

**Bolton Together**

# Information about Bolton Decider Skills



## **What is decider skills?**

Decider skills is a group programme, delivered by a member of Action for Children staff, typically to a group of 8 children and 8 parents. It is an evidence based intervention (which means it has evidence to show it is effective) for children aged 8 upwards.

The programme is based on teaching 12 skills (up to 32 skills for older children) using Cognitive Behaviour Therapy techniques which supports participants to recognise their own thoughts, feelings and behaviours and enables them to monitor and manage their own emotions and improve mental health.

## **Who is it for?**

Our Decider Skills programme in Bolton is targeted at age 8-11 year old children with a parent- or a significant adult to the child (for example a carer).

It is to support any child who would benefit from understanding more about their thoughts, feeling and behaviours and who is in need of better strategies to manage their emotions. Parents/Carers will also benefit from being able to support the child- as well as have improved strategies and understanding themselves.

## **How will it help?**

The Decider skills programme has a proactive rather than reactive approach. The 12 skills that children learn can be applied to specific situations or used more generally. The focus on visibility and making the sessions memorable mean that children use the skills as and when they need and can apply their learning to different situations. Our engagement of parents or significant other to support the child accessing decider skills, will further

enhance the learning as the skills can be revisited long after the programme end.

The programme is flexible, which means we can ensure individual needs of children are considered in our planning as well as wider general learning/skills for other children.

The Decider Skills program is based around four key emotional areas :

- Distress tolerance
- Mindfulness
- Emotion regulation
- Interpersonal effectiveness

### **How is the programme delivered?**

The Decider skills programme can be delivered virtually or face to face in groups. Parents/caregivers and children are invited to attend 6 sessions for 1 hour approximately a week, for the 6 week programme.

### **Contact Details**

**For direct referral to the Decider Skills Programme -**  
[deciderskills@actionforchildren.org.uk](mailto:deciderskills@actionforchildren.org.uk)

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