



Touch is not Evil – The Wizard Skills

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Vulnerabilities/Take Care of Yourself



Eat and Drink



Sleep Routine



Take your Meds



Exercise



Keep yourself Clean



Do Stuff You Like



Value Yourself



Why do we Touch?

Types of touch

- Ritual, Athletic, Nurturing, Punishing, Intimate

Attachment

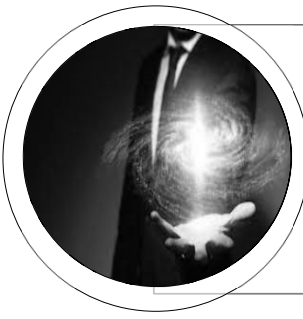
Validation

Touch as a language

Mind-body connection

THE MAGIC OF INTERVENTIONS

- Builds on strengths
- Builds on existing skills
- Concrete and direct Psychoeducation with real-time examples
- Re-wires brain responses
- Brain-body connection
- Increases sensory awareness
- "Hidden" therapy
- Targets relationship skills
- Fun
- Works on trauma triggers and provides interoceptive exposure



Interoceptive Exposure

- Situation
 - Increased HR/Breathing
 - Tense muscles
- Thoughts
 - I am uncomfortable/nervous
 - How do I make this stop
- Reactions
 - Run away
 - Anger/fear
- New neural pathways
 - This is just a game, I am safe
 - This is just from running/jumping, I am safe
 - I was able to regulate through the game

Facilitation Techniques

- Considerations when forming groups
- Limit distractions
- Circles, circles, circles
- Guiding vs. leading vs. facilitating
- Expectations
- “Helicopter Staffing” and allowing for failure
- Asking questions/getting the info you are looking for
- Everything is an intervention if it is framed correctly

Safe and Fun Contract

- Contract between you and all participants for all to be safe and have fun in group/individual
- Set of “do’s” not a set of “don’ts”
- Strengths-based language
- Using consequences increases “buy in”

SAFE AND FUN CONTRACT:

-BE HERE WITH YOUR BODY AND YOUR MIND
 -BE SAFE WITH YOUR BODY
 -BE SAFE WITH YOUR WORDS
 -BE SAFE WITH YOUR EMOTIONS
 -LISTEN TO OTHERS
 -USE KIND WORDS
 -SPEAK YOUR TRUTH
 -LAUGH
 -PARTICIPATE AT YOUR BEST LEVEL
 -ASK FOR HELP WHEN YOU NEED IT
 -STOP AND THINK BEFORE REACTING

CONSEQUENCES:

-SING A SILLY SONG
 -DO A SILLY DANCE
 -APOLOGIZE


The Wizard Skills Program

- Building on strengths and validation
- Body, emotion, thought and urge awareness
- Focus on concrete skills

FOCUS ON RELATIONSHIP SKILLS VS EMOTIONAL REGULATION

BUILDING RELATIONSHIP SKILLS	FOCUSING ON EMOTIONAL REGULATION
<ul style="list-style-type: none"> -Strengths-Based approach -Built in emotional regulation skills -Making skills concrete and manageable -Real-world application -More “user friendly” in the moment 	<ul style="list-style-type: none"> -Deficit-based approach -Requires higher level of mind-body connection -Harder to apply during difficult moments -Difficult to reinforce consistently -Focus is within the individual





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