

THE DECIDER LIFE SKILLS - Evidence

Skill	THE EVIDENCE
STOPP	<p>CIARROCHI JOSPEPH, BAILEY ANN 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>HAYES STEVEN (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</p> <p>BECK, AARON (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p>ELLIS ALBERT, A. (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p> <p>Richard, Y., Tazi, N., Frydecka, D. et al. (2023) A systematic review of neural, cognitive, and clinical studies of anger and aggression. <i>Curr Psychol</i> 42, 17174–17186 (2023). https://doi.org/10.1007/s12144-022-03143-6</p>
It will Pass	<p>CANNON WALTER BRADFORD M.D. (1871 – 1945) American physiologist.</p> <p>HAY LOUISE 2010 How to use affirmations. <i>Going bonkers</i>, Vol. 4, Issue 3, 58–61.</p> <p>LAZARUS ARNOLD (1981) Lazarus Institute: Think Well - Act Well - Feel Well - Be Well</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>LEAHY ROBERT, Tirch, D. & Napolitano, L.A. Emotion Regulation in Psychotherapy. The Guilford Press, New York, London. 2011</p> <p>Southam-Gerow and Kendall (2000) & Kendall and Suveg (2006) in Connell, C. 2010.</p> <p>NHS Fife 2013 http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf (accessed 2.8.14)</p> <p>MentalHealth.com 2024 The Science of Self Talk https://www.mentalhealth.com/tools/science-of-affirmations</p> <p>Guendelman, Medeiros & Rampes 2017 Mindfulness & Emotion Regulation. https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2017.00220/full</p>
Right Now	<p>KABAT-ZINN JON <i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life</i>. Hyperion Books, 2005.</p> <p>Origin of 54321 exercise unknown (possibly Erikson, E.) as here: CLIENT JT. http://www.ericksonian.info/BETTY.html</p> <p>http://www.psyke.org/coping/coping_skills/ , http://www.ibiblio.org/rcip/copingskills.html,</p> <p>http://www.peirsac.org/peirsacui/er/educational_resources10.pdf, http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846</p> <p>Guendelman, Medeiros & Rampes 2017 Mindfulness & Emotion Regulation. https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2017.00220/full</p>
Name the Emotion	<p>GREENBERG LESLIE EMOTION FOCUSSED THERAPY <i>Clinical Psychology and Psychotherapy</i> 11, 3–16 (2004)</p> <p>LYNCH THOMAS Schneider, K.S., Hempel, R.J.(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>MENNIN DOUG, FRESCO DAVID Emotion Regulation Therapy (2013)</p> <p>BECK AARON(1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p>ELLIS ALBERT (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p> <p>Bessel A. van der Kolk, (2015) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</p> <p>Torre, J. B., & Lieberman, M. D. (2018). Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation. <i>Emotion Review</i>, 10(2), 116-124. https://doi.org/10.1177/1754073917742706</p>
Opposite Action	<p>HAYES ADELE Exposure based CT for depression 2013</p> <p>YOUNG, JE, Klosko, JS, Weishaar, ME. 2006. Schema therapy: A Practitioner’s Guide. Guilford Press.</p> <p>YOUNG, JE, Klosko, JS . 1998. Re-Inventing your life. Penguin Putnam.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>BECK, A. T. (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p>PADESKY CHRISTINE, GREENBERGER DENNIS, Mind Over Mood: Change How You Feel by Changing the Way You Think (1995)</p> <p>Dunkley Christine, 2020. Regulating Emotion the DBT Way. https://doi.org/10.4324/9780429290534</p>

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Fact or Opinion	<p>Beck, A. T. (1976). Cognitive therapies and emotional disorders. New York: New American Library.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>Ronen, T., Freeman, A. 2007. Cognitive Behavior Therapy in Social Work Practice. Springer Publishing.</p> <p>Nook, E. C., Vidal Bustamante, C. M., Cho, H. Y., & Somerville, L. H. (2020). Use of linguistic distancing and cognitive reappraisal strategies during emotion regulation in children, adolescents, and young adults. <i>Emotion, 20</i>(4), 525–540. https://doi.org/10.1037/emo0000570</p>
SELF care	<p>GILBERT PAUL : Compassion Focused Therapy. The Compassionate Mind. 2009. Constable.</p> <p>OREM, DOROTHEA.E. (1991). Nursing: Concepts of practice (4th ed.). St. Louis, MO: Mosby-Year Book Inc. http://womenshealth.gov/mental-health/good-health/ and http://www.rethink.org/carers-family-friends/what-you-need-to-know/does-mental-illness-run-in-families/reducing-risk (accessed 6.8.14).</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>Andersson, G., Björklind, A., Bennett-Levy, J., & Bohman, B. (2020). Use, and perceived usefulness, of cognitive behavioural therapy techniques for self-care among therapists. <i>The Cognitive Behaviour Therapist, 13</i>, e42. doi:10.1017/S1754470X20000483</p> <p>Pilkington, K., Wieland, L.S. (2020) Self-care for anxiety and depression: a comparison of evidence from Cochrane reviews and practice to inform decision-making and priority-setting. <i>BMC Complement Med Ther</i> 20, 247. https://doi.org/10.1186/s12906-020-03038-8</p>
Values	<p>HAYES STEVEN (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</p> <p>FRANKL VIKTOR (1992). Man’s Search for Meaning. (4th ed.). Boston, MA: Beacon Press.</p> <p>GANDHI MAHATMA 1869-1948</p> <p>Andrew T. Gloster, Noemi Walder, Michael E. Levin, Michael P. Twohig, Maria Karekla 2020. The empirical status of acceptance and commitment therapy: A review of meta-analyses, <i>Journal of Contextual Behavioral Science</i>, Volume 18, 2020, Pages 181-192, ISSN 2212-1447, https://doi.org/10.1016/j.jcbs.2020.09.009.</p> <p>Arens, E.A., Christoffel, M. & Stangier, U. (2022) Value priorities and value conflicts in patients with mental disorders compared to a general population sample. <i>Sci Rep</i> 12, 3974 (2022). https://doi.org/10.1038/s41598-022-07758-4</p> <p>Hill PL, Edmonds GW, Hampson SE. (2017) A purposeful lifestyle is a healthful lifestyle: Linking sense of purpose to self-rated health through multiple health behaviors. <i>J Health Psychol.</i> 2019 Sep;24(10):1392-1400. doi: 10.1177/1359105317708251. Epub 2017 May 17. PMID: 28810459; PMCID: PMC5665713.</p>
Listen	<p>ROTHWELL DAN (2010). <i>In the company of others: An introduction to communication</i>. New York, NY: Oxford University Press.</p> <p>RIMONDINI MICHAELA Communication in CBT Springer 2010</p> <p>Whitbourne, SK. PhD. 2012. 11 Ways That Active Listening Can Help Your Relationships. http://www.psychologytoday.com/blog/fulfillment-any-age/201203/11-ways-active-listening-can-help-your-relationships (accessed 6.8.14)</p> <p>Ronald M. Epstein, Mary Catherine Beach (2023) “I don’t need your pills, I need your attention:” Steps toward deep listening in medical encounters, <i>Current Opinion in Psychology</i>, Volume 53, 2023, 101685, ISSN 2352-250X, https://doi.org/10.1016/j.copsy.2023.101685.</p>
RESPECT	<p>BANDURA ALBERT <i>Social Foundations of Thought and Action: A Social Cognitive Theory</i> is a landmark work in psychology published in 1986</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>Dickert N, Kass N (2009) Understanding respect: learning from patients <i>J Med Ethics.</i> 2009 Jul; 35(7): 419–423.</p> <p>Subramani S, Biller-Andorno N. (2022) Revisiting respect for persons: conceptual analysis and implications for clinical practice. <i>Med Health Care Philos.</i> 2022 Sep;25(3):351-360. doi: 10.1007/s11019-022-10079-y. Epub 2022 Apr 10. PMID: 35397708; PMCID: PMC8994924.</p>
Crystal CLEAR	<p>PATERSON RANDY. The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in</p>

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	<p>relationships. Published in 2000 by New Harbinger Publications PALMER STEPHEN, WILDING CHRISTINE Beat Low Self-Esteem With CBT: Teach Yourself. Published by Teach Yourself, 2010 Matthew McKay, Jeffrey Wood, Jeffrey Brantley. 2007. The Dialectical Behavior Therapy Skills Workbook. New Harbinger LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press. Interpersonal Effectiveness Skill: DEAR MAN. Solomon, D., & Theiss, J. (2022). Interpersonal Communication: Putting Theory into Practice (2nd ed.). Routledge. https://doi.org/10.4324/9781351174381 Sharkiya, S.H. (2023) Quality communication can improve patient-centred health outcomes among older patients: a rapid review. <i>BMC Health Serv Res</i> 23, 886 (2023). https://doi.org/10.1186/s12913-023-09869-8</p>
Reflect	<p>JAMES BENNETT LEVY 2015. Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists. Guilford Press. MILNE DEREK 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 Blue, L. 2007. How we learn from our mistakes. <i>Time Magazine</i>. http://content.time.com/time/health/article/0,8599,1691924,00.html Kelly McGonigal, Ph.D. 2011 in <i>The Science of Willpower</i>. How mistakes can make you smarter. http://www.psychologytoday.com/blog/the-science-willpower/201112/how-mistakes-can-make-you-smarter Young, K., Chessell, Z. J., Chisholm, A., Brady, F., Akbar, S., Vann, M., ... Dixon, L. (2021). A cognitive behavioural therapy (CBT) approach for working with strong feelings of guilt after traumatic events. <i>The Cognitive Behaviour Therapist</i>, 14, e26. doi:10.1017/S1754470X21000192 Prasko J, Ociskova M et al (2023) <i>Neuroendocrinology Letters</i> Volume 44 No. 3 2023 ISSN: 0172-780X; ISSN-L: 0172-780X; Electronic/Online ISSN: 2354-4716 Web of Knowledge / Web of Science: <i>Neuroendocrinol Lett Pub Med / Medline: Neuro Endocrinol Lett</i>. https://www.nel.edu/userfiles/articlesnew/1689707552_44_3_prasko_152-pdf.pdf</p>
	<p>IN ADDITION</p>
The FIZZ	<p>Bessel A. van der Kolk, (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>Daniel J. Siegel (2012) <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>Daniel J. Siegel (2015) <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." Michael Merzenich 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>

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Impulsivity	Gabor Maté (2008/2011) <i>In the Realm of Hungry Ghosts: Close Encounters with Addiction</i> "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."
Hand signs	Pilegard & Fiorella (2021). " Hand gestures help students mentally organise new information. " Study: Using gestures to signal lesson structure and foster meaningful learning.
Use of fun	"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain – unless it is done with play, in which case, it takes between 10 and 20 repetitions!" – Dr Karyn Purvis, University of Texas

CBT Evidence

CBT: [What's the Evidence? BABCP](#)

[Evidence for CBT in any condition, population or context – a metareview 2021](#)

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