

The Decider Life Skills Programme

(12 skills simplified version) was designed to enable participants to make effective changes to

- help manage distress,
- regulate emotion,
- increase mindfulness,
- promote effective communication and
- help to live a less impulsive life.

It draws on principles from Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT).

Please use the QR code to see the next Decider Skills session.

If you have any further questions email_deciderskills@universityofgalway.ie.



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