Welcome to the ITRC Training Program

Using the LINC Approach to Mobilize Communities Members to Enhance Resilience

With Dr. Judith Landau
March 16, 2021

Many Thanks To Our Co-Sponsors
Resilience Pause

“Presencing” (Self-Regulation) Skills: To Calm the Body, Mind, and Emotions in Midst of Adversity

“Mindful Breathing”
Flow of ITRC Training Program

• **Opening Panel**: Overview of the principles, practices, and approaches offered during the program

• **1st Training Session**: Introduction to Presencing (self-regulation) & Purposing (adversity-based growth) resilience skills

• **2nd Training Session**: How to organize, facilitate, and staff a local Resilience Coordinating Council (RCC)

• **3rd Training Session**: How to become aware of and manage our racial and cultural bias to create a sense of “Us” rather than otherness

• **4th Training Session**: How to build safety and trust among RCC members by Creating PRESENCE.
Focus of All Remaining Sessions Will Be On Methods to Build Resilience Within Communities

Today

Using the LINC Approach to Mobilize Communities Members to Enhance Resilience

by

Dr. Judith Landau, President and CEO of Linking Human Systems
What Do We Mean By “Community”? 

- A group of people who share the same geographic area and environment.

- People in a community often share many of the same needs and desires.

- While also holding different values, norms, and beliefs.

- Different “cultures” therefore often exist within communities: languages, slangs, customs, habits, religions/spiritualities, arts, ways of relating to others, and relating to the environment.
What Do We Mean By “Community”? 

• “Communities” can be **urban**, **suburban**, or **rural**, **indigenous/First Nations** or **non-native**, or **variations** of these.

• Increasingly a “community” can also be a group with a **common purpose** who joined together in **virtual space** through an online communication platform (the ITRC training program community).

• Like most other communities, members of virtual communities **also** often hold different **values**, **norms**, and **cultural identities**.
Resilience Pause

“Presencing” (Self-Regulation) Skills: To Calm the Body, Mind, and Emotions in Midst of Adversity

“Thinking Distortions”

Are you catastrophizing, blaming, fixating on flaws, personalizing, assuming, using should or aught statements, all-or-nothing thinking?
Building Community Resilience Requires “Multisystemic” Approaches Addressing Many Different Levels Including the:

Individual
and
Family

I am honored to introduce Dr. Judith Landau
If you want CE credits please remember to Sign Out (found in chat)

Please also complete the Session Evaluation (found in chat)

Next Session: Tuesday March 23

Building, Repairing, and Connecting Social Support Networks Across Boundaries

Dr. Daniel Aldrich
Presencing Skill: Using the ABC Model to Identify “Thinking Distortions”

We often see A and C clearly

A
Activating event—the situation that a video camera would record

B
Our beliefs and self-talk about the event

C
Consequences: Our emotions, body sensations, and impulses to act

But We Are Often Not Aware of B: Our Beliefs and Automatic Self-Talk

We think the event caused our reaction, when it was our interpretation of it that did, which usually includes some true and many erroneous beliefs and stories.
Ten Common "Thinking Distortions"

1. Fixated on Flaws
2. Dismissing the Positive
3. Assuming
4. Labeling
5. Over-generalizing
6. All-Or-Nothing Thinking
7. Catastrophizing
8. "Should" and "ought" statements
9. Personalizing
10. Blaming
<table>
<thead>
<tr>
<th>Event (Describe)</th>
<th>Consequence (For you, others or the environment)</th>
<th>Belief (Self-Talk)</th>
<th>Is It Really True? (Yes/No)</th>
<th>Possible Thinking Distortion</th>
<th>Write An Alternative Belief/Self-Talk</th>
<th>What Would You Be Like With The Alternative?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example</strong></td>
<td>Worked in rush mode long after regular work hours to complete project</td>
<td><strong>Me:</strong> bought fast food for dinner, was tense and irritable when got home, yelled at kids, ate and drank too much, felt bad about self afterwards</td>
<td>I am the only one in the organization that can do this work.</td>
<td>No</td>
<td>Personalizing</td>
<td>Others are skilled-- next time I'm running late I'll ask for help</td>
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<td></td>
<td><strong>Kids:</strong> Felt like second priority, angry for being yelled at</td>
<td>If I don't do it climate change will grow worse.</td>
<td>No</td>
<td>Over-generalization</td>
<td>I alone can't prevent CC &amp; I'll be more effective if I care for myself and my family</td>
<td>More calm, thoughtful, and effective at work</td>
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<td></td>
<td><strong>Environment:</strong> needless consumption of packaging, chemicals, energy</td>
<td>I'm too tired and stressed to cook.</td>
<td>No</td>
<td>Catastrophizing</td>
<td>I can cook a simple meal &amp; it might relax me</td>
<td>A more caring parent.</td>
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<td>More at ease with myself and the world</td>
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<td>Feel good about less impact on the environment</td>
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Identify 1-2 times when you used an adversity as a catalyst to learn, grow, and find new sources of meaning and purpose in your life—or saw others that did?

**Examples**

- Re-dedication to a goal or mission after a setback
- Developed new priorities in your life after trauma
- Decided to eat better, get more exercise, or in other ways take better care of yourself after illness
- Greater empathy for others after your own tragedy
- Identify new personal strengths by observing your response to hardship
- Deepened understanding of others as result of seeing how you were affected be adversity
- More desire to help others due to help you got
- Start of a new spiritual quest after trauma

If you identified an example, you already know how to use adversity to learn, grow and find new purpose and meaning in life.

How can you use the skill in midst of other adversities?
1. **Constantly Ask Yourself**: What type of person do I want to be?

   - How do I want to **treat and think about myself** during my life journey?
   - How do I want to **treat other people**?
   - How do I want to **treat the natural environment**?
   - How do I want to **be remembered** after my time on earth ends?
Go through this list of values and identify the top 3 that would allow you to be the person you want to be and live dignity and pride in adversities.

- Personal responsibility
- Reverence for human life
- Social equity
- Honesty
- Honor
- Integrity
- Fairness
- Loyalty
- Charity
- Patience
- Social justice
-Mercy
- Compassion
- Respect for authority
- Respect for others
- Simplicity
- Humility
- Status
- Protection of nature/climate
- Self-sufficiency
- Brotherhood
- Generosity
- Kindness
- Selflessness
- Gratitude
- Personal safety
- Wealth
- Independence
- Self-awareness
- Forgiveness
- Family
- Diligence
- Open mindedness
- Community
- Public recognition
- Success
- Professional achievement
- Love
- Insert other

Look back at a recent distressing event and identify what might have changed if you lived out your core values?
Teaching “Purposing” to Others

• In simple terms describe the process of Purposing—or Adversity-Based Growth—and the benefits—by sharing an example from your own experiences.

• Ask if they have ever experienced this type of process in small or large ways related to a personal, family, or friend’s injury, illness, or death, or other traumatic event in their life.

• Ask the person to identify a distressing experience that they denied, ignored, or tried to push away—and the affects it had on them, other people, and even the natural environment. Normalize it by telling them that we all do this.

• Ask how they might have been able to turn toward the distressing event and use it to learn about themselves and/or the world rather than reacting the way they did—and what the benefits might have been had they done so.