

## 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 bonkers</i>, Vol. 4, Issue 3, 58–61.</p> <p><b>LAZARUS ARNOLD (1981)</b> 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, Tirch, 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>  <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>,  <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.  <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>

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Values	<p><b>HAYES STEVEN</b> (2005). <i>Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy</i>.  <b>FRANKL VIKTOR</b> (1992). <i>Man's Search for Meaning</i>. (4th ed.). Boston, MA: Beacon Press.  <b>GANDHI MAHATMA</b> 1869-1948</p>
Listen	<p><b>ROTHWELL DAN</b> (2010). <i>In the company of others: An introduction to communication</i>. New York, NY: Oxford University Press.  <b>RIMONDINI MICHAELA</b> Communication in CBT Springer 2010  <b>Whitbourne, SK</b>. PhD. 2012. 11 Ways That Active Listening Can Help Your Relationships.  <a href="http://www.psychologytoday.com/blog/fulfillment-any-age/201203/11-ways-active-listening-can-help-your-relationships">http://www.psychologytoday.com/blog/fulfillment-any-age/201203/11-ways-active-listening-can-help-your-relationships</a> (accessed 6.8.14)</p>
RESPECT	<p><b>BANDURA ALBERT</b> <i>Social Foundations of Thought and Action: A Social Cognitive Theory</i> is a landmark work in <a href="#">psychology</a> published in 1986  <b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.  <b>Dickert N, Kass N</b> (2009) Understanding respect: learning from patients <i>J Med Ethics</i>. 2009 Jul; 35(7): 419-423.</p>
Crystal CLEAR	<p><b>PATERSON RANDY</b>. <i>The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships</i>. Published in 2000 by New Harbinger Publications  <b>PALMER STEPHEN, WILDING CHRISTINE</b>  <i>Beat Low Self-Esteem With CBT: Teach Yourself</i>. Published by Teach Yourself, 2010  <b>Matthew McKay, Jeffrey Wood, Jeffrey Brantley</b>. 2007. <i>The Dialectical Behavior Therapy Skills Workbook</i>. New Harbinger  <b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.  <i>Interpersonal Effectiveness Skill: DEAR MAN</i>.</p>
Reflect	<p><b>JAMES BENNETT LEVY</b> 2015. <i>Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists</i>. Guilford Press.  <b>MILNE DEREK</b> An empirical definition of clinical supervision. Newcastle University, and Northumberland, Tyne and Wear NHS Trust, UK. <i>British Journal of Clinical Psychology</i> (2007), 46, 437-447 q 2007 The British Psychological Society  <b>Blue, L.</b> 2007. How we learn from our mistakes. <i>Time Magazine</i>.  <a href="http://content.time.com/time/health/article/0,8599,1691924,00.html">http://content.time.com/time/health/article/0,8599,1691924,00.html</a>  <b>Kelly McGonigal</b>, Ph.D. 2011 in <i>The Science of Willpower</i>. How mistakes can make you smarter.  <a href="http://www.psychologytoday.com/blog/the-science-willpower/201112/how-mistakes-can-make-you-smarter">http://www.psychologytoday.com/blog/the-science-willpower/201112/how-mistakes-can-make-you-smarter</a></p>
<b>IN ADDITION</b>	
The FIZZ	<p><b>Bessel A. van der Kolk</b>, (2015) <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i>  "BEFRIENDING THE BODY"</p>
If you always do what you've always done, you will always get what you've always got	<p>Many people attribute this quote to Anthony Robbins and before him Albert Einstein, Henry Ford, and even Mark Twain. Regardless of the origin, what matters is the point it makes that resonates with The Decider.</p> <p><b>Daniel J. Siegel (2012)</b> <i>Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind</i>  "if we use how we were taught yesterday to teach our children today, we are not preparing them well for tomorrow."</p>
Neuroplasticity	<p><b>Daniel J. Siegel (2015)</b> <i>No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind</i>  "As scientists put it, the brain is plastic, or moldable. Yes, the actual physical architecture of the brain changes based on what happens to us."</p>

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	<p><b>Michael Merzenich</b> Professor Emeritus Neuroscientist at the University of California, San Francisco.          "Your brain - every brain - is a work in progress. It is 'plastic.' From the day we're born to the day we die, it continuously revises and remodels, improving or slowly declining, as a function of how we use it"</p>
Impulsivity	<p><b>Gabor Maté</b> (2008/2011) In the Realm of Hungry Ghosts: Close Encounters with Addiction          "Whenever a person "overreacts"—that is, reacts in a way that seems inappropriately exaggerated to the situation at hand—we can be sure that implicit memory is at work."</p>
Hand signs	<p>Pilegard &amp; Fiorella (2021). "<a href="#">Hand gestures help students mentally organise new information.</a>" Study: <a href="#">Using gestures to signal lesson structure and foster meaningful learning.</a></p>

© The Decider & The Decider Life Skills have been co-created by Michelle Ayres and Carol Vivyan. CBT and DBT informed skills based on the work of: Beck, Ellis, Linehan, Padesky and Young, in addition to the evidence base for the individual skills listed.

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**Self-help and Therapy Resources.**

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**For resources and information about 'The Decider' & 'The Decider Life Skills'**