

What are the Decider Skills?

The Decider Skills consist of 32 skills.

The skills are to help you recognise, understand and manage your own emotions and mental health. They are taught in a variety of settings and are engaging, fun and effective in helping young people and adults.

You can use them everywhere!

Michelle Ayres and Carol Vivyan are Guernsey-based Cognitive Behavioural Psychotherapists. In 2010, they developed The Decider out of their own clinical practice.

They were tasked with introducing CBT/DBT skills group in response to service need in Guernsey and this is what they came up with!

The Decider Skills are different

- Developed with service users
- Evidence-based (CBT and DBT) and effective
- Memorable and easy to use
- Creative fun and interactive



Decider Skills Fact Sheet

Decider Skills at CAMHS

At your appointment, it will be discussed whether the Decider Skills would be beneficial to you.

We have a range of clinicians able to deliver this to you and provide all the resources needed to support you in using these skills in your everyday life.

You can find everything you need to know about the Decider Skills from the link below:

<https://www.thedecider.org.uk/index.html>

