

## THE DECIDER LIFE SKILLS - Evidence

Skill	THE EVIDENCE
STOPP	<p><b>CIARROCHI JOSPEPH, BAILEY ANN</b> 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><b>HAYES STEVEN</b> (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</p> <p><b>BECK, AARON</b> (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>ELLIS ALBERT, A.</b> (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p>
It will Pass	<p><b>CANNON WALTER BRADFORD</b> M.D. (1871 – 1945) American physiologist.</p> <p><b>HAY LOUISE</b> 2010 How to use affirmations. <i>Going bonkers</i>, Vol. 4, Issue 3, 58–61.</p> <p><b>LAZARUS ARNOLD (1981)</b> Lazarus Institute: Think Well - Act Well - Feel Well - Be Well</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>LEAHY ROBERT, Tirch, D. &amp; Napolitano, L.A.</b> Emotion Regulation in Psychotherapy. The Guilford Press, New York, London. 2011</p> <p><b>Southam-Gerow and Kendall</b> (2000) &amp; <b>Kendall and Suveg</b> (2006) in <b>Connell, C.</b> 2010.</p> <p><b>NHS Fife</b> 2013 <a href="http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf">http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf</a> (accessed 2.8.14)</p>
Right Now	<p><b>KABAT-ZINN JON</b> <i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life</i>. Hyperion Books, 2005.</p> <p>Origin of 54321 exercise unknown (possibly <b>Erikson, E.</b>) as here: <b>CLIENT JT.</b> <a href="http://www.ericksonian.info/BETTY.html">http://www.ericksonian.info/BETTY.html</a>  <a href="http://www.psyke.org/coping/coping_skills/">http://www.psyke.org/coping/coping_skills/</a> , <a href="http://www.ibiblio.org/rcip/copingskills.html">http://www.ibiblio.org/rcip/copingskills.html</a>,  <a href="http://www.peirsac.org/peirsacui/er/educational_resources10.pdf">http://www.peirsac.org/peirsacui/er/educational_resources10.pdf</a> , <a href="http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846">http://forums.au.reachout.com/t5/Games/5-things-game/td-p/8846</a></p> <p><b>CAMERON J. VAN DEN HEUVEL, JOSEPH T. NOONE, KURT LUSHINGTON, DREW DAWSON</b></p>
Name the Emotion	<p><b>GREENBERG LESLIE</b> EMOTION FOCUSSED THERAPY <i>Clinical Psychology and Psychotherapy</i> 11, 3–16 (2004)</p> <p><b>LYNCH THOMAS Schneider, K.S., Hempel, R.J.</b>(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><b>MENNIN DOUG, FRESCO DAVID</b> Emotion Regulation Therapy (2013)</p> <p><b>BECK AARON</b>(1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>ELLIS ALBERT</b> (1957). Rational Psychotherapy and Individual Psychology. <i>Journal of Individual Psychology</i>, 13: 38-44.</p>
Opposite Action	<p><b>HAYES ADELE</b> Exposure based CT for depression 2013</p> <p><b>YOUNG, JE, Klosko, JS, Weishaar, ME.</b> 2006. Schema therapy: A Practitioner’s Guide. Guilford Press.</p> <p><b>YOUNG, JE, Klosko, JS</b> . 1998. Re-Inventing your life. Penguin Putnam.</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>BECK, A. T.</b> (1967). <i>Depression: Causes and treatment</i>. Philadelphia: University of Pennsylvania Press.</p> <p><b>PADESKY CHRISTINE, GREENBERGER DENNIS,</b> <i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i> (1995)</p>
Fact or Opinion	<p><b>Beck, A. T.</b> (1976). Cognitive therapies and emotional disorders. New York: New American Library.</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p><b>Ronen, T., Freeman, A.</b> 2007. Cognitive Behavior Therapy in Social Work Practice. Springer Publishing.</p>
SELF care	<p><b>GILBERT PAUL</b> : Compassion Focused Therapy. The Compassionate Mind. 2009. Constable.</p> <p><b>OREM, DOROTHEA.E.</b> (1991). Nursing: Concepts of practice (4th ed.). St. Louis, MO: Mosby-Year Book Inc.  <a href="http://womenshealth.gov/mental-health/good-health/">http://womenshealth.gov/mental-health/good-health/</a> and <a href="http://www.rethink.org/carers-family-friends/what-you-need-to-know/does-mental-illness-run-in-families/reducing-risk">http://www.rethink.org/carers-family-friends/what-you-need-to-know/does-mental-illness-run-in-families/reducing-risk</a> (accessed 6.8.14).</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p>
Values	<p><b>HAYES STEVEN</b> (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</p> <p><b>FRANKL VIKTOR</b> (1992). Man’s Search for Meaning. (4th ed.). Boston, MA: Beacon Press.</p> <p><b>GANDHI MAHATMA</b> 1869-1948</p>

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Listen	<p><b>ROTHWELL DAN</b> (2010). <i>In the company of others: An introduction to communication</i>. New York, NY: Oxford University Press.</p> <p><b>RIMONDINI MICHAELA</b> Communication in CBT Springer 2010</p> <p><b>Whitbourne, SK.</b> PhD. 2012. 11 Ways That Active Listening Can Help Your Relationships.  <a href="http://www.psychologytoday.com/blog/fulfillment-any-age/201203/11-ways-active-listening-can-help-your-relationships">http://www.psychologytoday.com/blog/fulfillment-any-age/201203/11-ways-active-listening-can-help-your-relationships</a> (accessed 6.8.14)</p>
RESPECT	<p><b>BANDURA ALBERT</b> <i>Social Foundations of Thought and Action: A Social Cognitive Theory</i> is a landmark work in <a href="#">psychology</a> published in 1986</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p>
Crystal CLEAR	<p><b>PATERSON RANDY.</b> The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships. Published in 2000 by New Harbinger Publications</p> <p><b>PALMER STEPHEN, WILDING CHRISTINE</b>          Beat Low Self-Esteem With CBT: Teach Yourself Published by Teach Yourself, 2010</p> <p><b>Matthew McKay, Jeffrey Wood, Jeffrey Brantley.</b> 2007. The Dialectical Behavior Therapy Skills Workbook. New Harbinger</p> <p><b>LINEHAN MARSHA</b> (1993). <i>Cognitive-behavioral treatment of borderline personality disorder</i>. New York, NY: The Guilford Press.</p> <p>Interpersonal Effectiveness Skill: DEAR MAN.</p>
Reflect	<p><b>JAMES BENNETT LEVY</b> Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (due January 2015)</p> <p><b>MILNE DEREK</b> An empirical definition of clinical supervision. Newcastle University, and Northumberland, Tyne and Wear NHS Trust, UK. British Journal of Clinical Psychology (2007), 46, 437–447 q 2007 The British Psychological Society</p> <p><b>Blue, L.</b> 2007. How we learn from our mistakes. Time Magazine.  <a href="http://content.time.com/time/health/article/0,8599,1691924,00.html">http://content.time.com/time/health/article/0,8599,1691924,00.html</a></p> <p><b>Kelly McGonigal,</b> Ph.D. 2011 in The Science of Willpower. How mistakes can make you smarter.  <a href="http://www.psychologytoday.com/blog/the-science-willpower/201112/how-mistakes-can-make-you-smarter">http://www.psychologytoday.com/blog/the-science-willpower/201112/how-mistakes-can-make-you-smarter</a></p>

© The Decider & The Decider Life Skills are based on the work of: Beck, Ellis, Linehan, Padesky and Young (as referenced above), in addition to the evidence base for the individual skills listed.

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