

Anxious Youth: Integrative Strategies for Self-Regulation, Growth Mindset, & Psychological Resilience

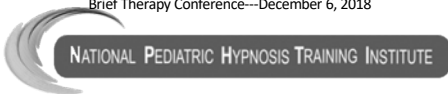
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Learning Objectives

Identify anxious youth's difficulties with discrimination, self-regulation, and a fixed mindset

Learning Objectives

List two possible specific therapeutic goals for interventions with anxious youth

Learning Objectives

Explain the value of designing interventions that integrate strategies for anxious youth

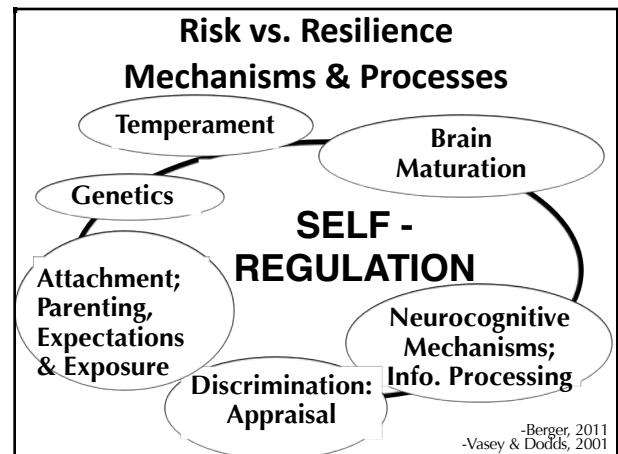
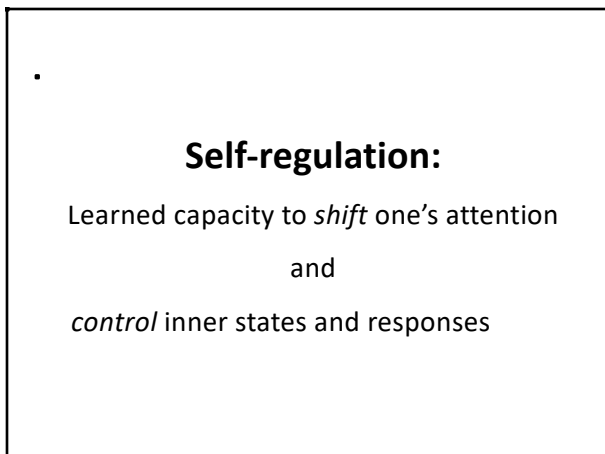
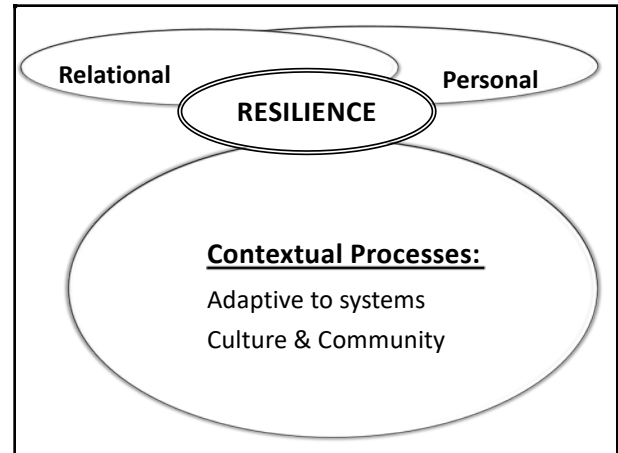
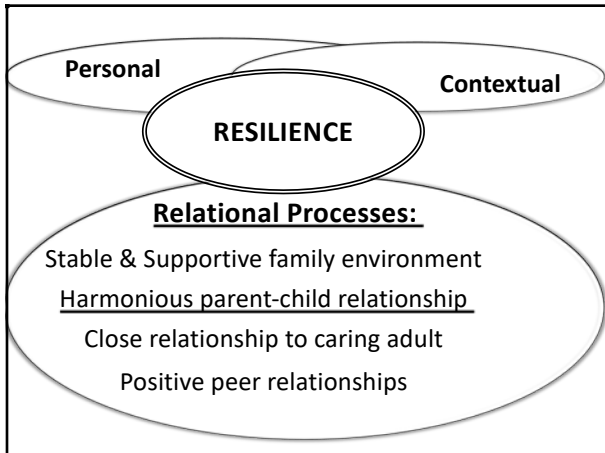
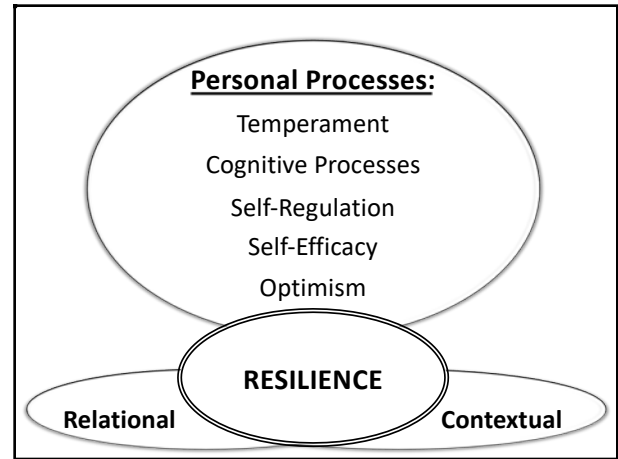
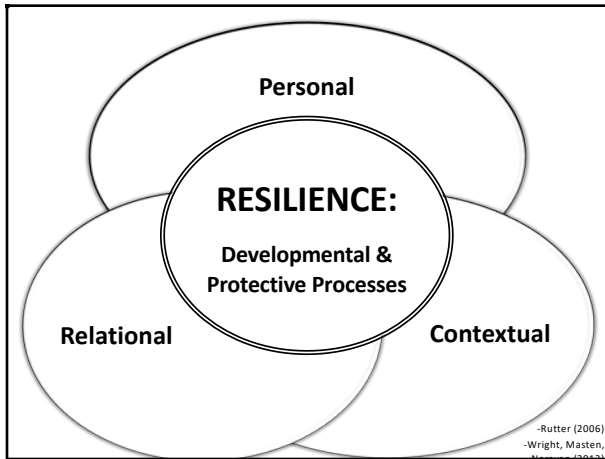
Main Message

- Resilience
- Self-regulation
- Mindset

Resilience:

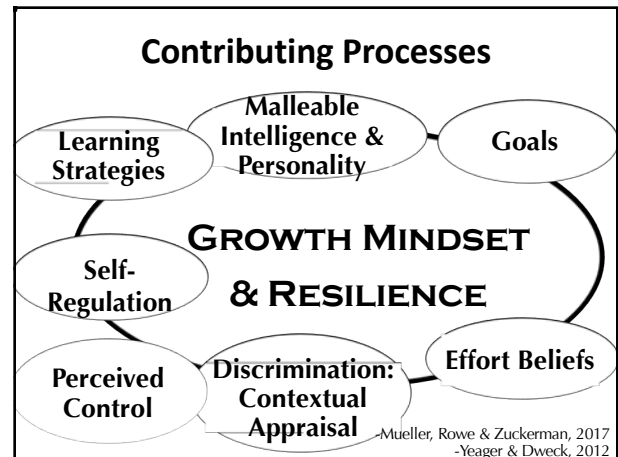
“Capacity of a system to *adapt* successfully to significant challenges that threaten its function, viability, and development”

A. Masten, 2018



Mindset:

Belief---a way of thinking about one's intelligence, abilities, personality, character...health...



Fixed Mindset

- Intelligence & ability are fixed
- It's all about the outcome: e.g. test scores
- Looking for constant validation
- Intolerant of mistakes, criticism, setbacks
- If you fail, avoid the activity

Carol S. Dweck, (2006, 2016).

Fixed Mindset

- N= 202 7 & 8 y.o.s
- Beliefs in *stable* traits predict *judgments* about outcomes and behaviors.
- Good/bad performance vs. effort or intention

Heyman, C. & Dweck, C. (1998).

Growth Mindset

- Malleability: Intelligence, personality, etc.
- Self-regulation
- Appraisal: Challenges, mistakes, & adversity as opportunities
- Effort: Hard work improves performance & intelligence
- Resilience: Successful learning comes with challenges & mistakes (including failure)
- Intrinsic motivation

Mueller, Rowe, Zuckerman. (2017)

Strategies Fostering a Growth Mindset:

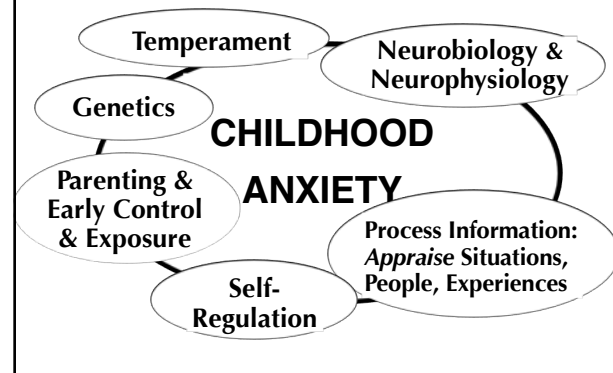
- Praise process, not outcome
- Right strategies & good advice
- Neuroscience: Neuroplasticity
- Health is malleable

Yeager, D. & Dweck, C. 2012

Mindset in Anxious Youth: Appraisal Errors

- Perceived lack of control over events and situations
- Perceived lack of control over stress recovery

Risk vs. Resilience PATHWAYS

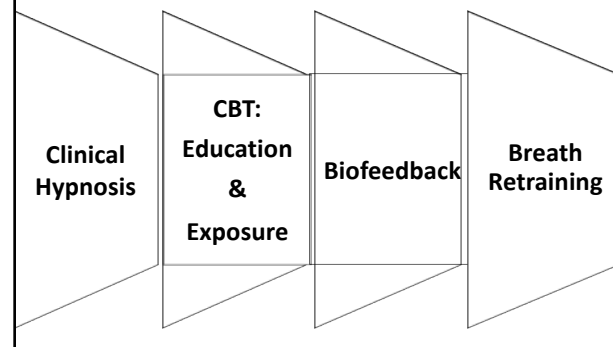


Solution-based Therapy: Underlying Issues of Anxiety

- Over-estimate risk, threat, danger
- Intolerant of uncertainty
- Under-estimate capacities & abilities
- Over-reactive psychophysiology

Craske, JM, et al. (2009) *Depress. Anxiety*.
Lazarus & Arnold (1984). *Stress, Appraisal, and Coping*.

Anxiety: Integrative Strategies



Anxiety: Integrative Strategies

Parent Counseling

Integrative Approaches

- | | |
|-----------------------------|-----------------|
| • Hypnosis | • Bibliotherapy |
| • CBT: Exposure + Education | • Exercise |
| • Biofeedback | • Acupuncture |
| • Breath Retraining | • Yoga, Tai Chi |
| • Mindfulness | • Spirituality |
| • Parent Counseling | |
| • Education-Information | |

Richtsmeier, Cvr, Culbert, Kaiser, 2003

Issue: Appraisal: Discrimination
Over-estimate Danger, Risk, Threat

HOW?

--Yapko, M. (2016)
 --Kaiser, P. (2011, 2014)

Assessment: Discrimination Skills
Inaccurate Appraisal

*“HOW do you decide if
 something is stressful?”*

...too hard?

...too scary?

Assessment: Discrimination Skills
Magnification & Catastrophic Thinking

*“HOW do you know when your
 imagination is tricking you?”*

*“HOW do you decide which
 thoughts to believe?”*

Assessment: Discrimination Skills
Underestimate Resources

*“HOW do you decide
 whether... you can handle it?”*

....you can do it?

...conquer it?

Assessment: Self-Regulation
High Reactivity

*“HOW do you help yourself not be
 so bothered by that anymore?”*

“HOW do you get yourself calmer?”

“Reframing” Child-Parent Goals

Global

Stop being scared/panic-y

Stop overwhelming worry

Stop catastrophizing

Specific

• Learn & cue a **calm** and relaxation response

• Create distance from worry

• Develop positive expectations

Issue: Over-estimate Danger, Risk, & Threat

GOAL:

Realistic Appraisal
(Discrimination)
Aka (Evaluation/Interpretation)

Education: Explain High Reactivity & Mind-Body Connection

• Threats today = Psychological...

“...tricked by your imagination!

That’s all.

Just False Alarms!”

Issue: Discrimination:
Catastrophic Thinking (What if..? I can’t.)

GOAL:

Edit Exaggerated Thinking

- Minimization
- Compartmentalization
- Trash

Issue: Preoccupation with Worry

GOAL:

Create Distance from & Control
of Worry

Realistic Self-Talk

Just because I think a thought
doesn't make it true.

Just because I think a thought
doesn't mean I have to believe it.

Yapko

NEGATIVE TRANCE

Clinical Hypnosis...

- **Definition:** narrowed attention & internal absorption while considering *therapeutic suggestions*
- **Vehicle** to deliver suggestions for positive change, self-regulation, growth mindset, resilience, etc.

WORDS:

"Afraid vs. Becoming braver"

"Pain vs. Comfort"

"Would you rather feel *relaxed* or CALM?"

"Scared vs. Bothered"

"Don't hold on vs. Let go..."

"Stressed out vs. temporary distress"

"Panic-y
vs.
Control"

"When you're feeling helpless...
vs. How you can begin to help yourself..."

- Jettison techniques:
Worry Balloons, etc.

Issue: Underestimate Coping
Capacity

GOAL:

Build Resources
for
Coping & Mastery

Worry Channel to Coping Channel

**Issue: HIGH Reactivity
PANIC!!**

GOAL:
Cue Calmness &
Relaxation Response

Panic ATTACK!

Reframe:
episode.

Belly Breathing



Breath In



Breath Out

*pace suggestions ...
with the child's breaths...*

"Breathe in... Calm... Cool... Control...

Let go... of what... you don't need... anymore

Breathe IN...

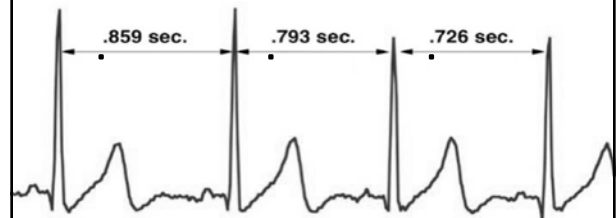
Comfort... Confidence... Competence...

Let GOoooooooooooo....

BIOFEEDBACK:

Window into how you perceive stress

Heart Rate Variability



• “HRV is an interesting and noninvasive way to identify these ANS imbalances.

If a person’s system is in more of a fight-or-flight mode, the variation between subsequent heartbeats is low.


If one is in a more relaxed state, the variation between beats is high.”

M. Campos, MD, 2017
Harvard Health Publishing, Harvard Medical School

- “In other words, the healthier the ANS the faster you are able to switch gears, showing more **resilience** (to stress) and flexibility.”
- “Research has shown a relationship between low HRV and worsening depression or **anxiety**.”

• “By learning **self-regulation** techniques that allow us to shift our physiology into a more coherent state, the increased physiological efficiency and alignment of the mental and emotional systems accumulates **resilience** across all four energy domains (physical, mental, emotional, and spiritual).”

McCraty, R., 2015, p. 9



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