



SCI: MOVING FORWARD

A RESPONSE TO COVID-19



North American
Spinal Cord Injury
— Consortium —

SCI: Moving Forward is made possible by:



About NASCIC



North American
Spinal Cord Injury
— Consortium —

The North American Spinal Cord Injury Consortium (NASCIC) has the mission to bring about unified achievements in research, care, cure, and policy by supporting collaborative efforts across the spinal cord injury community.

www.nasciconsortium.org

About SCI: Moving Forward

- Webinar series in response to the COVID-19 pandemic and how it is affecting the SCI population
- Website to house archived webinars and additional resources

<http://www.nasciconsortium.org/scimovingforward.com/>

SCI Moving Forward

Upcoming Webinar Topics

- SCI Nutrition 101 with Joanne Smith (June 16, 2020)
- SCI Adapted Exercise – Presented by Walk-it-Off (June 30, 2020)
- Self Advocacy, Resiliency, and System Change (July 7, 2020)
- SCI Moving Forward – Our New Normal (July 14, 2020)
- SCI Moving Forward – Our New Normal (Latinx Community) July 21, 2020

Agenda

1. CBT for People with SCI During COVID-19 – Presented by Dr. Marc Ross
2. Building a Better Brain – Presented by Jenn Wolff
3. Q & A



Dr. Marc Ross

Clinical Psychologist

Dr. Marc Ross (PhD. Ed.) is a Registered Psychologist who specializes in the areas of evolutionary psychology and integral studies, having worked extensively with biofeedback and hypnosis in his practice; he also has had valuable experience in research, teaching, and writing. He has worked with many adolescents, couples and families over the years, and is affectionately referred to as Dr. Wheelz by some teens. Given his personal experience with quadriplegia, he also helps people adapt to chronic pain, disability and physical injury.

Dr. Marc Ross - Clinical Psychologist – Presents:

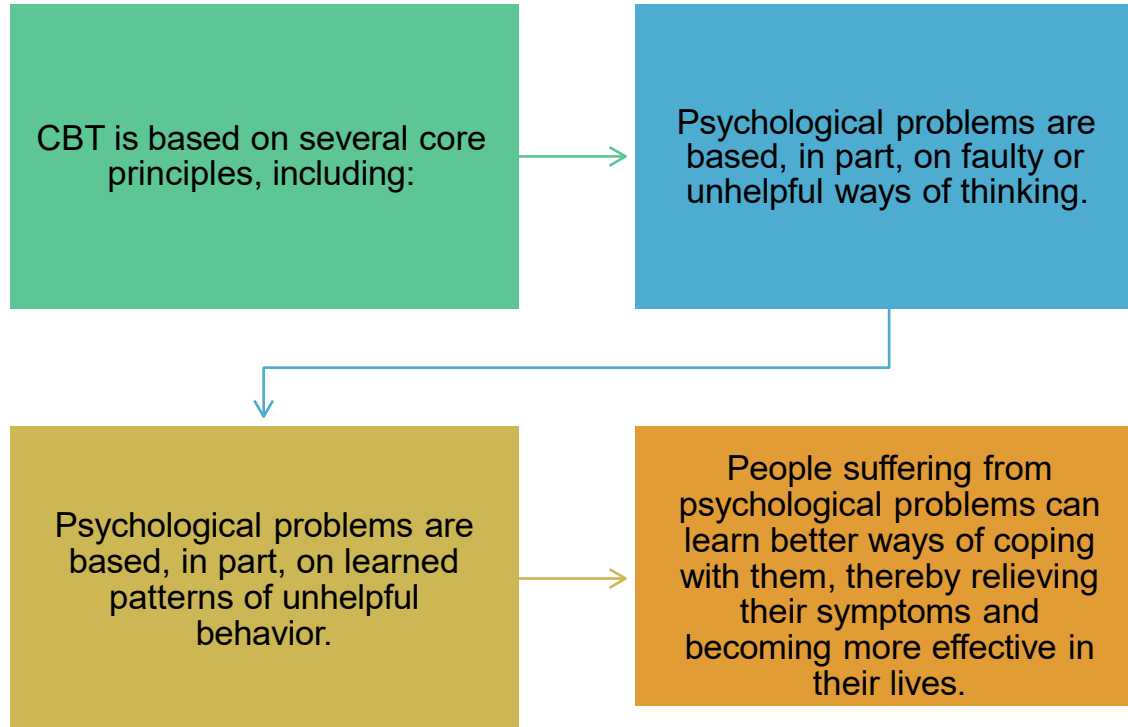
Thinking wisely during times of crisis: CBT tools for improved mental health

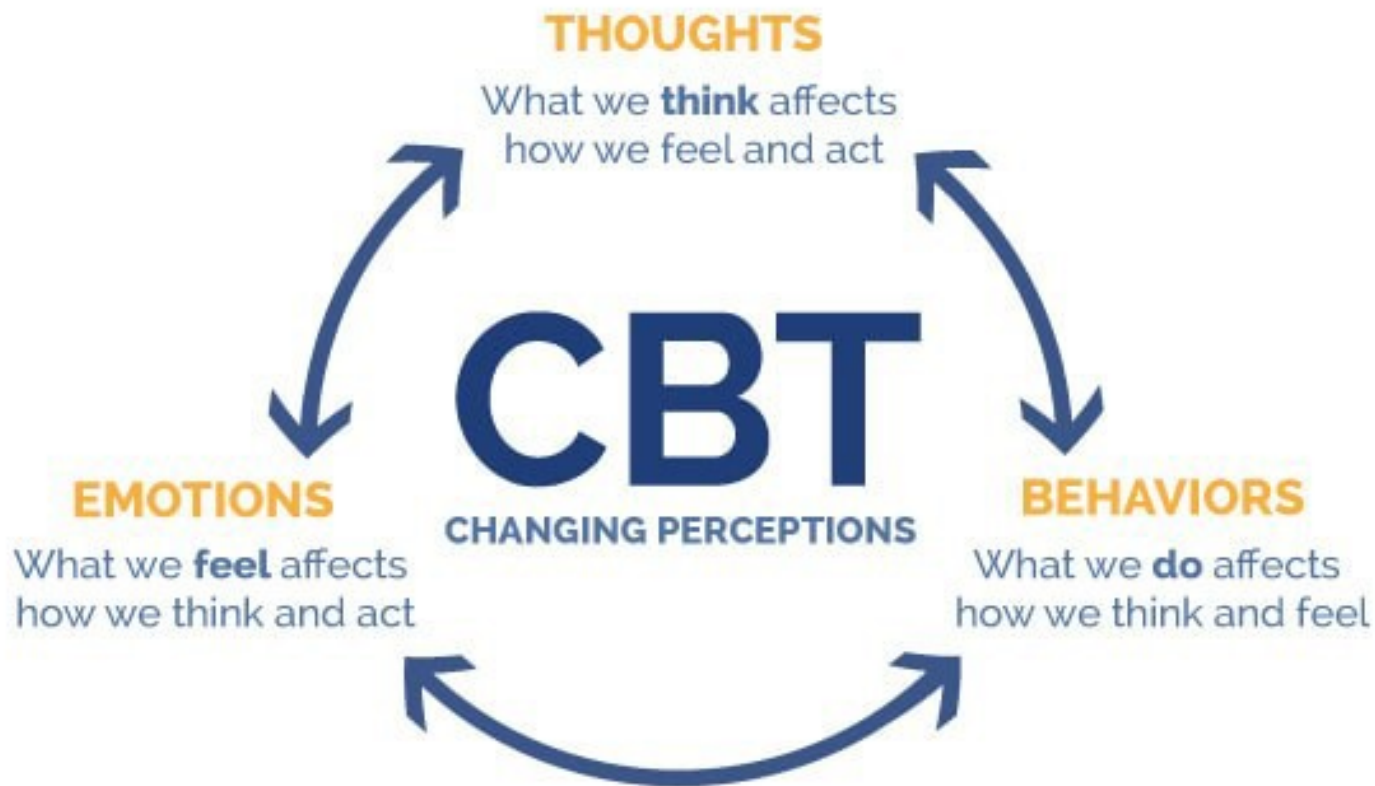
Mental Health Challenges During COVID-19

Together we will address issues of anxiety, isolation and depression that the SCI community is facing during the pandemic.

Because the SCI community is already a vulnerable population, the COVID-19 pandemic has a different impact on our daily life and what our future will look like, which can cause a lot of mental stress. I want to touch on these points and offer ways to alleviate these mental burdens.

What is cognitive behavioural therapy?

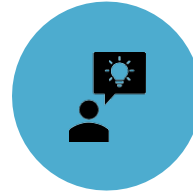




Cognitive distortions



All cognitive distortions are:



Tendencies or patterns of thinking or believing;

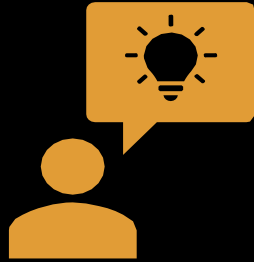


That are false or inaccurate;



And have the potential to cause psychological damage.

Common distortions or “thinking traps”



All-or-Nothing Thinking / Polarized Thinking



Also known as “Black-and-White Thinking,” this distortion manifests as an inability or unwillingness to see shades of gray. In other words, you see things in terms of extremes – something is either fantastic or awful, you believe you are either perfect or a total failure.



Overgeneralization



This sneaky distortion takes one instance or example and generalizes it to an overall pattern. For example, a student may receive a C on one test and conclude that she is stupid and a failure. Overgeneralizing can lead to overly negative thoughts about yourself and your environment based on only one or two experiences.



Negative Filter



Recognizing only the negative aspects of a situation while ignoring the positive. One might receive many compliments on an evaluation but focus on the single piece of negative feedback.



The mental filter can foster a decidedly pessimistic view of everything around you by focusing only on the negative.



Jumping to Conclusions – Mind Reading or “fortune-telling”



This “Jumping to Conclusions” distortion manifests as the inaccurate belief that we know what another person is thinking. Of course, it is possible to have an idea of what other people are thinking, but this distortion refers to the negative interpretations that we jump to.



Seeing a stranger with an unpleasant expression and jumping to the conclusion that they are thinking something negative about you is an example of this distortion.



Emotional Reasoning



This may be one of the most surprising distortions to many readers, and it is also one of the most important to identify and address. The logic behind this distortion is not surprising to most people; rather, it is the realization that virtually all of us have bought into this distortion at one time or another.



The assumption that emotions reflect the way things really are. “I feel like a bad friend, therefore I must be a bad friend.”



Should Statements





Another distortion is the tendency to make “should” statements. Should statements are statements that you make to yourself about what you “should” do, what you “ought” to do, or what you “must” do. They can also be applied to others, imposing a set of expectations that will likely not be met.


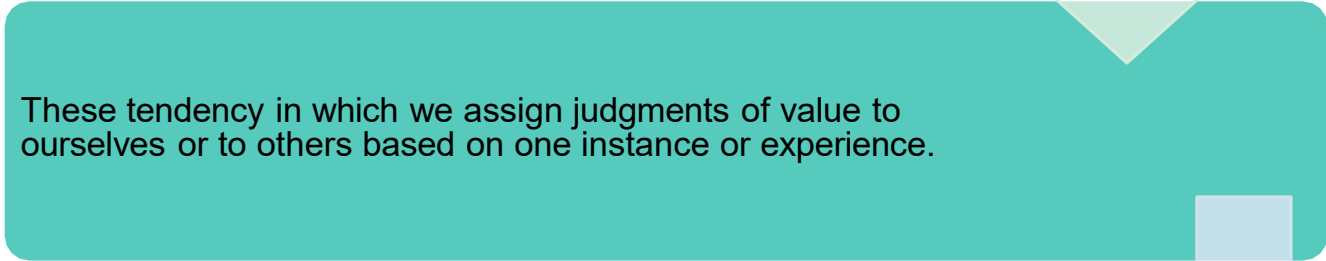


“I should always be friendly.”

Labeling and Mislabeled



These tendency in which we assign judgments of value to ourselves or to others based on one instance or experience.



For example, a student who labels herself as “an utter fool” for failing an assignment is engaging in this distortion, as is the waiter who labels a customer “a grumpy old miser” if he fails to thank the waiter for bringing his food. Mislabeled refers to the application of highly emotional, loaded, and inaccurate or unreasonable language when labeling.



Personalization



As the name implies, this distortion involves taking everything personally or assigning blame to yourself without any logical reason to believe you are to blame.



This distortion covers a wide range of situations, from assuming you are the reason a friend did not enjoy the girls' night out, to the more severe examples of believing that you are the cause for every instance of moodiness or irritation in those around you.

Thought checking/challenging



Summarize a situation that bothered or upset you:



“Not being able to go to the mall and socialize with my friends because of isolation and social distancing”

Note feelings

How did you feel?



Angry, annoyed, anxious, disgusted, lonely, panicky, resentful, sad, scared, stressed etc.



Rank those that apply on a scale from 0 to 100 e.g.
Anxious 90



What thought or concern was going through your mind when you started to feel this way?



“This will never end... as if my life with a spinal cord injury isn’t hard enough already - why does life have to be so unfair?”

Which distortions can you identify in your thought?

The distortions listed include

All-or-Nothing Thinking; **O**vergeneralizing; Discounting the Positive; Jumping to Conclusions; Mind Reading or Fortune Telling; **C**atastrophizing; Emotional Reasoning; Should Statements; Labeling and Mislabeling; Personalization.

What is another way to think about the situation
(without distortions)?



“There is no doubt that this is a challenging time. But I have managed challenging times in the past. I’ll find a way through this and it won’t last forever.”



SITUATION: NOT BEING ABLE TO GO
TO THE MALL AND SOCIALIZE
BECAUSE OF SOCIAL DISTANCING
AND ISOLATION.

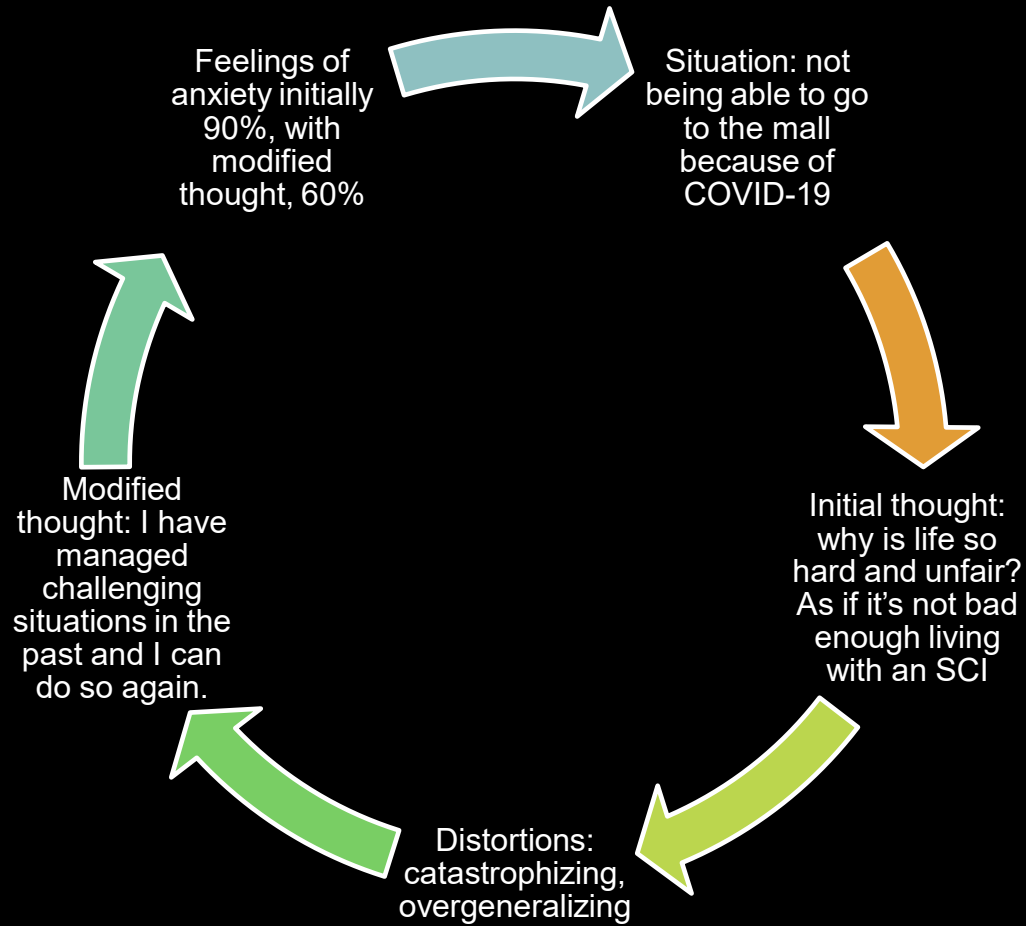


MODIFIED THOUGHT: THERE IS NO DOUBT
THAT THIS IS A CHALLENGING TIME. BUT I
HAVE MANAGED CHALLENGING TIMES IN
THE PAST. I'LL FIND A WAY THROUGH
THIS AND IT WON'T LAST FOREVER."



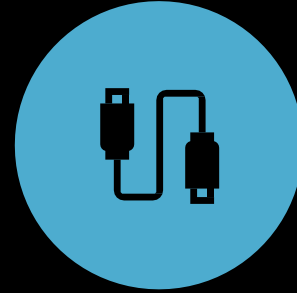
You said you felt **worried**: how
strongly do you feel this way
now?

60





MOODNOTES
FOR IPHONE



MINDSHIFT
FOR ANDROID

Other resources



<https://thiswayup.org.au>



Feeling Good: The New
Mood Therapy - Book by
David D. Burns

Jenn Wolff - Occupational Therapist

- T10 para due to surgery and radiation to treat a tumor inside the spinal cord.
- Occupational therapist since 2005
- Systems change advocate for 10 years with Users First, United Spinal Association and in Iowa #UpgradeMedicaid
- Backbones Leadership Program Coordinator
- writer for Naturally Able
- sharer of stories :)



Building a Better Brain

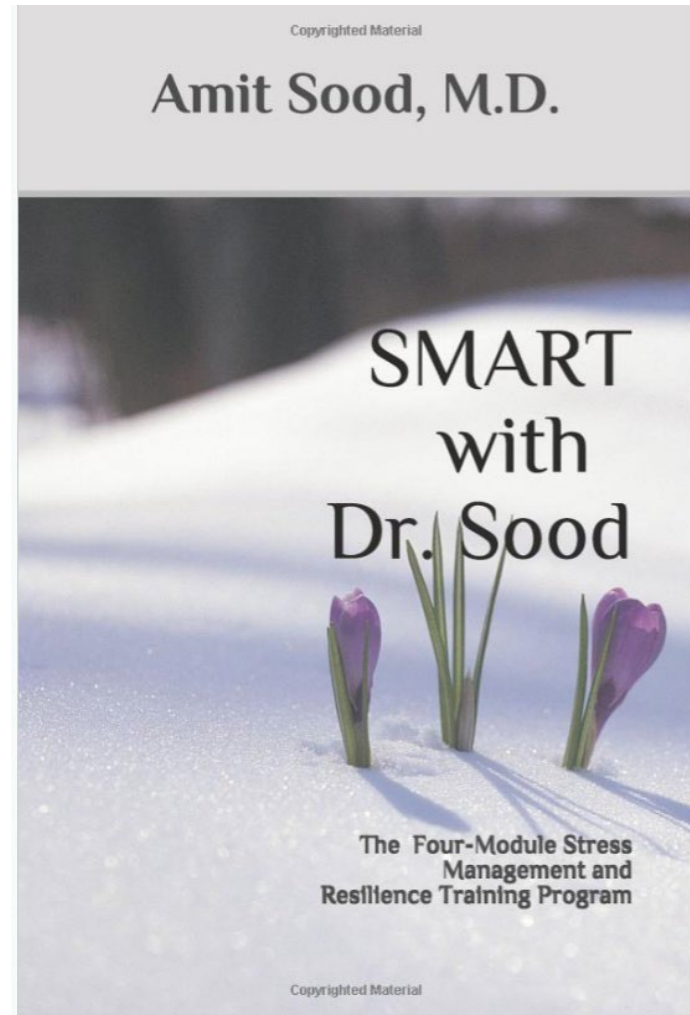
Stress Management and
Resilience Training
by Dr. Amit Sood

Presented by Jenn Wolff, OTR/L

Life with an SCI/D is a Challenge!



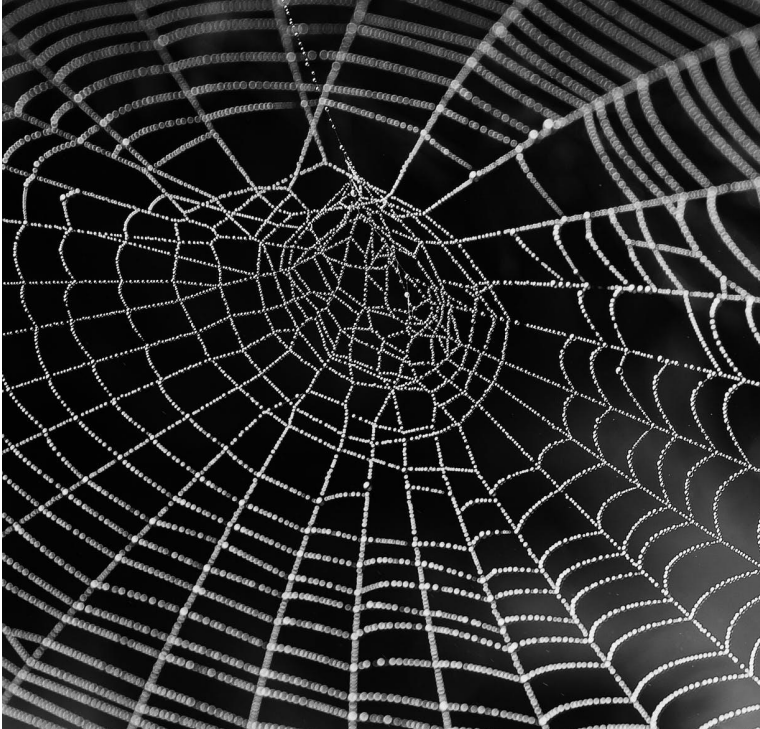
But it led
me to...



Default brain (automatic)



Which causes more fear?



Curiosity vs. Insight



Lots of curiosity

Little insight



Lots of Insight

Little curiosity

Your very
own
SUPER
POWER



Morning Gratitude



When you wake up in the morning, before getting out of bed and before you start thinking about all the things you have to do...

Think about five people in your life who mean a lot to you and send them your silent gratitude.

Gratitude Jar



On a side table at home, have a simple jar with some scratch paper and a pen.

Before going to bed, stop and think about one good thing that happened (or bad thing that didn't) during the day, write it down and place it in the jar.

Two-Minute Rule



Give two minutes of undivided attention to at least one person each day who deserves the attention but isn't presently getting it.

Increase Your Curiosity



An easy way to start this is
Find One New Detail (FOND).

You can do this in your
kitchen, on the daily route
you drive, in your garden...

ANYWHERE with ANYTHING!

Kind Attention Practice



Kindness is not weakness.

Every person is special and
every person struggles.

Send a silent good wish out
to the people you see during
the day.

More from Dr. Amit Sood

The Basics

“Stress Management and Resilience Training (SMART)”

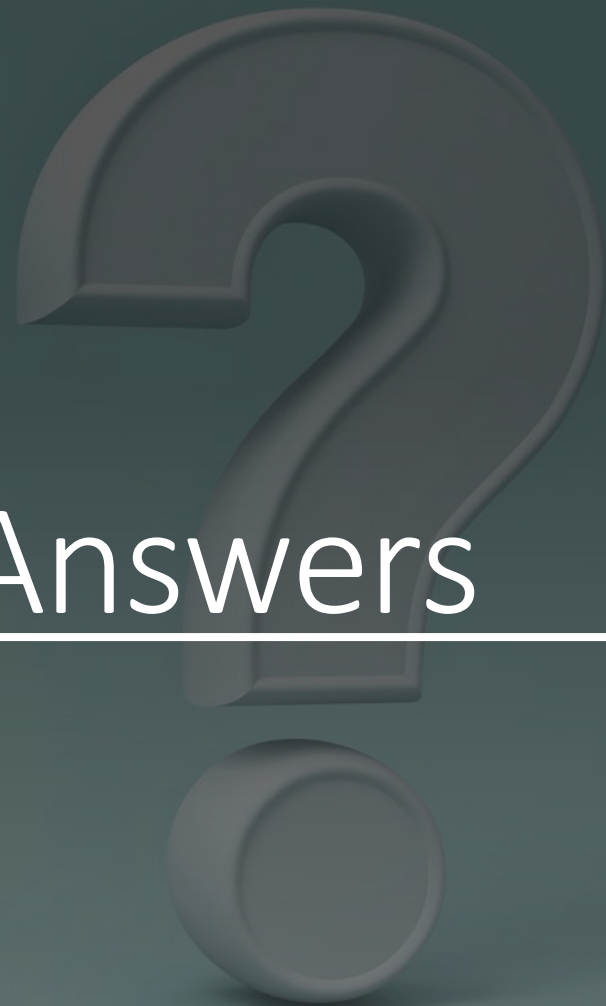
Deep Dive

“Mindfulness Redesigned for the Twenty First Century”

Online Option

<http://resilientoption.com/>

Questions & Answers



Today's Takeaways

- Take the time for self care - in all its forms - physical and mental.
- Times of crisis are the perfect time to look at ourselves and our society and try to make improvements. Practicing mindfulness and compassion is a great option.
- These are challenging times for everyone, but for people with SCI especially. There are some aspects about our current situation that we have no control over. One area where we do have significant influence is the way we think about what's going on. Cognitive distortions are thinking traps can skew our perceptions and make us feel worse. CBT offers simple tools and techniques that can help us to question these “traps,” and think more wisely during these times of challenge.

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to apply for free today!