

MBATT LEVEL 3, DAY 2, AM WORKSHEET

THE LEE C.A.T.I. INSTRUMENT © **COMPASSIONATE ATTACHMENT THERAPY INTERVIEW**



by Mari A. Lee, LMFT, CSAT-S, CPTT-S, MBATT-CS

(FOR USE DURING THE *ATTACHMENT AND THE LEE CATI INTERVIEW (C)* PRESENTATION)

PURPOSE: The Lee C.A.T.I. Instrument is a mindfulness-based tool created and developed by Mari A. Lee that is used in the first 90 days of mindfulness-based addiction and trauma therapy. The purpose for this instrument is to help the client process and integrate non-integrated attachment trauma, and to assist the MBATT therapist and client to better understand the client's mind states and mind stories related to their attachment styles.

In addition, this instrument will help the client and therapist practice being present without judgement for what arises with respect to attachment wounds and "disorders", and to respect the client's pace and emotional activation, while reducing anxiety and trauma, and increasing presence, insight, and equanimity.

INSTRUCTIONS: Please read through this exercise to familiarize yourself with this prior to the Level III training, preferably the night prior (Friday evening of the Level III training).

During the attachment portion of the training on Saturday morning, after the lecture you will be sent to breakout rooms with 2-3 other colleagues. You will each select a role: therapist, client, and observer, and then practice the C.A.T.I interview section I-III (or skip to the B.O.S.S. section if the person role playing the client chooses that option). If time permits, you may switch roles. You are not expected to practice both sections.

Your instructor will move through the small groups to observe and assist. Please ask questions as needed, we are here to help support your learning.

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SECTION I: C.A.T.I. INTERVIEW

CATI STEP I: COMPASSIONATE INVITATION

Mindful invitation from the Therapist to the client: “I’d like to know more about your upbringing, are you open to exploring this?”

Note: If client accepts the invitation, proceed with the C.A.T.I. in section 1. If the answer is no, proceed to Section II B.O.S.S. below.

C.A.T.I First Question Set:

1. Who was the primary person who raised you?
2. Who was the secondary person who raised you?
3. Was there another important caregiver (babysitter, nanny, grandparent, foster parent, sibling, Aunt, Uncle, other)?

C.A.T.I. Second Question Set:

4. Please share as many descriptive words that come to mind regarding your mother (if they identify mom as a primary, secondary or important caregiver).
5. When you share this with me, what feelings are you experiencing right now?
6. When you share this with me, what thoughts are you experiencing right now?
7. Do you notice anything happening in your body right now? Where are you noticing this in your body?
8. Would you like to move that feeling through your body by (pacing, squeezing a pillow, stretching, etc.)?

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C.A.T.I. Third Question Set:

9. Next, please share as many descriptive words that come to mind with your father (if they identify dad as a primary, secondary, or important caregiver)
10. When you share this with me, what feelings are you experiencing right now?
11. Do you notice anything happening in your body right now? Where are you noticing this in your body?
12. Would you like to move that feeling through your body by (pacing, squeezing a pillow, stretching, etc.)?

C.A.T.I. Fourth Question Set:

13. Please share as many descriptive words that come to mind with your (identified important caregiver)
14. When you share this with me, what feelings are you experiencing right now?
15. When you share this with me, what thoughts are you experiencing right now?
16. Do you notice anything happening in your body right now? Where are you noticing this in your body?
17. Would you like to move that feeling through your body by (pacing, squeezing a pillow, stretching, etc.)?

Therapist (or observers) Notes:

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C.A.T.I. STEP II: S.E.A. - Socially Engaged Affirmation

Next, extend a warm socially engaged affirmation S.E.A. (you may create your own, or use one of these below):

- A) I see the trust it took to move through that exercise, and I want to sincerely validate your courage.
- B) Thank you for your transparency and vulnerability; I appreciate who you are.
- C) Your courage and vulnerability in speaking your truth is something I deeply respect and value in our work together.

Therapist Question: How are you feeling when you hear my affirmation? What are your thoughts, feelings, body sensations? (note to therapist, the client may share feelings of discomfort, anger, fear, or sadness; hold space for whatever arises and affirm that all feelings are welcomed).

C.A.T.I. STEP III: 4-2-7 Grounding Breath Work

Next step: “Are you open to 4-2-7 breath work with eyes close or open?” If yes, proceed with 3 rounds of the breath work. Breathe in for 4 seconds through the nose, hold for 2 seconds, breath out slowly through the mouth for 7 seconds.

Final step: “How are you feeling right now in this present moment with me? Is there anything that feels important to share, I want to know and will listen with non-judgment and compassion.”

Record Client Feedback:

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Section II: B.O.S.S. - Body Observation and Scan Scale:

NOTE: If the client declines the C.A.T.I. invitation, gently lead client through the B.O.S.S questions. For MBATT training purposes, you are not expected to practice this section if the person roleplaying the client answered “no” to the first question in the CATI invitation in Section I.

Step 1: B.O.S.S. Questions:

1. On a scale of 1-5, 1 being I do not want to discuss my upbringing and 5 being I would like to discuss my upbringing, where are you? _____
2. What is the primary emotion you feel about discussing your upbringing?
3. On a scale of 1-5, 1 being no intensity, 5 being the highest intensity, what is the intensity of this emotion? _____
4. Do you have any thoughts about this emotion that is arising?
5. Do you feel that emotion somewhere in your body?
6. What would you normally do with this emotion?
7. What would you like to do with this emotion?

Step II: The S.E.A. - Social Engagement Affirmation

After moving the client through the B.O.S.S., the next step is to extend a warm socially engaged affirmation or S.E.A. (you may create your own, or use one of these below):

- A) I see the trust it took to move through that exercise, and I want to sincerely validate your courage.
- B) Thank you for your transparency and vulnerability, I appreciate who you are.
- C) Your courage and vulnerability in speaking your truth is something I deeply respect and value.

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Next S.E.A. step:

1. How are you feeling when you hear my affirmation?
2. What are your thoughts, feelings, body sensations?
3. What would you like to do with those thoughts, feelings, and sensations? (Note to therapist: Client may respond by saying “I feel like pacing” or “I feel tired” or the client may cry or may yawn. We make space for whatever arises).

STEP III: 4-2-7 Grounding Breath Work

Q: “Are you open to 4-2-7 breath work with eyes close or open? “ If yes, proceed with 3 rounds of the breath work.

Final B.O.S.S. Step is the C.A.T.I. check in:

Q: On a scale of 1 to 5, with 1 being not at all open, and 5 being very open, are you more or less open about exploring your upbringing? _____

Q: If more open, when do you believe you would like to do this?

Client comments:

Final step: “How are you feeling right now in this present moment with me? Is there anything that feels important to share? I want to know and will listen with nonjudgment and compassion.”

Record Client Feedback: