



# The Decider

Winning strategies for mental health

## The Decider Life Skills

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# Who we are: Michelle

Cognitive Behavioural Psychotherapist

EMDR Practitioner

Mental Health Nurse

Research at CAMHS

Co-creator of The Decider Skills



# Who we are: Carol

Cognitive Behavioural Psychotherapist  
Mental Health Nurse

[Getselfhelp.co.uk](http://Getselfhelp.co.uk) website

Co-creator of The Decider Skills



# Aims

- ▶ To introduce 'The Decider Skills'
  - (32 skills)
- ▶ **To share 'The Decider Life Skills'**
  - **(12 skills)**
- ▶ To discuss development and theoretical framework



# What is good mental health?

Learning how to monitor and manage our own emotions and mental health – be proactive

**Monitoring:** Recognising The FIZZ (the physical signs of emotion) – making the link between mind and body

**Management:** Use skills to make the changes required to get the best outcome

**SELF REGULATION**

**SKILLS**

**Practice**



# Development

- ▶ In 2010 we developed The Decider for adult mental health services in Guernsey
- ▶ 32 CBT (cognitive behavioural therapy) & DBT(dialectical behaviour therapy) informed skills
- ▶ Designed to fill an identified service need
- ▶ Developed with service user involvement
- ▶ Helps to live a more skilful less impulsive life

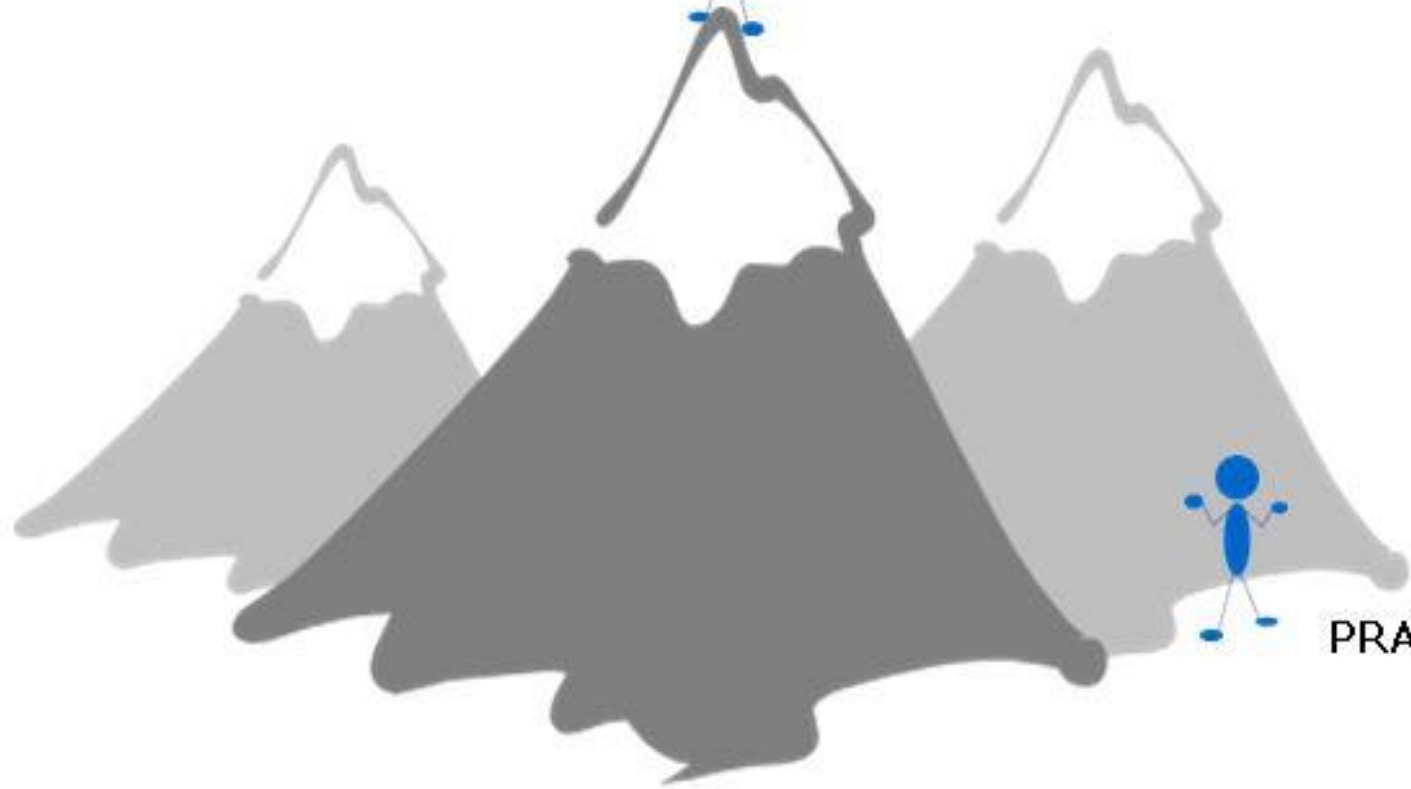


# THE DECIDER =

- ▶ **SERVICE USER INVOLVEMENT & FEEDBACK**
- ▶ CBT
- ▶ DBT
- ▶ LEARNING THEORY
- ▶ EMOTIONAL MEMORY STORAGE/LIMBIC SYSTEM
- ▶ IMAGERY
- ▶ COMPASSION
- ▶ FUN
- ▶ OUR EXPERIENCE
- ▶ BELIEF THAT PEOPLE CAN CHANGE



THEORY



PRACTICE





# The Evidence Base

- ▶ Informed by cognitive behavioural therapy (CBT) and dialectical behaviour therapy (DBT), in particular; Beck, Ellis, Padesky, Young and Linehan.

Each individual skill is further influenced by an eclectic mix of therapy models, theories, ideas and approaches.



# The Evidence

## THE DECIDER LIFE SKILLS - Evidence

Skill	THE EVIDENCE
STOPP	<p><b>CIARROCHI JOSPEPH, BAILEY ANN</b> 2009 A CBT-practitioner's Guide to Act: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. New Harbinger.</p> <p><b>HAYES STEVEN</b> (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</p> <p><b>BECK, AARON</b> (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>ELLIS ALBERT, A.</b> (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p>
It will Pass	<p><b>CANNON WALTER BRADFORD</b> M.D. (1871 – 1945) American physiologist.</p> <p><b>HAY LOUISE</b> 2010 How to use affirmations. <i>Going bankers</i>, Vol. 4, Issue 3, 58–61.</p> <p><b>LAZARUS ARNOLD</b> (1981) Lazarus Institute: Think Well - Act Well - Feel Well - Be Well</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>LEAHY ROBERT, Tirsch, D. &amp; Napolitano, L.A.</b> Emotion Regulation in Psychotherapy. The Guilford Press, New York, London. 2011</p> <p><b>Southam-Gerow and Kendall</b> (2000) &amp; <b>Kendall and Suveg</b> (2006) in <b>Connell, C.</b> 2010.</p> <p><b>NHS Fife</b> 2013 <a href="http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf">http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf</a> (accessed 2.8.14)</p>
Right Now	<p><b>KABAT-ZINN JON</b> <i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life</i>. Hyperion Books, 2005.</p> <p>Origin of 54321 exercise unknown (possibly <b>Erikson, E.</b>) as here: <b>CLIENT JT.</b> <a href="http://www.ericksonian.info/BETTY.html">http://www.ericksonian.info/BETTY.html</a></p> <p><a href="http://www.psyke.org/coping/coping_skills/">http://www.psyke.org/coping/coping_skills/</a> , <a href="http://www.ibiblio.org/rcip/copingskills.html">http://www.ibiblio.org/rcip/copingskills.html</a>,</p> <p><a href="http://www.peirsac.org/peirsacui/er/educational_resources10.pdf">http://www.peirsac.org/peirsacui/er/educational_resources10.pdf</a>, <a href="http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846">http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846</a></p> <p><b>CAMERON J. VAN DEN HEUVEL, JOSEPH T. NOONE, KURT LUSHINGTON, DREW DAWSON</b></p>
Name the Emotion	<p><b>GREENBERG LESLIE</b> EMOTION FOCUSED THERAPY <i>Clinical Psychology and Psychotherapy</i> 11, 3–16 (2004)</p> <p><b>LYNCH THOMAS Schneider, K.S., Hempel, R.J.</b> (2013) That "poker face" just might lose you the game! The impact of expressive suppression and mimicry on sensitivity to facial expressions of emotion. <i>Emotion</i>, 13, (5), 852-866.</p> <p><b>MENNIN DOUG, FRESCO DAVID</b> Emotion Regulation Therapy (2013)</p> <p><b>BECK AARON</b>(1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>ELLIS ALBERT</b> (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p> <p><b>VAN DER KOLK BA</b> (2015) <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i>. Penguin Books</p>
Opposite Action	<p><b>HAYES ADELE</b> Exposure based CT for depression 2013</p> <p><b>YOUNG, JE, Klosko, JS, Weishaar, ME.</b> 2006. Schema therapy: A Practitioner's Guide. Guilford Press.</p> <p><b>YOUNG, JE, Klosko, JS .</b> 1998. Re-Inventing your life. Penguin Putnam.</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>BECK, A. T.</b> (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>PADESKY CHRISTINE, GREENBERGER DENNIS,</b> <i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i> (1995)</p>
Fact or Opinion	<p><b>Beck, A. T.</b> (1976). <i>Cognitive therapies and emotional disorders</i>. New York: New American Library.</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>Ronen, T., Freeman, A.</b> 2007. <i>Cognitive Behavior Therapy in Social Work Practice</i>. Springer Publishing.</p>
SELF care	<p><b>GILBERT PAUL</b> : <i>Compassion Focused Therapy. The Compassionate Mind</i>. 2009. Constable.</p> <p><b>OREM, DOROTHEA.E.</b> (1991). <i>Nursing: Concepts of practice</i> (4th ed.). St. Louis, MO: Mosby-Year Book Inc.</p> <p><a href="http://womenshealth.gov/mental-health/good-health/">http://womenshealth.gov/mental-health/good-health/</a> and <a href="http://www.rethink.org/carers-family-friends/what-you-need-to-know/does-mental-illness-run-in-families/reducing-risk">http://www.rethink.org/carers-family-friends/what-you-need-to-know/does-mental-illness-run-in-families/reducing-risk</a> (accessed 6.8.14).</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p>



Written information  
Accessible language & style

Visuals  
Animations  
Music

Handouts  
Fun demonstrations  
Props  
Hand signs

Videos

Evidence  
Skills  
Knowledge  
Experience  
Client feedback



One of the greatest gifts we can give children, young people and adults is the skills to understand and manage *their own* emotions and mental health.

Ayres & Vivyan 2016



**We have distilled  
COMPLEX  
PSYCHOLOGICAL  
THEORY  
into skills that are  
EASY TO LEARN**



- ▶ The Decider Life Skills form a core foundational skillset for everyone
- ▶ Compatible with all therapies and modalities
- ▶ For all ages and clinical presentations
- ▶ Clinicians learn the skills and then pitch their teaching to suit their client group.

**The skills stay the same.**

**It is the teaching that changes.**







**It takes about 400 repetitions to create a new synapse in the brain...unless it is done with play, in which case it takes only 10-20 repetitions!**

Dr Karyn Purvis

**400 times to master a skill without fun  
10-20 times WITH fun**

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**If you can't explain it  
simply, you don't  
understand it well enough**

Albert Einstein





# Teaching

- ▶ **Visual (spatial):** We use demonstrations, real life examples, pictures, images, props and spatial understanding. YouTube
- ▶ **Aural (auditory-musical):** We use sound and music, rhythm and repetition (including our 'Ask The Decider Song')



- ▶ **Verbal (linguistic):** We use words, both in speech and writing. Didactic teaching, rote learning and repetition.
- ▶ **Physical (kinesthetic):** We use demonstrations and mime. We develop the mind-body connection (The FIZZ)



- ▶ **Logical (mathematical):** We tell clients *why* we are teaching them and ask them to think about how they might change their future thoughts, feelings and behaviours to become more confident and composed. We use logic, reasoning and systems.
- ▶ **Solitary (intrapersonal):** Can be taught individually or by self-study.



- ▶ **Social (interpersonal):** The skills can be taught to small and large groups.

This instils hope and develops a shared common language. Reduces stigma as people see what they experience is universal. They are not alone. We teach Interpersonal Effectiveness Skills.



**TEACH – creative, fun, memorable**

**EMBED – creative, fun, memorable  
repeat**



What we learn with pleasure  
we never forget

Alfred Mercier 1816-1894



# Practice, Practice, Practice !

“It’s not what we do once in a while that shapes our lives, but what we do consistently”

Anthony Robbins



How we manage our emotions makes a difference.

The skills help us to act more skilfully.





# Each Decider Skill

- Evidence base
- Handout – photocopy for therapy purposes
- Clinician/trainer page
- Visual & prop
- Discuss – demonstrate - discuss
- Real life examples
- Hand signs
- Music
- “Ask The Decider!” song
- FUN !!
- Practice
- Embed



“I wish I had been taught these skills when I was young...”



# The Decider Life Skills

## Proactive Mental Health

- ▶ Trainer Manual
- ▶ Student Handbook
- ▶ 12 key Life Skills
- ▶ Web app
- ▶ The Decider Skills app
- ▶ STOPP app



Education

Home

Work

Health





Social





# THE DECIDER<sup>®</sup>

## LIFE SKILLS

<b>STOPP</b> 	<b>IT WILL PASS</b> 	<b>RIGHT NOW</b> <b>54321</b> 
<b>NAME THE EMOTION</b> 	<b>OPPOSITE ACTION</b> 	<b>FACT OR OPINION</b> 
<b>SELF CARE</b> 	<b>VALUES</b> 	<b>LISTEN</b> 
<b>RESPECT</b> 	<b>CRYSTAL CLEAR</b> 	<b>REFLECT</b> 

**PRACTICE!**

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### CRYSTAL CLEAR

- Concise (what, when, how, why)
- Lucid & logical
- Emotion-free Expression
- Assertive (& alternative solutions)
- Realistic. Repeat if necessary



<b>5</b>	things I can see right now, or imagine I can see right now
<b>4</b>	things I can hear right now, or imagine I can hear right now
<b>3</b>	things I can touch right now, or imagine I can touch right now
<b>2</b>	things I can smell or taste right now, or imagine I can taste right now
<b>1</b>	deep slow breath <i>Focus on your breathing. In this moment. Right now.</i>

### STOPP

- STOP!
- Take a breath
- Observe – What am I reacting to? Where is my focus of attention?
- Pull back – Put in some Perspective – What's another way of looking at this?
- Practice what works! – What will help most?



### SELF CARE

- SLEEP
- EATING & EXERCISE
- LOOK at illness, challenges
- FIND Fun



### RESPECT

- Respect self and others
- Equality and Esteem
- Say please, thank you and sorry
- Polite, kind and considerate
- Ears to listen!
- Clear calm communication
- Treat others as we want to be treated



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# PROACTIVE APPROACH TO MENTAL HEALTH





# **The Decider Life Skills in Education**

Primary Schools

Secondary Schools

Universities





**Between stimulus and response,  
there is a space.**

**In that space is our power to  
choose.**

**In our response lies our growth  
and freedom.**

*Viktor Frankl*



**JENKS**



# The Decider Life Skills

**THE DECIDER<sup>®</sup>**  
**LIFE SKILLS**

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# THE FIZZ



# The FIZZ personal scale

<b>THE FIZZ scale</b>	Signs that I am feeling <b>THE FIZZ</b>
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	



# The FIZZ: Example

<b>THE FIZZ scale</b>	<b>Signs that I am feeling THE FIZZ</b>
10	<i>Lost it! Running away, crying</i>
9	
8	<i>Hard to breathe, heart racing, agitated</i>
7	
6	
5	<i>Feeling hot, worrying about what might happen</i>
4	<i>Chewing my lips</i>
3	
2	<i>A bit uncomfortable in my tummy</i>
1	
0	<i>I'm ok</i>



<b>THE FIZZ scale</b>	<b>Signs that I am feeling THE FIZZ</b>
10	<i>Making a plan, acting on thoughts</i>
9	<i>Suicidal thoughts</i>
8	<i>Stay in bed most of the day</i>
7	<i>Sleeping more</i>
6	<i>Slow. Headaches. Constipated.</i>
5	<i>Not going out</i>
4	<i>Comfort eating</i>
3	<i>Negative thoughts</i>
2	<i>A bit tired. Sighing.</i>
1	<i>ok</i>
0	<i>Good</i>



# STOPP is CBT in a nutshell



- ▶ **S**top!
- ▶ **T**ake a breath
- ▶ **O**bserve
- ▶ **P**ull back – Put in some  
Perspective
- ▶ **P**ractise what works, Proceed





**It will Pass** skill helps us to accept that emotions and situations change

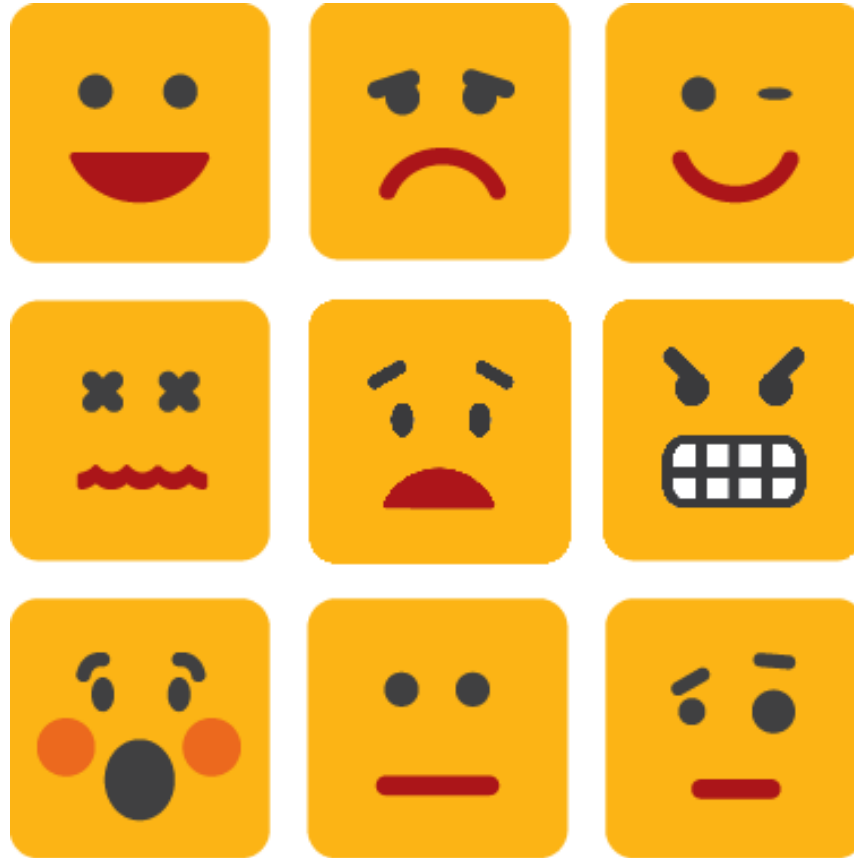


**Right Now skill is a grounding technique to reduce distress**

**5 4 3 2 1**



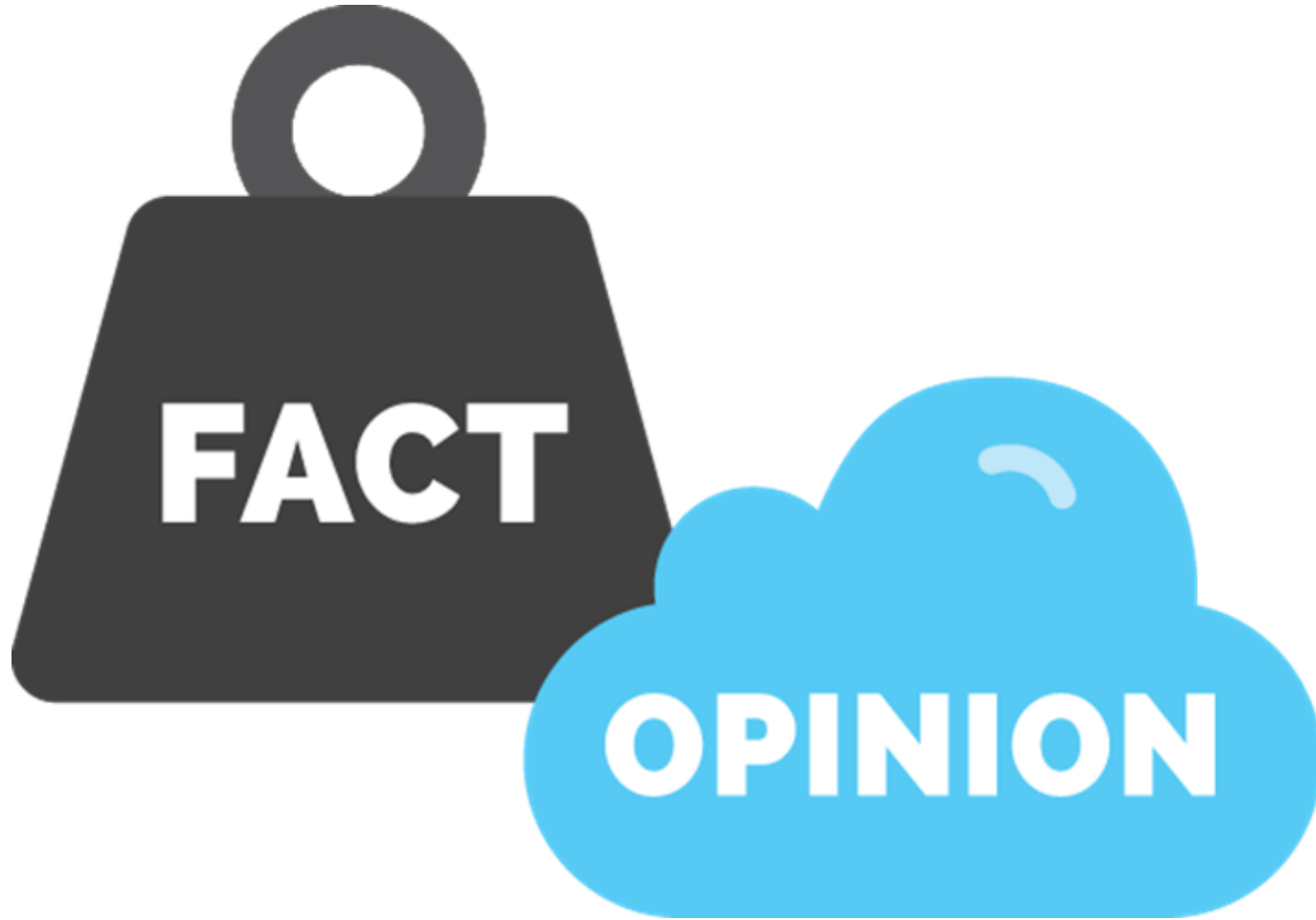
**Name the Emotion** skill helps us to identify our emotion, then choose our reaction



**Opposite Action skill helps us to consider a different reaction**



# Fact or Opinion skill helps us to think differently



# **SELF Care skill helps protect and improve our mental health**



**Values skill reminds us to follow  
our chosen life direction**



**Listen** skill helps us to *really*  
**listen**





**RESPECT** skill reminds us to  
respect ourselves, others and  
the environment



**Crystal CLEAR skill is a way to help us get our message across clearly**



**REFLECT** skill helps us to learn from experience and make positive changes



# THE DECIDER<sup>®</sup>

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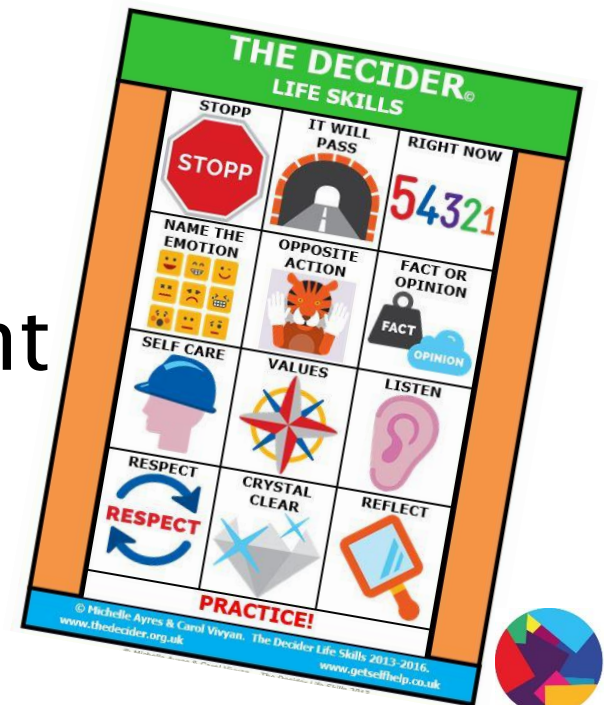


# The Decider Life Skills

[www.thedecider.org.uk/lifeskills](http://www.thedecider.org.uk/lifeskills)

[pwa.thedecider.org.uk/de](http://pwa.thedecider.org.uk/de)

Trainer Manuals and Student Handbooks at Amazon.de



# Questions

