



'THE DECIDER'

A Two Day Skills Workshop in Bristol

CBT and DBT informed resources for individuals and groups
for living a more skilful & less impulsive life

15 & 16 May 2017

No 4 Clifton Village, Bristol

Michelle Ayres & Carol Vivyan

Cognitive Behavioural Psychotherapists (BABCP)



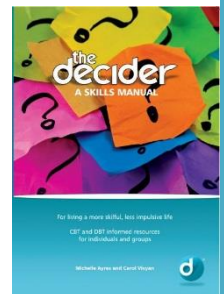
This workshop equips clinicians with the resources to facilitate a skills training group that is creative, stimulating, motivating, empowering, effective, and ...FUN!!

Suitable for mental health professionals from ALL backgrounds and professions

'The Decider'© is a pictorial prompt card for 32 CBT and DBT informed skills.

The Decider: A Skills Manual provides 32 client handouts and detailed clinician instructions for each skill.

The approach can be used in a range of service settings and for all mental health problems.



Client feedback from The Decider Skills course:

- "This group's been awesome"
- "Even one skill has helped"
- "It's a very different group to anything else I've been to!"
- "I wouldn't have missed this group for the world!"
- "This course has changed my life."

Clinician feedback on The Decider Skills 2 day workshop:

- "Thank you for a fantastic course!"
- "Thanks for making two days of training so much fun!"
- "Well presented. I like the use of visual aids"
- "Just wanted to say thanks for a fab 2 days training. Have just read manual from start to finish and it really is amazing"
- "Thank you for an energising and life changing experience!"
- "Very therapeutic on a personal level"
- "We are delighted with the results so far. We are even managing to engage the historically unengageable!"

www.thedecider.org.uk

Places are limited and are available on a 'first come, first served' basis.
Rates: £245 per person - includes a copy of The Decider Manual (rrp £35), lunch & refreshments.