Jedi Masters: Coping Skills for Tweens

**Program details:** Jedi Masters: Coping Skills for Tweens is a group for 10 to 12-year-old boys and girls who are having problems managing their behaviors when feeling overwhelmed by emotions or life stressors. Children in treatment for anxiety, depression, adjustment issues and/or behavior problems may benefit from this group.

**Session details:**
This program includes 10, 60-minute sessions. Sessions cover these key learning areas:

- **Mindfulness:** Learning to pay attention on purpose, and focus on thoughts and feelings in the moment, without judging or rejecting what is happening. Key lessons include: “State of Mind,” “Introduction to Mindfulness” and “Mindfulness What and How.”

- **Distress Tolerance:** Learning to manage behavioral responses to extreme emotional experiences through acceptance of feelings and self-soothing. Key lessons include: “STOP skills,” “DISTRACT skills,” “Self-Soothing,” “Pros and Cons” and “Willfulness and Willingness.”

- **Emotion Regulation:** Learning to identify emotions, increase positive emotional events, increase mindfulness to current emotions, and use distress tolerance skills. Key lessons include: “Feelings Wheel,” “Opposite Action,” “PLEASE Master skills” and “LAUGH skills.”

- **Interpersonal Effectiveness:** Learning effective strategies for asking for what you need, saying “no,” and coping with interpersonal conflict. Key lessons include: “Interpersonal Effectiveness Goals and What Gets In The Way” and “DEAR FRIEND skills.”

**Place:** Groups will be held at Seattle Children’s Hospital in room OB.5.430, across from the entrance to the Psychiatry Clinic (level 5, Ocean zone).

**Time:** Tuesdays from 3:30 to 4:30 p.m.

**Cost:** Patient groups will be billed to your insurance for each session that is attended. Children’s insurance staff will do a basic benefit check to see if the group therapy code is covered. We recommend that you call your insurance to confirm how much you need to pay if the full amount is not covered. Typically the group therapy code is covered by insurance and you will be responsible for the co-pay or co-insurance. The code billed: 90853 group psychotherapy.

**Registration:**
Please call the Psychiatry Support and Crisis Services Office at 206-987-2164, option # 4 to find out when the next class is being offered and to register.