



THE DECIDER SKILLS

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DECIDER SKILLS PROGRAMME

Evidence based
Cognitive Behavioural
Therapy programme
(CBT)

Teaches children and
young people the skills
how to recognise their
own thoughts, feelings
and behaviours

This enables them to
monitor and manage
their own emotions and
mental health.

Psychological theory
distilled into effective,
12 evidence based
skills.

12 DECIDER SKILLS

1 STOPP

2. It Will Pass

3. 5, 4, 3, 2, 1,

4. Name that emotion

5. Opposite action

6. Fact or Opinion

7. Self Care

8. Values

9. Listen

10. Respect

11. Crystal clear


12 Reflect



DECIDER SKILLS

- This 12 Skills CBT programme supports children and young people to understand their feelings of the 'fizz' and practice the 12 skills / coping mechanisms that will support them to respond to challenging / uncomfortable feelings and situations that life may throw at them.
- This type of mental health/ social and emotional understanding programme can be offered as a universal intervention as a preventative approach.
- Or Targeted intervention for children and young people showing signs of emerging mental health needs or emotional distress.



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- Training is available online or face to face.
 - Practitioners trained should be in a role supportive of offering whole class delivery of this intervention as well as Targeted support in small groups and/or 1:1 support.
 - Support will be provide post training to support implementation and evaluation and problem solving of targeted intervention.

FURTHER INFORMATION

www.thedecider.org.uk

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