

Decider Skills in the world of Oral and Dental Health

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Background

The Decider Skills use Cognitive Behavioural Therapy to teach children, young people and adults skills to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health. The skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and help to live a more skilful, less impulsive life.

The skills are taught in 4 main themes -

1. Distress Tolerance -

Help us to live in the here and now and to focus outwards, rather than inwards.

2. Mindfulness -

Help us to accept situations and understand things can and will change.

3. Emotional Regulation -

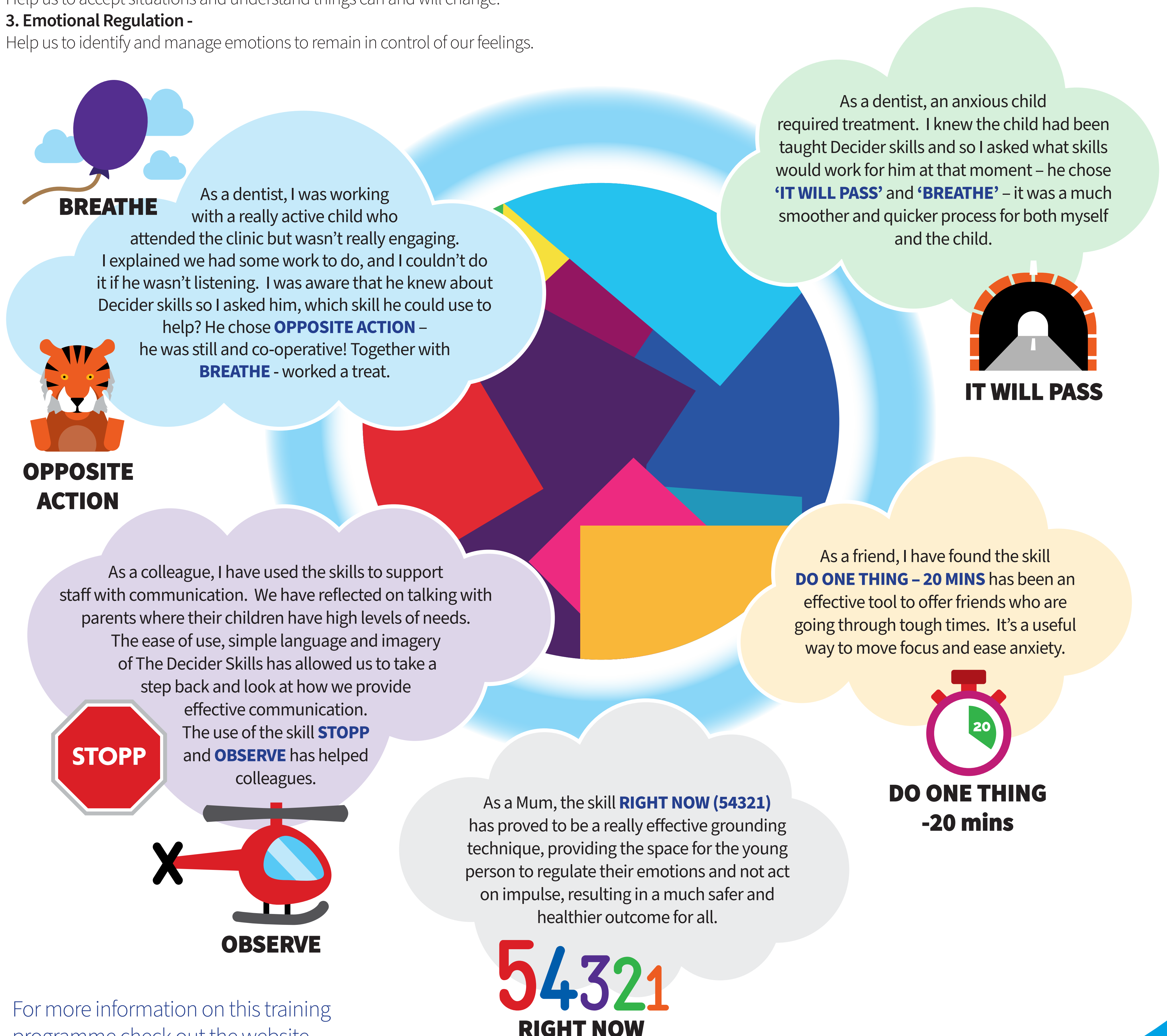
Help us to identify and manage emotions to remain in control of our feelings.

4. Interpersonal Effectiveness -

Help us to appropriately express beliefs, needs, setting limits and finding solutions when communicating. The skills are taught using visuals, music, demonstrations and a hint of humour! On hearing about the Decider Skills during an introductory session, a Senior Dental Officer expressed an interest in attending the training. This was then used as a test for use within the dental clinic, particularly with anxious children.

Results

The SDO immediately started to use the approach with children attending the clinic with great success. However, the use of the skills expanded into day to day life, at both work and home.



For more information on this training programme check out the website

www.thedecider.org.uk/