

Skill	The Evidence
STOPP	<p style="text-align: center;">DISTRESS TOLERANCE</p> <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>
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>
Distract	<p>FENNELL MELANIE, TEASDALE JOHN. Effects of distraction on thinking and affect in depressed patients <i>British Journal of Clinical Psychology</i> Volume 23, Issue 1, pages 65–66, February 1984</p> <p>KEEFE FRANCIS (1996). Cognitive behavioral therapy for managing pain. <i>The Clinical Psychologist</i>, 49(3), 4-5.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p>
Do One Thing	<p>Dukette, D. & Cornish, D. (2009) <i>The Essential 20: Twenty Components of an Excellent Health Care Team</i>. RoseDog Books.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p>
Turn the Mind	<p>PADESKY CHRISTINE, GREENBERGER DENNIS. <i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i> (1995) and Padesky (2004) <i>A NEW Paradigm for Cognitive Therapy of Personality Disorders</i>.</p> <p>LINEHAN MARSHA CD: <i>From Suffering to Freedom Through Acceptance</i></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 http://www.psyke.org/coping/coping_skills/ , http://www.ibiblio.org/rcip/copingskills.html, http://www.peirsac.org/peirsacui/er/educational_resources10.pdf, http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846</p>

	CAMERON J. VAN DEN HEUVEL, JOSEPH T. NOONE, KURT LUSHINGTON, DREW DAWSON
Soothe	LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i> . New York, NY: The Guilford Press. Hall, K. (2012). http://blogs.psychcentral.com/emotionally-sensitive/2012/04/self-soothing-calming-the-amgdala/
Values	HAYES STEVEN (2005). <i>Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy</i> . FRANKL VIKTOR (1992). <i>Man's Search for Meaning</i> . (4th ed.). Boston, MA: Beacon Press. GANDHI MAHATMA 1869-1948
	MINDFULNESS
Breathe	HARVARD HEALTH PUBLICATIONS (2009) WAITE TERRY <i>Memoir: Taken on Trust</i> (1994) is an English humanitarian and author, famous as a hostage in Lebanon 1987-91. THICH NHAT HANH ; <i>Stepping into Freedom: Rules of Monastic Practice for Novices</i> . Segal, Z., Williams, J.M.G., Teasdale, J.D. 2012. <i>Mindfulness-Based Cognitive Therapy for Depression</i> . Guilford Press, London.
Observe	KROSS ETHAN, AYDUK OZLEM Making Meaning out of Negative Experiences by Self-Distancing <i>Current Directions in Psychological Science</i> June 2011 vol. 20 no. 3 187-191 MORRIS ERIC, OLIVER JOE, JOHNS LOUISE <i>ACT and Mindfulness for Psychosis</i> (2013) John Wiley & Sons, Ltd. Published 2013 by John Wiley & Sons, Ltd. BECK, J.S. & Beck, A.T. 2011. <i>Cognitive Behavior Therapy: Basics and Beyond</i> . Guilford Press.
This Moment	KABAT-ZINN JON <i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life</i> . Hyperion Books, 2005. MOTHER TERESA 1910-1997 WILLIAMS MARK, TEASDALE JOHN, ZINDEL SEGAL, KABAT-ZINN JON <i>The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness</i> (2007) The Guilford Press Bessel A. van der Kolk , (2015) <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i> . Penguin Books
Focus	WELLS ADRIAN (2009). <i>Metacognitive therapy for anxiety and depression</i> . New York. Guilford Press. & WELLS ADRIAN (2007). <i>The Attention Training Technique</i> . <i>Cognitive and Behavioral Practice</i> , 14, 134-138. WATKINS ED <i>Rumination Focussed CBT</i> (2011) Beck, Aaron T.; Rush, A. John; Shaw, Brian F.; Emery, Gary. (1979). <i>Cognitive Therapy of Depression</i> . New York: The Guilford Press. Wells, A., & Matthews, G. (1994). Attention and emotion: A clinical perspective. Hove: Erlbaum. A Book review by Merckelbach, H., in <i>Clinical Psychology and Psychotherapy</i> Vol. 2(2), 134 (1995): http://arnop.unimaas.nl/show.cgi?fid=1237 (accessed 2.8.14)

	<p>Daniel J. Siegel (2012) <i>Mindsight: The New Science of Personal Transformation</i></p> <p>Peter A. Levine (2005) <i>Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (Somatic Experiencing Therapy)</i></p>
DRIFT	<p>KILLINGSWORTH MATTHEW, GILBERT DANIEL. A Wandering Mind Is an Unhappy Mind. Published. <i>Science</i> 330, 932 (2010)</p> <p>KOSTER ERNST Self-generated thoughts and depression: from daydreaming to depressive symptoms <i>Front Hum Neurosci.</i> 2014; 8: 131.</p>
Fact or Opinion	<p>Beck, A. T. (1976). <i>Cognitive therapies and emotional disorders.</i> 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. <i>Cognitive Behavior Therapy in Social Work Practice.</i> Springer Publishing.</p>
Wise Mind	<p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder.</i> New York, NY: The Guilford Press.</p> <p>LINEHAN MARSHA (October 17-18, 2011). Mindfulness, willingness, and radical acceptance in psychotherapy. <i>Denver, CO: Behavior Tech, LLC.</i></p>
Keep Calm & Carry On	<p>WIKIPEDIA: http://en.wikipedia.org/wiki/Advertising_slogan</p> <p>SHAPIRO FRANCINE (1989) Efficacy of the eye movement desensitization procedure in the treatment of traumatic memories. <i>Journal of Traumatic Stress</i>, 2, 199–233.</p> <p>EVANS JULES <i>Philosophy for Life and other Dangerous situations</i> (2013)</p> <p>Southam-Gerow and Kendall (2000) & Kendall and Suveg (2006) in Connell, C. 2010. https://www.rivier.edu/journal/ROAJ-Fall-2010/J460-Connelle-Cognitive-Behavior-Therapy.pdf (accessed 2.8.2014)</p> <p>NHS Fife 2013 http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf (accessed 2.8.14)</p>
	EMOTION REGULATION
SELF care	<p>GILBERT PAUL : <i>Compassion Focused Therapy. The Compassionate Mind.</i> 2009. Constable.</p> <p>OREM, DOROTHEA.E. (1991). <i>Nursing: Concepts of practice</i> (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>
Think	<p>HAYES STEVEN <i>Acceptance and Commitment Therapy: Model, processes and outcomes</i> Georgia State University ScholarWorks @ Georgia State University Psychology Faculty Publications Department of Psychology 2006</p> <p>LOKOS ALLAN <i>Pocket Peace: Effective Practices for Enlightened Living</i></p> <p>BECK, A. T. (1967). <i>Depression: Causes and treatment.</i> Philadelphia: University of Pennsylvania Press.</p> <p>ELLIS ALBERT, A. (1957).</p>

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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 <i>Emotion Regulation Therapy</i> (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) <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i></p>
Sieve or sponge	<p>BECK AARON (1976). <i>Cognitive therapies and emotional disorders</i>. New York: New American Library.</p> <p>BURNS, DAVID. D. (1989). <i>The Feeling Good Handbook</i>. New York: William Morrow and Co., (hardbound); Plume, 1990</p>
Opposite Action	<p>HAYES ADELE Exposure based CT for depression 2013</p> <p>YOUNG, JE, Klosko, JS, Weishaar, ME. 2006. <i>Schema therapy: A Practitioner’s Guide</i>. Guilford Press.</p> <p>YOUNG, JE, Klosko, JS . 1998. <i>Re-Inventing your life</i>. 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, <i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i> (1995)</p>
Build Positive Experiences	<p>FREDERIKSON, BARBARA. L. (2013). Positive emotions broaden and build. In P. Devine & A. Plant (Eds.), <i>Advances in experimental social psychology</i> (Vol. 47, pp. 1–54). San Diego, CA: Academic Press. “Broaden-and-build theory is notable for drawing explicit attention to the positive and showing that insights result when we do something more than simply look at the absence of the negative.”</p> <p>DUNN, BARNEY.D. (2012). Helping depressed clients reconnect to positive emotion experience: Current insights and future directions. <i>Clinical Psychology & Psychotherapy</i>.</p> <p>PADESKY CHRISTINE. A. (1994). Schema change processes in cognitive therapy. <i>Clinical Psychology and Psychotherapy</i>, 1, 267-278.</p> <p>PERSONS JACQUELINE. B. (1989). <i>Cognitive therapy in practice: A case formulation approach</i>. New York: Norton.</p> <p>Persons, J. B., Davidson, J., & Tompkins, M. A. (2001). <i>Essential components of Cognitive-behavior therapy for depression</i>. Washington, DC: American Psychological Association.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press. <i>Emotion Regulation: building positive emotions</i>.</p>
Balance	BECK JUDITH, K. (1995) <i>Cognitive Therapy: Basics and beyond</i> . New York: The Guildford Press

	<p>FELDMAN GREG, JOORMAN JUTTA, JOHNSON SHERI (2008) Responses to Positive Affect: A Self-Report Measure of Rumination and Dampening <i>Cognit Ther Res.</i> Aug 1, 2008; 32(4). 507–525. doi: 10.1007/s10608-006-9083-0</p> <p>HAEFFELL GERALD, HAMES JENNIFER 2014 Cognitive Vulnerability to Depression Can Be Contagious <i>Department of Psychology, University of Notre Dame Clinical Psychological Science</i> January 2014 vol. 2 no. 1 75-85</p> <p>CRAWFORD JOHN, HENRY JULIE (2004) The Positive and Negative Affect Schedule (PANAS) <i>British Journal of Clinical Psychology</i> (2004), 43, 245–265 The British Psychological Society</p> <p>Daniel J. Siegel (2011) <i>The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive</i></p> <p>Larson, R.J. 2000. Toward a Science of Mood Regulation. <i>Psychological Inquiry: An International Journal for the Advancement of Psychological Theory</i> Volume 11, Issue 3, 2000.</p>
PACE & PLAN	<p>BECK JUDITH, K. (1995) <i>Cognitive Therapy: Basics and beyond</i>. New York: The Guildford Press</p> <p>BECK, AARON. T. (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p>VEALE DAVID. 2008. <i>Behavioural Activation for Depression</i>. <i>Advances in Psychiatric Treatment</i>, 14: 29-36.</p>
	INTERPERSONAL EFFECTIVENESS
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 <i>Communication in CBT</i> 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>
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>
Reflect	<p>JAMES BENNETT LEVY <i>Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists</i> (due January 2015)</p> <p>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</p> <p>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</p> <p>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</p>
Crystal CLEAR	<p>PATERSON RANDY. <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</p>

	<p>PALMER STEPHEN, WILDING CHRISTINE Beat Low Self-Esteem With CBT: Teach Yourself Published by Teach Yourself, 2010</p> <p>Matthew McKay, Jeffrey Wood, Jeffrey Brantley. 2007. The Dialectical Behavior Therapy Skills Workbook. New Harbinger</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press. Interpersonal Effectiveness Skill: DEAR MAN.</p>
Ask or Say No	<p>PALMER STEPHEN, WILDING CHRISTINE. Beat Low Self-Esteem With CBT: Teach Yourself Published by Teach Yourself, 2010</p> <p>Alexander L. Chapman, Kim L. Gratz , Matthew Tull 2011. The Dialectical Behavior Therapy Skills Workbook for Anxiety. New Harbinger Publications.</p> <p>Duckworth, MP & Mercer, V, in Fisher, JE & O'Donohue WT. 2006. Assertiveness Training, in Practitioner's Guide to Evidence Based Psychotherapy. New York. Springer.</p>
Maintain Relationship	<p>BIRTCHELL JOHN Relating Theory How Humans Relate: A New Interpersonal Theory (Birtchnell, 1993/96a).</p> <p>YOUNG, JEFF. E., Klosko, J. S., & Weishaar, M. (2003). Schema therapy: A practitioner's guide. New York: Guilford.</p> <p>BOWLBY JOHN. (1969). Attachment and loss: Vol. I attachment. New York: Basic Books.</p> <p>LINEHAN MARSHA (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>Crowe, M. 2012. Overcoming Relationship Problems. Robinson</p> <p>Bessel A. van der Kolk, (2015) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. Penguin Books</p> <p>Judith Lewis Herman (1992) Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror "Recovery can take place only within the context of relationships; it cannot occur in isolation."</p>
Talk the Talk	<p>Birtchnell, J. (1993) <i>How Humans Relate: A New Interpersonal Theory</i>. A volume in the series Human Evolution, Behavior & Intelligence. Praeger: Westport, CT. Paperback version published by Psychology Press, Hove, UK, 1996a.</p> <p>LEAHY ROBERT (2011) Treatment Plans & Interventions for Depression and Anxiety. Guilford Press</p> <p>HEATON NATALIE 2013. Assertiveness Training. http://www.evidence.nhs.uk/search?q=assertiveness%20training Bupa Health Information Team, April 2013. http://www.bupa.co.uk/individuals/health-information/directory/a/improving-assertiveness (accessed 6.8.14)</p> <p>Duckworth, MP & Mercer, V, in Fisher, JE & O'Donohue WT. 2006. Assertiveness Training, in Practitioner's Guide to Evidence Based Psychotherapy. New York. Springer.</p>
End or Mend	<p>Birtchnell, J. (1993) <i>How Humans Relate: A New Interpersonal Theory</i>. A volume in the series Human Evolution, Behavior & Intelligence. Praeger: Westport, CT. Paperback version published by Psychology Press, Hove, UK, 1996a.</p> <p>TANTILLO MARY (2004) The Therapist's Use of Self-Disclosure in a Relational Therapy Approach for Eating Disorders Eating Disorders: The Journal of Treatment & Prevention Volume 12, Issue 1, pages 51-73</p>

	Crowe, M. 2012. Overcoming Relationship Problems; Robinson
	IN ADDITION
The FIZZ	Bessel A. van der Kolk , (2015) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma "BEFRIENDING THE BODY"
If you always do what you've always done, you will always get what you've always got	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. Daniel J. Siegel (2012) Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind "if we use how we were taught yesterday to teach our children today, we are not preparing them well for tomorrow."
Neuroplasticity	Daniel J. Siegel (2015) No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind "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"
The Lifejacket Metaphor	Gabor Maté "We keep trying to change people's behaviours without a full understanding of how and why those behaviours arise." Case Formulation in Cognitive Behaviour Therapy (2006) The treatment of challenging and complex cases Edited by Nicholas Tarrier
Impulsivity	Gabor Maté (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."

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Self-help and Therapy Resources.

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