

The Decider Skills Group



CBT and DBT informed skills to help manage difficult emotions.

What?

An invitation-only group where you can learn and practice new skills about:

- **Distress tolerance** – skills to help you cope when you feel distressed
- **Mindfulness** – skills to help you focus less on distressing emotions
- **Emotion regulation** – skills to help you recognise and manage emotions more helpfully
- **Interpersonal effectiveness** – skills to help you improve and maintain relationships

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Who with?

2-3 Decider Facilitators will run the group with around 10-15 members with similar difficulties and experiences

How?

The group is presented in a fun and creative style using demonstrations, music and visuals to aid learning and to help you remember the skills.

What to expect from us:

The Decider Skills Group teaches 32 core skills based on CBT (Cognitive Behavioural Therapy) and DBT (Dialectical Behavioural Therapy) that aim to help you manage distressing emotions in a more effective and skilful way.

What you can do:

You can contribute to the group or you may choose to say nothing. This group is designed to be educational and is not group therapy. All we ask is that you listen and try to practise the skills.

What if I see someone I know?

Each member of the group will need to adhere to strict confidentiality. It is also important to remember that no personal disclosure is expected in the group.

Can we help?

We understand that you may be worried about attending the group or you may have some questions about the group that you would like to ask. When a place becomes available in the group you will be offered an individual screening appointment with the Decider Facilitators. This is a good opportunity to discuss the group further and to address any questions or concerns that you may have.

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Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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ID: MH024

Version: 1

Issue date: October 2018

Review date: October 2020

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