

The Self-Interview

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University of California Los Angeles
Integrated Substance Abuse Programs

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The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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Integrated Substance Abuse Programs

The Self-Interview

A Novel Trauma-Informed
Osteopathic Tool for
All Clinicians

Frances Southwick, DO

August 24, 2021

Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.





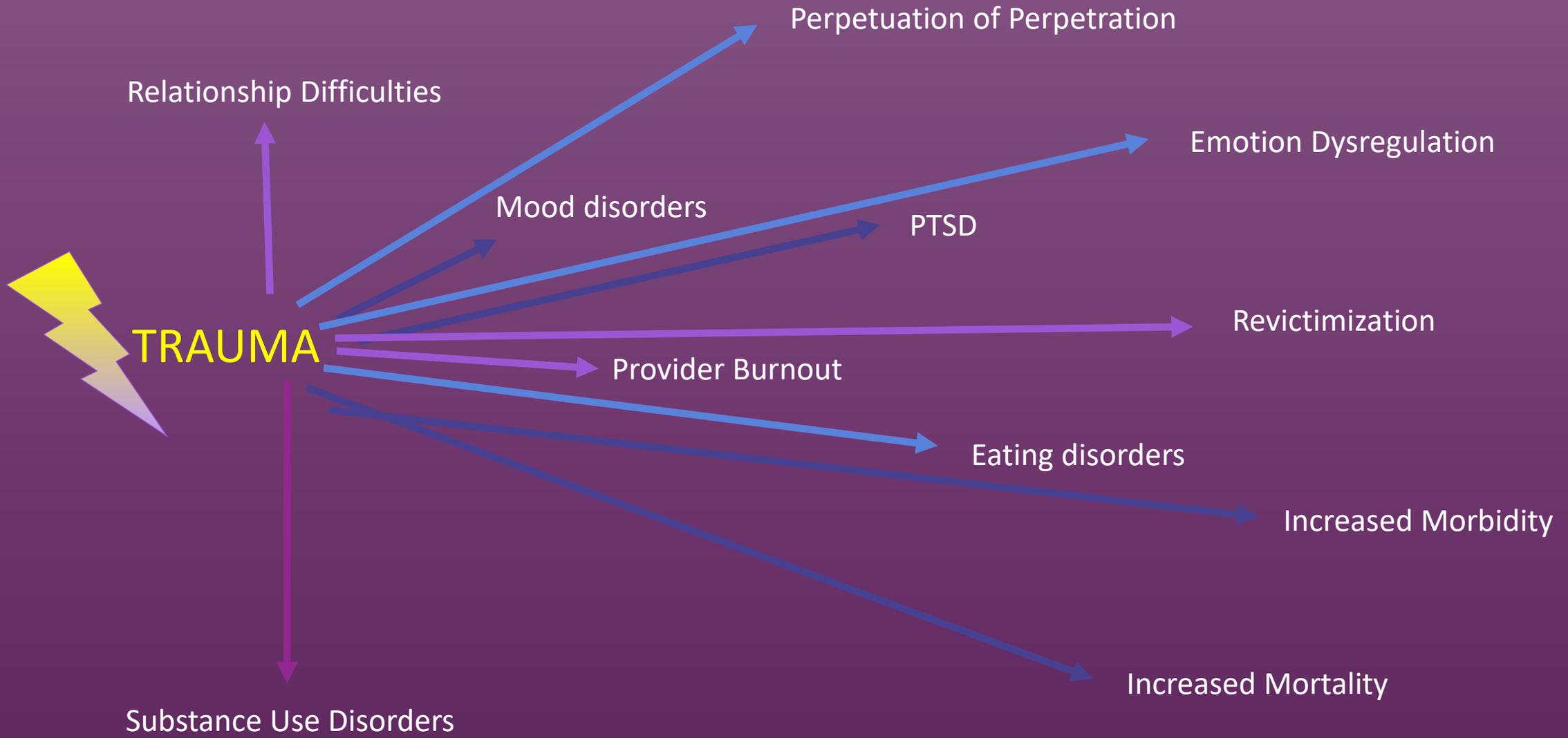
***Every kid
needs a
champion.***



Rita Pierson

Objectives

1. *Osteopathy (D.O.)*
2. *Trauma-Informed Care (TIC)*
3. *“Self-Interview” Tool*



...it's easy to get distracted by all the negative.

“To find *health* should be the
object of the [provider].

Anyone can find disease.”

A.T. Still

Osteopathy

Q: How can we help **function**?

A: Highlight **strengths**.

Honestly, What Is **Trauma-Informed Care**?

Basically, *patient-centered care.*

Strengths-based Approaches

- ACT Therapy
- Analytical Psychology
- CBT
- DBT
- EMDR
- Exercise
- Humanistic Approach
- Labeling Emotions
- Logotherapy and Meaning
- Maslow's Hierarchy
- Mindfulness
- Motivational Interviewing
- Music Therapy
- Nature
- Polyvagal Theory / Somatic Tx
- Reframing
- Resilience
- Rhythm
- Socialization
- Trauma-Informed Care
- Respect for Vulnerability

Self-Interview

Name and birthday:

Date:

1. Who do you feel good to be around?
2. Who do you feel good talking on the phone with?
3. What group do you feel good to be a part of?
4. Whose life has been (even a tiny little bit) better because of you?
5. After having hard times, some people become really sensitive and in tune with other peoples' feelings. Do you think this applies to you?
6. Some people go on a walk or have a plant or a pet. How do you spend time with nature?
7. What do you do to move your body?
8. Think about today. Can you name one thought that brought on each feeling?
 - a. Mad
 - b. Scared
 - c. Sad
 - d. Relaxed
 - e. Excited

9. When they feel lonely (but can't or don't want to connect to anyone), some people do other things. Like, close their eyes and breathe, read a book, look at the sky, or watch shows. If you can't reach another human, how do you soothe your natural loneliness?

10. Basic needs are eating food, sleeping, drinking water, finding shelter, interacting with others, staying healthy and staying clean. What basic needs are you meeting for yourself?

11. Think of a moment you felt good on a really deep level, and say what it was.

12. 'Bad' feelings (pain, sadness, fear) are really helpful because they are trying to protect us, or help us understand what is happening. What helpful thing do you think your bad feelings are trying to tell you?

13. Some people like to drum, whistle, sing, dance, snap or clap. The heart also beats in rhythm. Name one way you make a rhythm.

Thoughts?

1. Who do you feel good to be around?
2. Who do you feel good talking on the phone with?
3. What group do you feel good to be a part of?
4. Whose life has been (even a tiny little bit) better because of you?

Socialization, Motivational Interviewing

Halfway
through
Slides!

Congrats!!



5. After having hard times, some people become really sensitive and in tune with other peoples' feelings. Do you think this applies to you?

Analytical Psychology, Resilience,
Logotherapy, Respect for Vulnerability

6. Some people go on a walk or have a plant or a pet. How do you spend time with nature?

Nature

7. What do you do to move your body?

Exercise

8. Think about today. Can you name one thought that brought on each feeling?
- a. Mad
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Labeling Emotions, ACT Therapy

9. When they feel lonely (but can't or don't want to connect to anyone), some people do other things. Like, close their eyes and breathe, read a book, look at the sky, or watch shows. If you can't reach another human, how do you soothe your natural loneliness?

DBT, Mindfulness

10. Basic needs are eating food, sleeping, drinking water, finding shelter, interacting with others, staying healthy and staying clean. What basic needs are you meeting for yourself?

Resilience, Maslow's Hierarchy

11. Think of a moment you felt good on a really deep level, and say what it was.

12. 'Bad' feelings (pain, sadness, fear) are really helpful because they are trying to protect us, or help us understand what is happening. What helpful thing do you think your bad feelings are trying to tell you?

Reframing, Logotherapy, Analytical
Psychology, CBT

13. Some people like to drum, whistle, sing, dance, snap or clap. The heart also beats in rhythm. Name one way you make a rhythm.

Rhythm, Polyvagal Theory, Music Therapy

Use of the Self-Interview

- Appropriate for patients with 6th grade+ reading level.
- Available in English and Spanish.
- Safe in cases where the form is *not* reviewed with the provider.
- Can be used **serially** or one time.
- We use the tool:
 - With new MAT clients.
 - Alongside **GAD7 and PHQ9**.
 - in huddle, “*PHQ-9, GAD7, Self-Interview*”
 - As a means of healthy workshopping while waiting for provider.

We will email you a copy of the Self-Interview.
You may use and distribute it liberally.

Thank you for your attention.