75 Counseling Skills and Tools for Elementary Age Clients

Dr Jenkins blends CBT and DBT theories to help her clients improve emotional regulation, mood stabilization, behavioral change, and increased ability to succeed interpersonally. Since 1995 Dr Jennica Jenkins has served children, teens and college age clients in both educational and clinical environments.

The training is not boring...Facilitated as a child support group so it is hands on and interactive! Integrates digital presentation, film/music, diad/small group activities, songs with hand motions, discussion pods literature review, lecture, and participation with speaker. Participants will be given, workbook style materials and links to further resources.

1. **Big Feeling**    Bucket of feelings, a feeling you have had too long or one that you don’t want to feel or a feeling that is not matching your situation

2. **Stop Breathe**
   i. Putting on the BRAKES  
   ii. U-TURN  
   iii. KABLAMO escalator or slippery slope

3. **Do Something Else**
   i. Vent  Soothe  Distract  
   ii. Sensory Zones  
   iii. Ladder Up Slide Down

4. **Go Somewhere Else**
   i. Space and Silence  
   ii. Identifying Inner Experience  
   iii. Communicating Inner Experience  
   iv. CBT GO to thoughts - grid roll dice

5. **Think Something Else**
   i. Cognitive Distortion – Thinking Traps  
   ii. ABC attitude outlook  
   iii. Motivation Bridge  
   iv. Anxiety specific WHAT IF and JUMPING TO THE WORST

6. **Check for Facts**
   i. Talking Back to the Worry – Worry BUG  
   ii. Bratty Anxiety wants CANDY  
   iii. Math FUN  
   iv. Mine Not Mine, True Not True, Now Not Now (hoola hoop)  
   v. Helpful, Hopeful, WAIT TIME

7. **Which Mind**
   i. Logical Mind, Wise Mind, Emotional Mind (DBT varied) Puppets

8. **CALM DOWNS** - go noodle you tube
   a. Bear, Bunny, Flower, 3-3-3Yummy Circle, Square, 4-7-8, Rainbow....

9. **Distress Tolerance**
   a. Flip Book of coping statements
b. Superball

c. Penny

d. Palm Tree Hurricane OKAY again

e. Muscle (weight lift one arm)
f. Bucket of feelings
g. Accumulating positive experiences: popsicle stick pull and enjoy able list DBT SKILL

10. DBT Resiliency:
   i. Support from other people in your life   HELPSEEKING
   ii. Ability to accept yourself for who you really are. SELF CONCEPT
   iii. Your confidence in your ability to cope with tough times DISTRESS TOLERANCE
   iv. How good you are at communicating and interacting with others in times of stress.
       INTERPERSONAL COMPETENCE
   v. How good you are at facing challenging problems and problem solving   INTERPERSONAL
       COMPETENCE
   vi. Ability to cope with your emotions in during tough times   EMOTIONAL REGULATION

11. Behavioral Basics
   a. Obey first time
   b. Move On
   c. Accepting NO for an answer
   d. How to disagree the right way
   e. Lying
   f. Connecting actions to consequence

12. Self-Control
   i. Give me 5
   ii. Pipe cleaner spinnny
   iii. Hands to myself song   Words to myself
   iv. I can calm down 123 – I am in control of me   Both VERSIONS
   v. Dice Roll choices - Balloon (anger management)
   vi. STOP THINK DO THE RIGHT THING
   vii. Stretch it OUT

SUPPLIES

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<thead>
<tr>
<th>Supplies</th>
<th>Balloons</th>
<th>Weight</th>
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<tr>
<td>Puppets</td>
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<tr>
<td>Books</td>
<td>Work it out or Move on</td>
<td>Slippery slope folder</td>
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<tr>
<td>Hoola Hoop</td>
<td>Popcicle sticks</td>
<td>Bucket of Balls etc</td>
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<tr>
<td>Pool Noodle</td>
<td>Magnifying Glass</td>
<td>PILLOWS ROCKS IN YOUR BACKPACK</td>
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<td>White Board</td>
<td>Pin wheel</td>
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<td>Balls in cups</td>
<td>Sidewalk chalk</td>
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