



## **Decider Skills**

The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

Complex psychological theory has been distilled into highly effective, evidence-based skills for individuals and organisations.

The programme is based on teaching 12 skills (up to 32 skills for older children) using Cognitive Behaviour Therapy techniques which supports participants to recognise their own thoughts, feelings and behaviours and enables them to monitor and manage their own emotions and improve mental health.

### **Who is it for?**

Our Decider Skills programme is targeted at age 8-11 year old children. It is to support any child who would benefit from understanding more about their thoughts, feeling and behaviours and who needs better strategies to manage their emotions. Parents/Carers will also benefit from being able to support the child- as well as have improved strategies and understanding themselves.

### **How will it help?**

The Decider skills programme has a proactive rather than reactive approach. The 12 skills that children learn can be applied to specific situations or used more generally. The focus on visibility and making the sessions memorable mean that children use the skills as and when they need and can apply their learning to different situations.

The programme is flexible, which means we can ensure individual needs of children are considered in our planning as well as wider general learning/skills for other children. The Decider Skills program is based around four key emotional areas :

- Distress tolerance
- Mindfulness
- Emotion regulation
- Interpersonal effectiveness