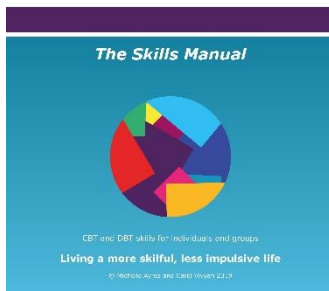


# THE DECIDER WORKSHOPS



**THE DECIDER: A SKILLS MANUAL** contains 32 CBT & DBT informed skills for individuals and groups with mental health problems. Suitable for those working with adults and young people with mental health problems; child/adolescent mental health services, primary care, prison, probation and secondary care mental health services.



The manual and workshops are for trained and untrained mental health professionals; nurses, nursing and health care assistants, social workers, psychologists and psychological therapists, occupational therapists, psychiatrists, prison and probation staff, trainees and support workers.

Learn more about [The Decider: A Skills Manual](http://www.thedecider.org.uk) (www.thedecider.org.uk) or purchase a copy via [the order page](http://www.thedecider.org.uk/order.htm) (www.thedecider.org.uk/order.htm)

## THE DECIDER SKILLS (TWO DAY) WORKSHOP

Trusts and organisations are welcome to contact us to arrange a workshop

**DAY 1:** We introduce the development and evidence base of The Decider and The Lifejacket Metaphor. Didactic presentations, fun and memorable demonstrations, role play, skills practice, clinical discussions.

**DAY 2:** We continue to teach and demonstrate the 32 skills. Time is given for reflection and discussion as to how clinicians can use The Decider Skills effectively within their professional practice in groups or with individual clients. Inevitably, participants find themselves using the skills in their own personal lives too.

**We come to you:** Our Authorised Trainers deliver the training at your venue. *You must provide the teaching room, projector, audio/speakers, whiteboard and all refreshments. Costs are calculated per 40 delegates. We provide 40 manuals for each 2 day workshop.*

### Cost

|  |       |
|--|-------|
| UK (mainland) & Ireland by Authorised Trainers | £6000 |
| If workshop facilitated by Michelle and Carol  | £7500 |

We recommend that 2 individuals per team attend this training together

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All rights reserved. The Decider Skills 2 day workshops equip professionals/individuals with a manual, ideas and a structure for teaching and enabling their or their service's clients to use the skills effectively. You are encouraged to use The Decider material and resources for therapy purposes only. The workshop does not enable or licence you to teach other professionals in workshops or seminars or to otherwise use or commercially exploit The Decider materials in any way.

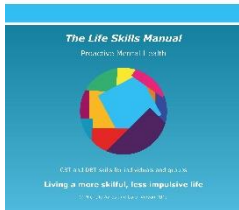
# THE DECIDER LIFE SKILLS



Trainer Manual and Handbook contain 12 of The Decider skills for young people, adults and children - Proactive mental health!

The Decider Life Skills enable everyone to learn effective coping skills before they need them and build resilience. The skills are simple to learn, effective, memorable and fun.

Ideal for use in schools, youth groups, low intensity primary care services, GP surgeries, prison and probation services, businesses, care services, education services, and student support services.



The Decider Life Skills one day workshop is for teachers, youth leaders, university lecturers or student support teams, GPs, school nurses, health visitors, social workers, HR personnel, occupation health professionals, general nurses (adult and child), parents and carers. Learn more about [The Decider Life Skills](http://www.thedecider.org.uk/lifeskills/) (www.thedecider.org.uk/lifeskills/) or [order the manual and handbooks](http://www.thedecider.org.uk/order.htm) (www.thedecider.org.uk/order.htm)

## THE DECIDER LIFE SKILLS (ONE DAY) WORKSHOP

This ONE day workshop consists of a theoretical introductory presentation, demonstration of all 12 skills and the opportunity for delegates to practise teaching the skills. Throughout the workshop, we use demonstrations, props, role play, music, visuals and lots of humour!

The workshop is different; fun, creative and innovative.

We demonstrate how you can use the skills effectively in groups or with individuals. Inevitably, participants will also find themselves using the skills in their own personal lives.

**We come to you:** Our Authorised Trainers deliver the training at your venue. *You must provide the teaching room, projector, audio/speakers, whiteboard and all refreshments. Costs are calculated per 40 delegates. We provide 40 trainer manuals and 40 handbooks for each 1 day workshop.*

### Cost

|  |       |
|--|-------|
| UK (mainland) & Ireland by Authorised Trainers | £3000 |
| If workshop facilitated by Michelle and Carol  | £3750 |

The Decider Life Skills online training (equivalent to the one day workshop) is also available online for individuals: [www.thedecider.org.uk/course.htm](http://www.thedecider.org.uk/course.htm)

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*All rights reserved. The Decider Life Skills 1 day workshop equips professionals/individuals with a manual, ideas and a structure for teaching and enabling their students/employees/family to use the skills effectively. You are encouraged to use The Decider Life Skills material and resources for educational or therapy purposes only. The workshop does not enable or licence you to teach other professionals in workshops or seminars or to otherwise use or commercially exploit The Decider Life Skills materials in any way.*