Presented by
Marylene Cloitre, PhD & Sherry Yam, LCSW

Today's Training

- The purpose of the webSTAIR program

- Organization of webSTAIR program

- Evidence supporting program effectiveness

- The role of coaching

- An overview of 5 coaching sessions

- Q & A

- Getting started with your 1st webSTAIR student

- Demonstration of 'Welcome' module

What is webSTAIR?

- Web-based version of Skills Training in Affective and Interpersonal Regulation (STAIR)

- A transdiagnostic program for trauma exposed individuals

- Goal of webSTAIR is to improve functioning

- This is accomplished through focus on emotion regulation and social skills

webSTAIR Modules

- 10 modules; must start with Welcome module

- Modules 1-10 are accessed in order

- Modules are organized into two broad categories:
  - Emotion management (modules 1-5)
  - Interpersonal/relationship skills (modules 6-9)

- Students can leave and return to a module at any time

- Yellow and green check marks are indicators of when modules are started and completed =Complete =Started

- Recommended practice shortcut

Emotion Regulation

Flexibility – Audio & Visual
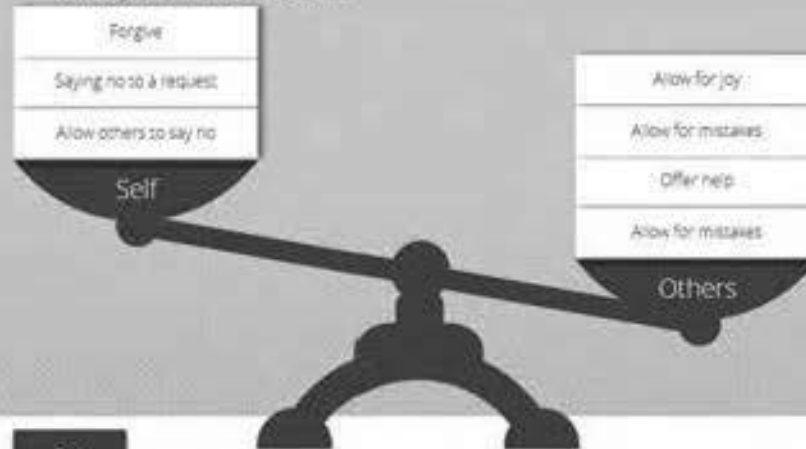
Compassion

PTSD and Depression Symptoms

PCL-5

PHQ-9
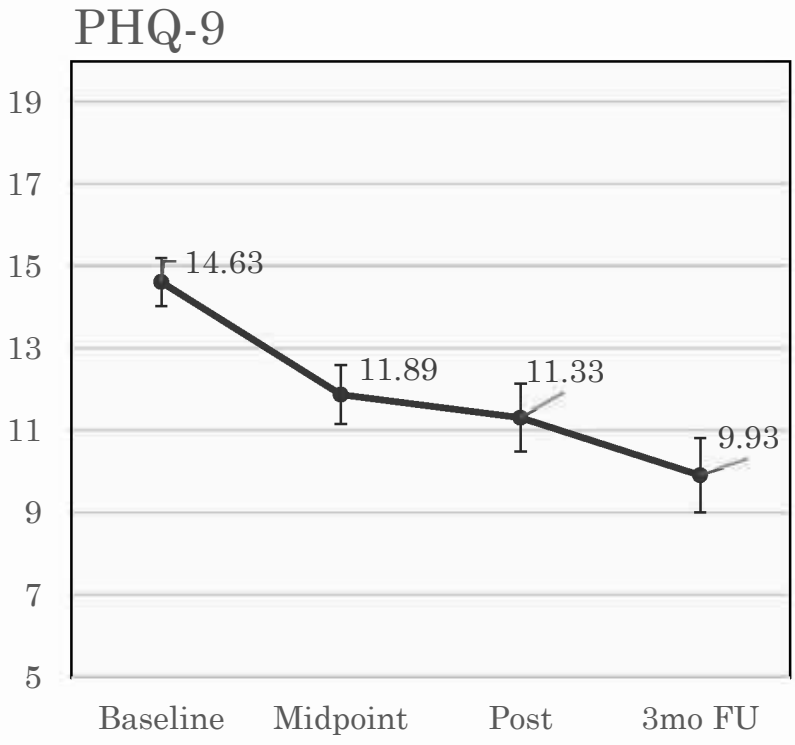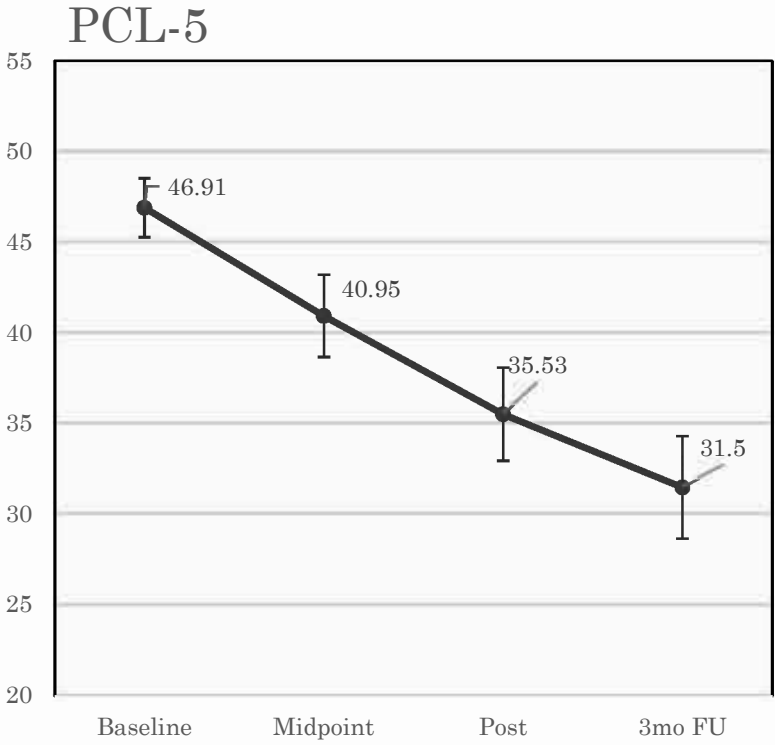
Emotion Regulation and Interpersonal Problems

DERS

110		
105	102.84	
100		
95	94.37	
90	87.4	
85		
80	77.36	
75		
70		

Baseline   Midpoint   Post   3mo FU

IIP-32

2	
1.9	
1.8	
1.7	1.64
1.6	1.58
1.5	
1.4	1.37
1.3	
1.2	1.16
1.1	
1	

Baseline   Midpoint   Post   3mo FU
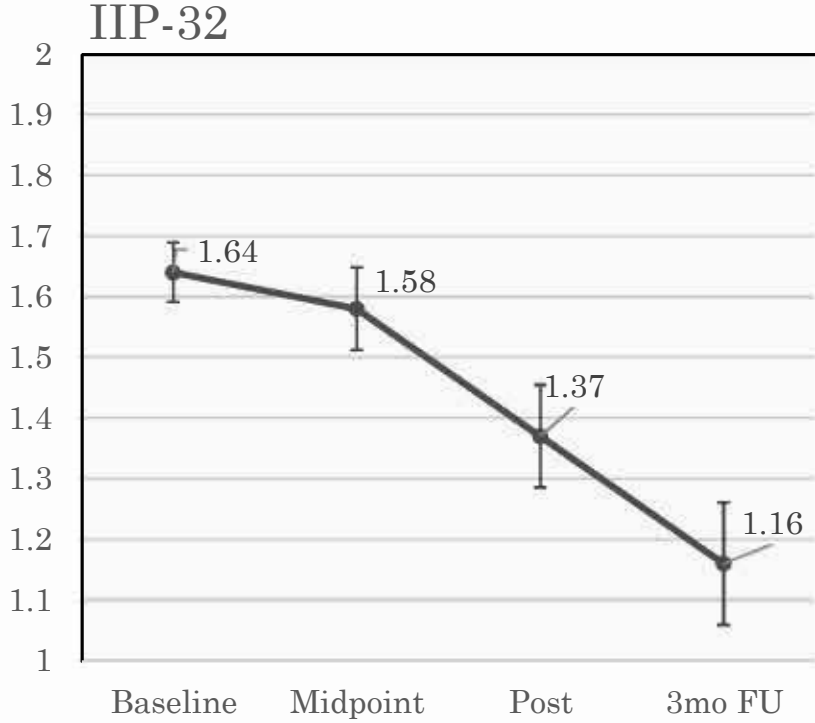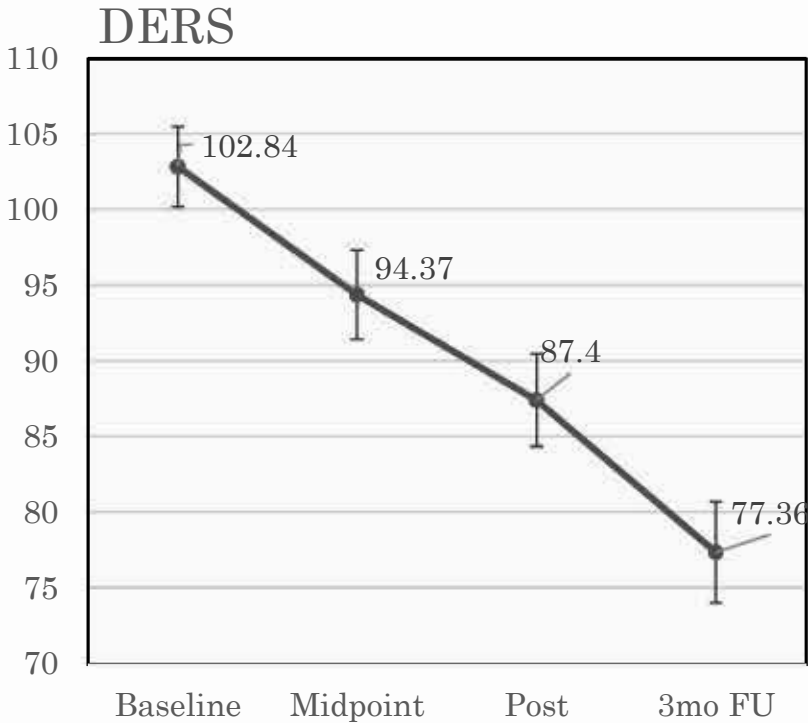
Key Role of Coach

- Uptake of innovations, like webSTAIR, can be limited among both providers and clients

- Modal number of times accessing an app or website = 1

- Engagement is a challenge
  - Only 2.6% of users access content more than 10 times

- Strategies to increase patient engagement:
  - Coaching
  - Gamification

IMS Institute for Health Informatics (2015). Patient adoption of mHealth: Use, evidence and remaining barriers to mainstream acceptance. [accessed www.theimsinstitute.org on September 11, 2018].

The role of coaching in mental health

Tradition Therapy Approaches	Coaching Approach
Relies on diagnosis; focuses on processing experiences	Focuses on building new skills to work towards attainable goals
Often focuses on past event; healing-oriented	Focuses on creating the future; present-centered
Asks "Why"	Asks "How"
Works on identifiable MH issue	Serves as a catalyst to build toward general wellness

Coaching can be used for:

- Content support

- Accountability + motivation

- Identify/clarify/define goals

Coaching promotes:

- Self-management, recovery and resiliency

- Hope, knowledge and practical skills

5 Coaching Sessions for 10 webSTAIR Modules

Coaching Session 1: Modules 1 and 2

Coaching Session 2: Modules 3 and 4

Coaching Session 3: Modules 5 and 6

Coaching Session 4: Modules 7 and 8

Coaching Session 5: Modules 9 and 10

Session 1 Coaching Activities for Modules 1 and 2
Emotional Awareness/ Focus on Body Channel

1. Review changes in scores

2. Identify what exercises were valuable

3. Identify what exercises were problematic and what skills were hard

4. Practice one key skill from the module (e.g., complete a Feelings Monitoring Form)

5. Provide a "look-ahead" at the work to be completed before the next coaching sessions

- Module 3: Managing Emotions - Focus on Thoughts
- Module 4: Managing Emotions - Focus on Behavior

6. Assign next modules highlighting skills relevant to the particular client

7. Schedule next coaching session

Module One

Emotional Awareness

- Learning the values of emotions and how to understand our experiences and triggers. Consider strategies that allow us to cope with emotions

- Tools
  - Feelings Wheel
  - Intensity Scale
  - Emotion Surfing
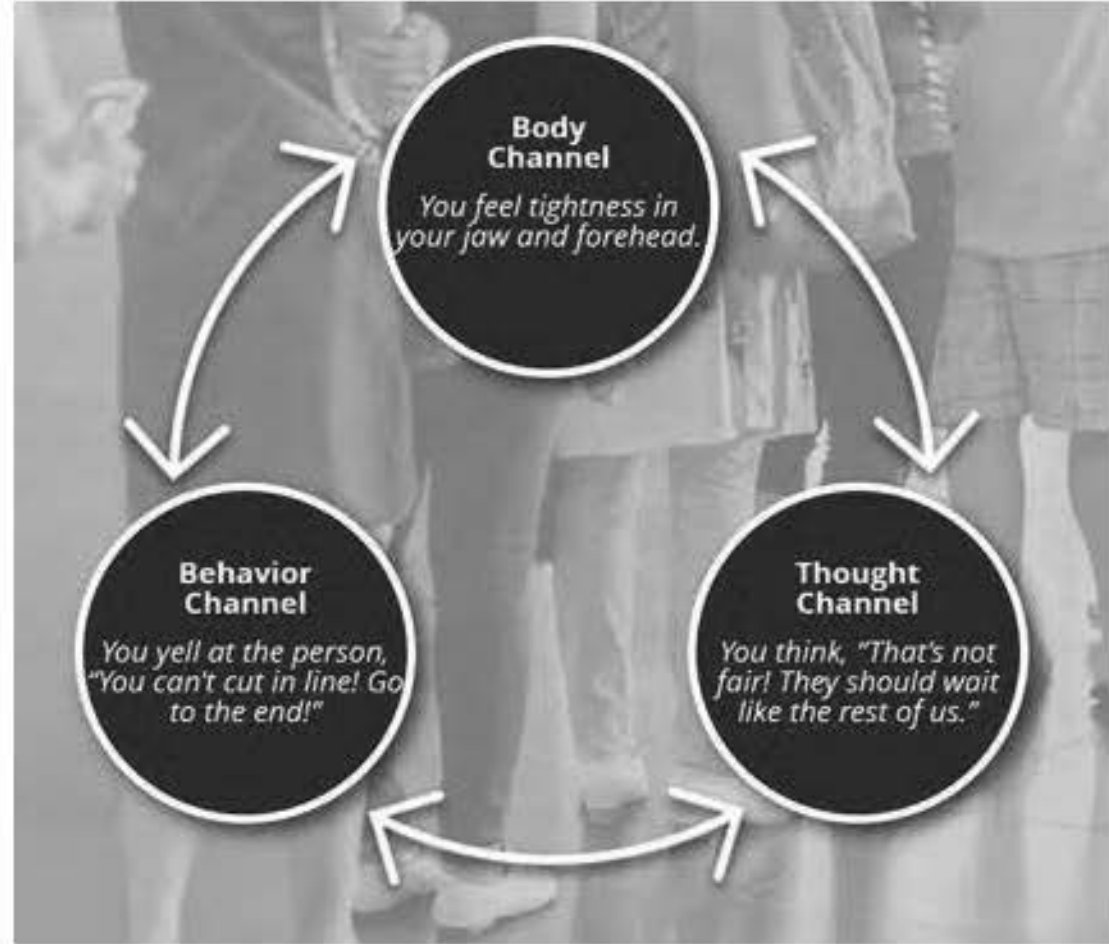
Module Two

Managing Emotions - Focus on Body Channel
- Teaches healthy management of emotions using skills from the body channel

- Tools
  - Focused Breathing
  - Soothe the Senses
  - Progressive Muscle Relaxation

- Feelings Monitoring Form (FMF)
  - Assists in looking at existing thought and behavior patterns
  - Walk through example in module
    - In-module work is saved to electronic FMF in Resources Section as guide (can be reviewed, edited or printed)

Focused Breathing Exercise

Our breathing changes when we have intense emotions. We tend to breathe from the chest and take quick breaths. This can increase anxiety symptoms like dizziness or breathlessness. How emotions affect your breathing (and vice versa) is a perfect example of the body channel of emotion.

This exercise will help you slow down your breathing and decrease anxiety.

Try to practice this exercise at least twice a day when you're feeling calm. Practice before you need it most (like during a stressful situation). This is like how one trains over time before running a long race. Eventually, this practice will be one you can use to calm yourself in stressful situations and to feel grounded.

Decide how long you would like to practice this exercise. Then click the desired amount of time. If you aren't ready to practice yet, click Skip.

| 3 Minutes | 5 Minutes | 10 Minutes | Skip |

Telehealth Coaching session 1: Feelings Monitoring Form & Sooth the senses

Session 2 Coaching Activities for Modules 3 and 4
Thought Channel and Behavior Channel

1. Review changes in scores

2. Identify what exercises were valuable

3. Identify what exercises were problematic and what skills were hard

4. Ask if the student completed entries on the Feelings Monitoring Form

5. Describe next modules:

   • Module 5: Tolerating Distress to Reach Valued Goals

   • Module 6: Understanding Relationship Patterns

7. Schedule next coaching session

Module Three

Managing Emotions - Focus on Thoughts

- Teaches healthy management of emotions using skills from the thought channel

- Tools
  - Checking beliefs
  - Beliefs about feelings
  - Positive self-statements
  - Positive imagery
  - Thought-shifting

Tools for Emotion Management in the Thought Channel

Here are some skills for the thought channel of emotion. You can use these to help adjust your beliefs and make it easier to deal with your emotions in a healthy way. Explore all of the tools. You may find you like some more than others. Pick the ones you like and get better at those.

Checking Your Beliefs | Beliefs About Feelings | Positive Self Statements | Positive Imagery | Thought Shifting

Module Four

Managing Emotions – Focus on Behavior

- Teaches healthy management of emotions using skills from the behavior channel
- Explores how our behavior relates to how we feel and introduces four positive ways to manage with emotions

- Tools
  - Simple Break/Time Out"
  - Acting Opposite
  - Seek Support
  - Pleasurable Activities

Healthier Ways of Coping

Here are some healthy skills you can use to cope with your distress. Explore as many as you want. The more tools you have, the easier it'll be to practice dealing with your emotions this week.

Simple Break/Time Out | Replace Problematic Behaviors | My Support & Self-Care Plan | Pleasurable Activities

Coaching Session 3 for Modules 5 and 6
Distress Tolerance and Relationship Patterns

1. Review changes in scores

2. Identify what exercises were valuable

3. Identify what exercises were problematic and what skills were hard

4. Practice one key skill from the module (e.g., Module 5 Moving forward on distress tolerance goal; Module 6 Identifying a relationship pattern)

5. Provide a "look-ahead" at the work to be completed before the next coaching sessions

- Module 7: Effective Assertiveness
- Module 8: Power Balances

6. Assign next modules highlighting skills relevant to the particular client

7. Schedule next coaching session

Module Five

Tolerating Distress to Reach Valued Goals

- Teaches when and how it sometimes makes sense to tolerate distress
- Helps identify goals

- Practice applying skills from emotion, behavior and thought channel to tolerate distress so we can reach our goals

- Assists with SMART goal setting, as well as identifies pros and cons for tolerating distress to reach desired goal
 - Results are logged in the Distress Tolerance Worksheet

Module Six

<u>Understanding Relationship Patterns</u>

- Shift to exploring patterns of emotions and behaviors in relationships and interactions with others
- Build understanding of relationship patterns – repeating unhelpful cycles
- Education about interactions: The situation itself, beliefs one holds and thoughts about what others think about us

- Exploring unhelpful beliefs and negative thoughts of how we are viewed by others
  - Beliefs held about safety, trust/intimacy, power/control, self-esteem/needs
  - Identify patterns of how we act on how others might see us in negative ways

- Complete an example of a Relationship Patterns Worksheet
  - Practice identifying unhealthy relationship patterns
  - Example saves in electronic resource worksheet
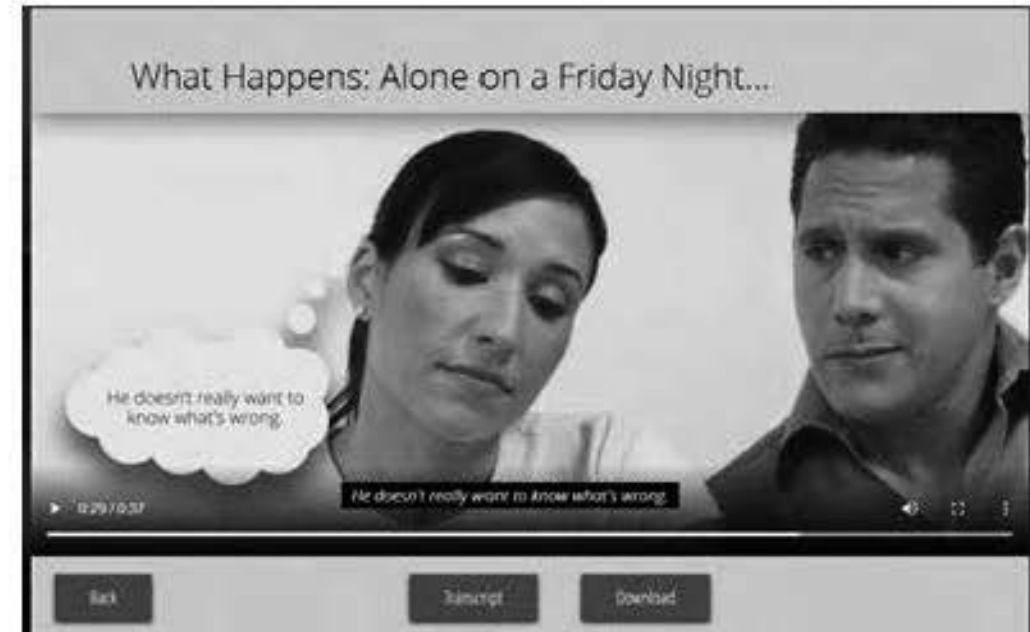
Telehealth Coaching session 3: Relationship Patterns Worksheet & "I message"

Coaching Session 4 for Modules 7 and 8
Effective Assertiveness and Power Balances

1. Review changes in scores

2. Identify what exercises were valuable

3. Identify what exercises were problematic and what skills were hard

4. Ask if the student completed relationship patterns worksheet about assertiveness, power balances or respect.

5. Provide a "look-ahead" at the work to be completed before the next coaching sessions

- Module 9: Closeness and Intimacy
- Module 10: Compassion

6. Assign next modules highlighting skills relevant to the particular client

7. Schedule next coaching session

Module Seven

<u>Changing Relationship Patterns-Focus on Assertiveness</u>

- Teaches about different kinds of assertiveness patterns and how to communicate emotions verbally and nonverbally

- Learn about effective assertiveness and basic personal rights

- Vignettes to learn assertive communication and importance of body language, words, and tone

- Learn how to use 'I' Messages through an interactive activity

- Continue to complete Relationship Patterns Worksheet

Module Eight

Changing Relationship Patterns –
Focus on Power and Flexibility

- Focuses on the theme of power in relationships and how to manage flexibility with two or more people
- Learn strategies to help balance power and flexibility in communication

- Provides practice with:
  - Power balances
  - Respect bookends
  - Trauma related power barriers (various handouts/tools)

Telehealth Coaching session 4: Relationship Patterns Worksheet & Respect Bookends

Coaching Session 5 for Modules 9 and 10
Closeness/Intimacy and Compassion

1. Review changes in scores

2. Review what changes the student has seen in emotion regulation and interpersonal functioning.

3. Discuss the topic of compassion and the student's reaction to the exercise

4. Congratulate the student for completing the program.

Module Nine

<u>Changing Relationship Patterns– Focus on Intimacy and Closeness</u>

- Focuses on how to express closeness with words
- Non-verbal ways to identify if boundaries are not close enough, too close, or just right.

- Practice:
- Increasing closeness in relationships
- Small talk exercise

Common Boundaries in Relationships

Unspoken boundaries exist in every relationship. Ideally, all relationships would have good boundaries. But, sometimes you may find yourself in relationships where that's not the case. Maybe, for example, you don't allow yourself to get close enough to the other person. You may rely on yourself too much. Or, you may find yourself in relationships where you get so close to the other person that you lose your own separate identity.

If you've completed the previous modules, you've been using the Relationships Patterns Worksheet to help track and understand the patterns that form in your own relationships. Boundary types are another kind of pattern you'll want to look for. Click the images below to learn more about the three common types of boundaries in relationships.

Module Ten

Course Conclusion

- Opportunity to reflect webSTAIR experience and identify how to move forward using skills

- Complete the final self-assessment and receive feedback on how symptoms have shifted compared to our baseline assessment

- Self-Compassion exercise

- Encouraged to continue using the Tools learned during the program and to use Support and Self-Care Plan

- Provided with an overview of the Achievements they earned during the program

Select the voice you identify with most:

Telehealth Coaching session 5:
Summary of Accomplishments & Self Compassion

Q & A

Who might be a good webSTAIR training case?

- A client from your current caseload

- A client with whom you have a good rapport and is ready to make the commitment of following through to completion of the program

- A trauma history such as childhood trauma, natural disaster, victim of crime, sudden loss, sexual assault, domestic violence

- Would benefit from learning skills to manage emotions and improve relationships

- A client who is a busy student, would benefit from the flexibility and the non-traditional approach that webSTAIR offers

- Understanding commitment towards completing in-between session assignments

- Ready to do web-based learning

- NO active suicidality or NO unmanaged psychosis or bipolar disorder or NO significant BPD

Welcome Module Demonstration

- https://stairwell.webstair.org/

webSTAIR Coach5 Skills and Tools Guide

January 10, 2022

Marilyn Garcia, PhD
Christie Jackson, Ph.D.
Kile M. Ortigo, Ph.D.
Marylene Cloitre, Ph.D

Coaching Guide

Provides instructions about how to conduct each of the 5 consultation sessions

Describes goals, skills and tools in each of the 10 modules with screen shots

Pro Tips for Coaching webSTAIR:
A Transdiagnostic Web-based Program

DEVELOPED BY
McKenzie K. Roddy, PhD; Julianna Hogan, PhD;
and Marylene Cloitre, PhD

PTSD
National Center for
POSTTRAUMATIC STRESS DISORDER

mirecc
Mental Illness Research, Education
and Clinical Center

IQUEST
CENTER FOR INNOVATIONS IN
QUALITY, EFFECTIVENESS & SAFETY

We thank the following who consulted on this product: Annapoorna Ayyagari, MSW, PhD;
Michele Keller, LPC; Jessica Payton, PhD; Karen Corrigan, MSW, PhD; and Adam Jacobs

Pro Tips

Provides the overview of the sessions and strategies to manage the webSTAIR program

Q&A