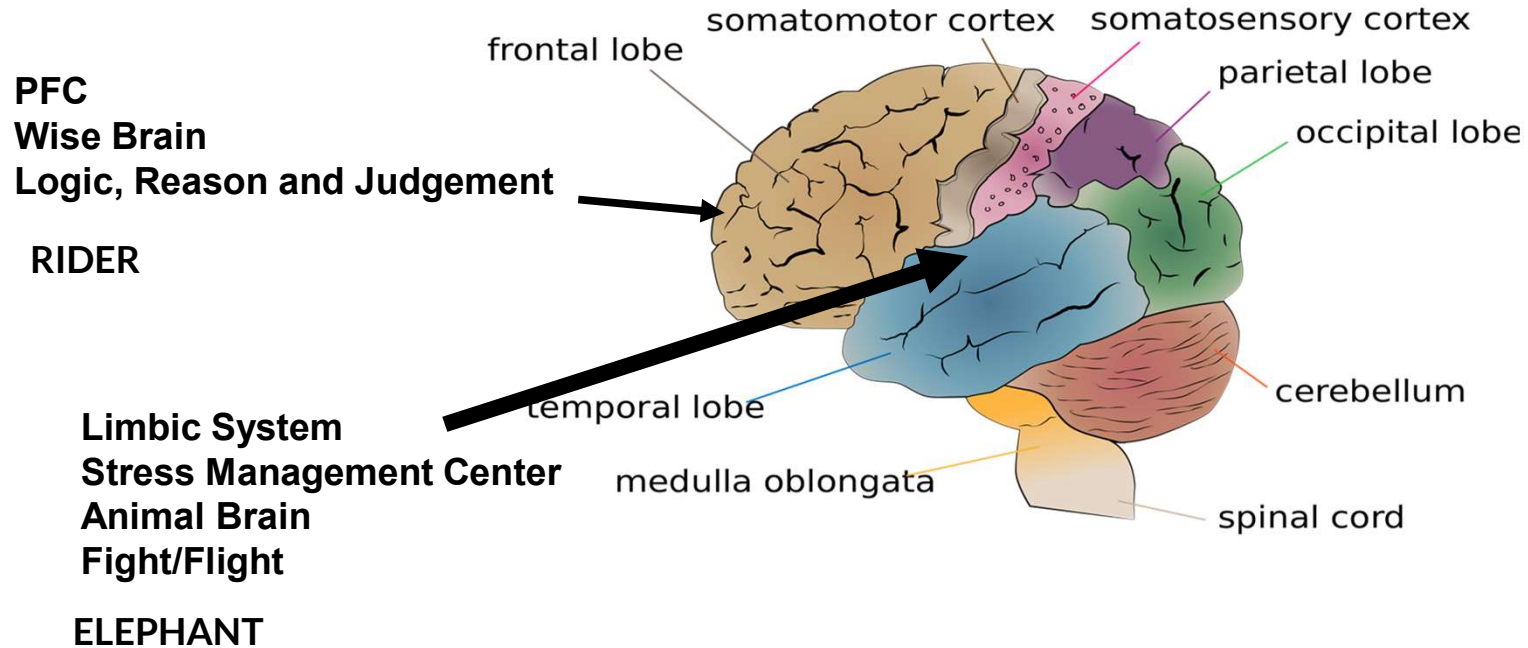
- ❖ **Techniques in and of themselves mean nothing**
 - ❖ **Change is a process - not an event**
 - ❖ **Rapport and validation are essential to a good outcome**
 - ❖ **If we could do well, we would do well**
 - ❖ **The Brain is the organ that runs our lives**
-

A Brain Based Model





A Brain Based Model



Common Sense Model

Cut off on 80

IT →

Situation **FEEL BAD**

Person

Event

Circumstance

Physical: Stress Response

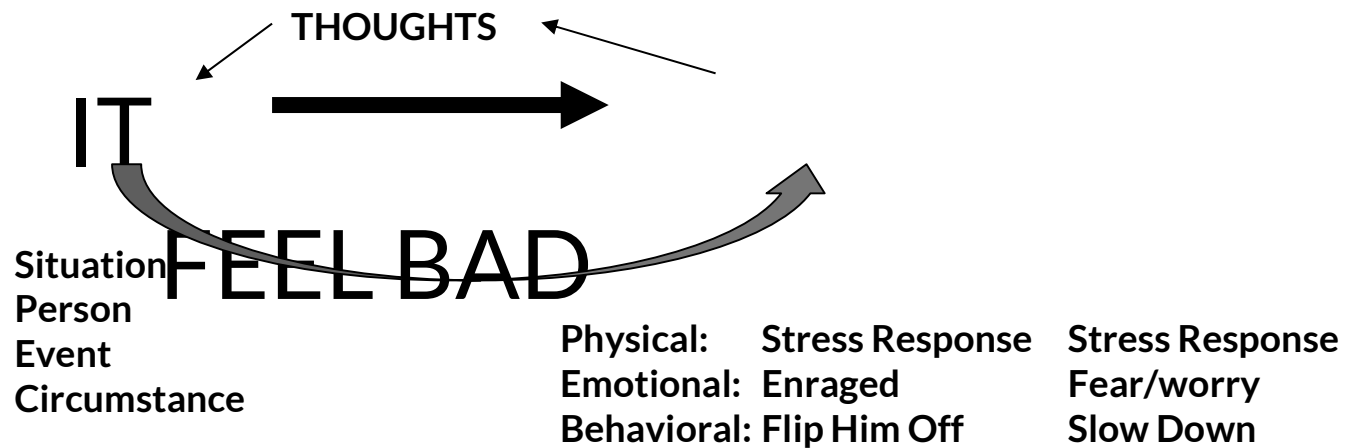
Emotional: Enraged

Behavioral: Flip Him Off

CBT Model

HE'S AN A-HOLE
HE'S DANGEROUS
THINGS HAPPEN

Cut off on 80



Two Pronged Approach

❖ **Prevention**

❖ **Intervention**

Intervention Exercise Number 1

I am thinking...

The Truth Is...

What I need to do is....

Intervention Exercise Number 2

Possibility vs Probability

Possibility - Whether something CAN happen or not

Probability - The likelihood of something happening

THANK YOU!!!!