



## PHP TOPICS

Please note, your child is planned to participate in PHP for 5 days, so they will not receive instruction on all 7 topics outlined here.

### **Resiliency**

- o Participants will reframe unhelpful beliefs about treatment using a resiliency approach.
- o Participants will learn about fixed and growth mindsets and how it influences resiliency.
- o Participants will create a personalized resiliency plan including values, personal strengths, coping skills, positive thoughts and safe places.

### **Interpersonal Communication**

- o Participants identify their communication style (passive, assertive, passive-aggressive, aggressive) and practice using assertive communication techniques.
- o Participants will learn how to use “I feel” statements and identify situations where this would be effective.

### **Impulse Control**

- o Participants will be able to identify and describe the stages of impulsivity.
- o Participants identify situations and environments they are likely to be impulsive in, and then practice several different impulse control strategies including: Stop, Think, Act. Recognize emotional reactions. Remember how it felt last time. Deny yourself. Surf the urge. Ask for help. Practice time-outs. Know your triggers.

### **Values**

- o Participants identify their top 8-10 personal values and the importance of living in line with their values.
- o Participants will identify scenarios that make it challenging to live by their values and learn to make a different plan that leads them towards their values instead of away from them.


### **Motivation and Behavioral Activation**

- o Participants will identify what they would do (both need to do and want to do) if they had the motivation to do so.
- o Participants will learn and practice different motivation strategies: Make it fun. Break it down. Pair it with something you already do. Try a different time of day. Do an activity with someone else. Treat yourself after the task is finished. Focus on something you can control. Do the opposite action.

### **Emotional Regulation**

- o Participants will understand how the environment and sensory aspects can influence our thoughts, emotions, and behaviors.
- o Participants will learn about the Zones of Regulation (blue, green, yellow, and red) and how to recognize what zone they are in.
- o Participants will explore sensory tools related to 7 senses and identify the tools that felt helpful to them.

### **Mindfulness and Cognitive Defusion**

- o Cognitive defusion is a mindfulness strategy specific to how we interact with our thoughts. It allows us to recognize our thoughts in the present moment and be observers of our thoughts without passing judgment on them or dialoguing/interacting with them. When we notice our thoughts come and go without getting caught up in them or placing value on them, we can begin to reframe them.
  - o Mindfulness helps us learn to experience emotions in the absence of criticism, negative judgments, distraction, resistance, and striving (wishing this moment were anything other than it is).
  - o Participants will create their own “hands” reminder of cognitive defusion and mindfulness techniques most relevant to them and brainstorm/reflect on various scenarios in which they can employ them.
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    - § I Feel Statement: I feel [emotion] when [describe situation]. I need [request or solution].
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