

Improving Our Clients Lives

Contributions from DBT and Graphology

Presented by: Donna Whipple, Psy.D.,CG

Handout Packet



Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

Name: _____

DBT Self Rating Form:

Please rate yourself on a scale of one to ten on the following skills. Please avoid half numbers.

Mindfulness: Your general ability to stay present in the current moment without undo interference from the past or future.

1 2 3 4 5 6 7 8 9 10

Distress Tolerance: Your general ability to tolerate distress on a day to day basis.

1 2 3 4 5 6 7 8 9 10

Emotional Regulation: Your general ability to be in control of how you experience and express your emotions.

1 2 3 4 5 6 7 8 9 10

Interpersonal Effectiveness: Your general ability to get along with others and experience mutual satisfaction in relationships of all kinds.

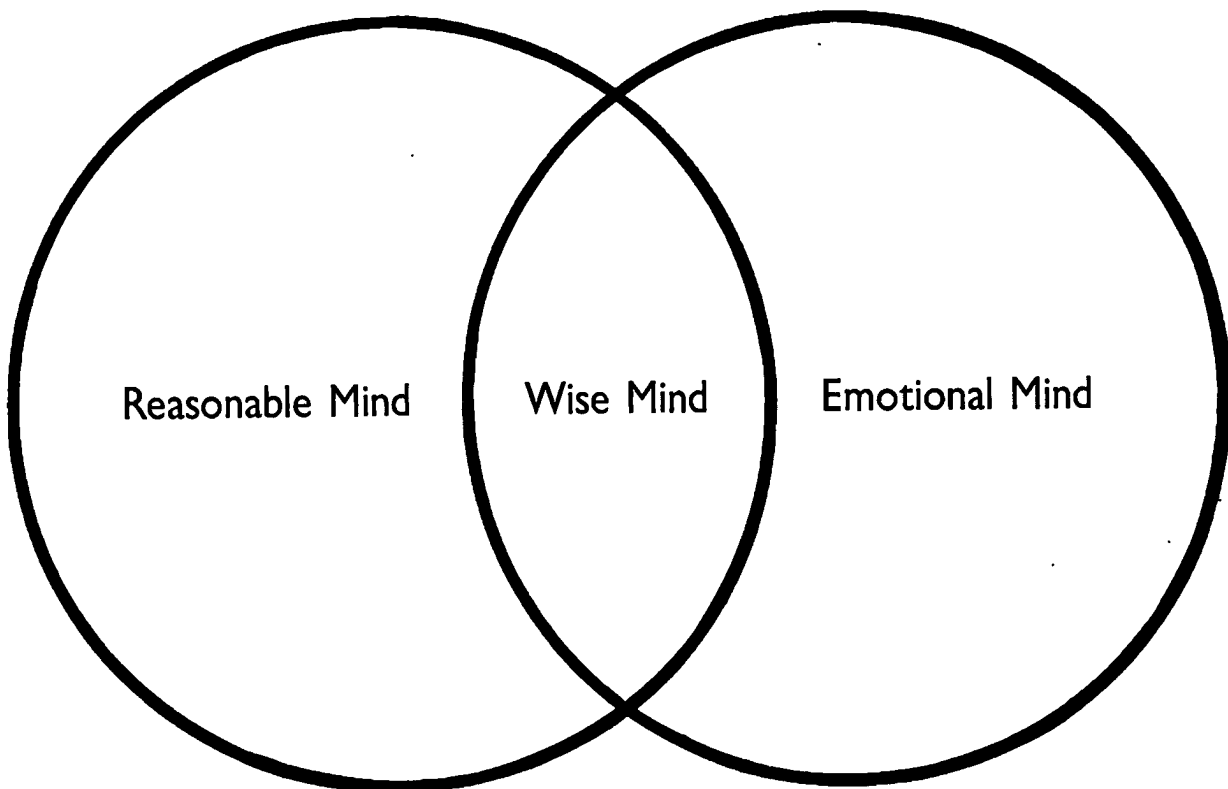
1 2 3 4 5 6 7 8 9 10

ACE Score: _____

MINDFULNESS HANDOUT I

Taking Hold of Your Mind:

States of Mind



Your Name: _____

(If you write your name I can give you credit if we find something)

Your Ideas: Please help me see if there is some basis to my thought that we can somehow map some graphological features onto the 4 DBT skill areas. Gathered here are some of the best graphologists in the world. As you listen to my talk, please jot down any ideas you may have about what features in handwriting you might associate with the 4 skill areas of DBT. Together we may come up with some things we can measure and correlate.

Mindfulness: The general ability to stay present in the current moment without undo interference from the past or future.

What HW features would correlate with this?

Distress Tolerance: The general ability to tolerate distress on a day to day basis.

What HW features would correlate with this?

Emotional Regulation: The general ability to be in control of how you experience and express your emotions.

What HW features would correlate with this?

Interpersonal Effectiveness: The general ability to get along with others and experience mutual satisfaction in relationships of all kinds.

I just got back from school today. I
Mad a letter from you waiting and another
one. I opened the other one 1st, saving the
best for last. It was a birthday
card from my grandparents ("Gravns") - they
sent me one weeks pay from her place
of employment at the Bottom family.
It was a check of \$76.00 towards the
school. I can't believe it. That's the
nicest thing she has ever done for me.
She just signed the whole paycheck
over to me. I don't that great!

I love you Donna. I'm missing you
right now. I want to share my happiness
with you. I wish you were here.
I just told my mother about the gift
from my grandparents. She cut it down
she wasn't even happy for me. She said
I was lucky to get anything at all. And
that she hopes they remember their other
grand children when they go to college.
My grandmother and mother don't get along.
So whenever my grand mother does something
good for us she cuts it down even
if it has to hurt someone else.

How is school going now Donna?
I think you'll get into the same of it
after awhile. You'll see it'll be fun. (11/11/11)
I miss you, Hun! Don't count on my pleasure
what am I going to do this weekend. Haha!

9/10/20

Dear Donna,

This is a hand writing sample for analysis.
It's hard to know what to write, so you
might have to read about what a
ridiculously hot day it was today. It
would have been a very good day to
go to the movies, or a shopping mall.
Instead, I spent a good part of
the afternoon and evening in a hot
kitchen. Which was definitely a
tactical error. I'm just hoping that
tomorrow will be better, but unfortunately
the forecast is actually worse, which
is pretty depressing, if you ask me.
Perhaps tomorrow will be the day
for shopping malls + movie theaters...

Alan

want me to come back after the baby's born - I haven't made any decisions as of the present. - I'd like to move or - after I feel like I've learned something the job offers I need to move on. I need to keep learning new things or I feel idle (bored) everyone's really nice, which is the hard part.

Rene is growing like a weed; he's in such a funny and funny stage. He tries to do everything he can Mark & I do - we get a few chuckles at his efforts. But, the bad side is he talks to be so independent and wants questions done his way - (the little shit) Just as in all he is definitely a little character! His two favorite words are "Hot" & "Skitt" - hear you believe it! How embarrassing!

Domers
Hi, how are you! Sorry it took me so long to write back. I was glad to hear everything is going well with you and with Everett. Do you must be getting psyched for the big day! ~~Just~~ be excited to be at the wedding you forgot to tell me the date though!

WHAT'S THE SCORE?

How? you know? She must be excited about your wedding - is Karen still living with her? Is Karen still going to witness? Not much news here, Mark & I are just trying to get the house in some kind of order. We are going to start painting it and remodeling the kitchen, so if you start. Not so good well, they

Here are the six steps or stages of the Total Truth Process:

Acknowledge your anger and resentment.

I'm angry that . . . *I'm fed up with . . .*
I hate it when . . . *I resent . . .*

Acknowledge the hurt and pain that it created.

It hurt me when . . . *I feel hurt that . . .*
I felt sad when . . . *I feel disappointed about . . .*

Acknowledge the fears and self-doubts that it created.

I was afraid that . . . *I get afraid of you when . . .*
I feel scared when . . . *I'm afraid that I . . .*

Own any part that you might have played in letting it occur or letting it continue.

I'm sorry that . . . *I'm sorry for . . .*
Please forgive me for . . . *I didn't mean to . . .*

Express what you wanted that you didn't get and/or what you want now.

All I ever want(ed) . . . *I want(ed) . . .*
I want you to . . . *I deserve . . .*

Understand where the other person was/is coming from and forgive him or her.

Now put yourself in the other person's shoes and attempt to understand where he or she was coming from at that time.

From: *The 30 Day Sobriety Solution*
Jack Canfield + Dave Andrews

Donna

This is the first
time I haven't had a
little something for your
birthday. I'm truly sorry.
I haven't been to a
store for so long, I'll
have to make it up
to you.

Please forgive.

Mom

Hi,

Sorry to be so late, hope you had a good birthday anyhow.

Some things to consider are: do you want an ivory or white dress? Do you want it floor length (like a prom gown) or to have a train? long sleeves? a high neck or low cut? Are you wearing a veil or a hat, or a circlet of flowers? If your wearing a veil do you want it short, (shoulder length) medium or a train? Are you going to wear heels or flats?

Are you going with 1 color for your maid of honor & 1 color for your attendants or are you going to rainbow & have everybody wear different colors? Are you going to have hats, circlets or combs?

You'd better start looking at invitations too, that takes awhile. Have you got a photographer? A band or DJ? Who is going to do your flowers? If you are

Done,

What an accomplishment!
I'm very impressed!
I wish you got your
4.0! We're really going
to celebrate this day.

I know you will be successful
and which ever road you
choose!

Love -
Betty

Interpersonal Effectiveness Skills

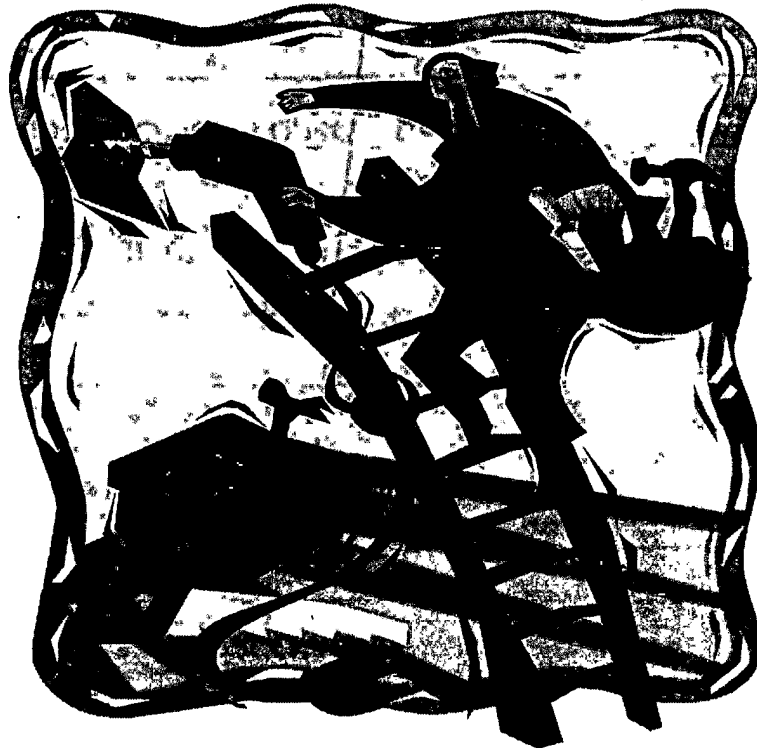
Repairs

This skill is about having healthy relationships that last. Part of this skill is being able to make and accept apologies as well as having the ability to let go sometimes.

While not an easy process, being able to admit when you've made mistakes and were wrong can be very useful. Effectively apologizing will increase trust and safety.

Being able to effectively accept apologies is useful in relationships because it is respectful and compassionate.

Occasionally, letting things go enhances relationships by allowing you to be in the present without bringing in baggage from the past.



D.B.T. in Life™

Cathy Moonshine PhD

Interpersonal Effectiveness Skills

Repairs



Ways that apologizing is hard from me:

Strategies that I can use to improve my ability to apologize:

Ways that it is difficult for me to accept apologies from others:

Strategies that I can use to improve my ability to accept apologies:

Ways that it is hard for me to let go:

Strategies that I can use to improve my ability to let go:

D.B.T. in Life™

Cathy Moonshine PhD

Handwriting Sample: Please write your evaluation of today's program in your own handwriting. I would love to hear what you thought was good about the presentation and what you thought could use improvement. I would also love to hear any ideas you have about how HWA can map onto DBT as well as any ideas for how to use this raw data in a study. Please address this: Dear Donna and please sign. If you are uncomfortable writing an evaluation please write about anything.

Name: _____ ACE Score: _____

Dear Donna: