

# the decider

**The Decider Skills** are 32 evidence based, effective, fun and memorable skills to help us deal with distressing emotions and situations. The skills increase confidence, build resilience, enable you to tolerate distress, manage your emotions and improve communication.

- Developed with service users
- Evidence-based (CBT & DBT) and effective
- Memorable and easy to use
- Creative and fun

The Decider Skills can be used at home, in schools, at work, and in social and health settings.



The skills are taught creatively, using music, imagery, visuals, props, and fun demonstrations which really bring the skills to life. This means we can remember and use the skills effectively when we need them! The skills classes are NOT group therapy – you don't have to talk at all.

The Decider Skills were created by Michelle Ayres and Carol Vivyan who are cognitive behavioural psychotherapists from Guernsey. They have worked in mental health for over thirty years. Client feedback led them to develop The Decider to help people live a more skilful, less impulsive life.

The Decider is proving to be a successful model, used in health, education and business settings, voluntary agencies and charities.

The skills are taught over a course of classes which may be weekly for several weeks. There are normally two course leaders (mental health professionals) who may be helped by a service user who has previously completed The Decider Skills.

You can find out more about The Decider here: [www.thedecider.org.uk](http://www.thedecider.org.uk)

The Decider Life Skills are 12 of the 32 skills which have been adapted for use as **PROACTIVE MENTAL HEALTH** for use in businesses, schools, hospitals & health centres, universities, prisons etc. They are also useful to learn when you are waiting for therapy. The 12 skills can be taught weekly or as a 3 hour workshop. More about The Decider Life Skills here: [www.thedecider.org.uk/lifskills.htm](http://www.thedecider.org.uk/lifskills.htm)



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