

**NAKU**  
NATIONAL INSTITUTE ON INTELLECTUAL  
DISABILITY AND COMMUNITY

# The Skills System - DBT™

– informed emotion regulation skills training curriculum,  
Trondheim (September 26. th 2017)

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During this three-hour presentation, Dr. Brown, will talk about emotion regulation and introduce Skills System concepts. She is the treatment developer and author of the Emotion Regulation Skills System for the Cognitively Challenged Client: A DBT-Informed Approach (2016). The seminar organizer will invite participants to a following discuss on how the Skills System might used within support systems in Norway.

More information on <http://www.skillssystem.com/>

**Date:** September 26th.      **Place:** [Scandic Lerkendal](#), Trondheim  
**Time:** 10:00-13:00      **Cost:** NOK 500,-  
**Lunch:** 13:00-14:00

Register by sending an email to [laila.h.johansen@ntnu.no](mailto:laila.h.johansen@ntnu.no).

The email must include name and e-mail on all participants and invoice information for your organization. Register no later than 16 th. august 2017. The registration is binding.

For more information: Professor Karl Elling Ellingsen,  
[karl.e.ellingsen@ntnu.no](mailto:karl.e.ellingsen@ntnu.no) / Mobile phone: +47 90106240

**Kurset er godkjent som 3 timer fritt spesialkurs og vedlikeholdskurs for psykologer.**

The course is approved as a three hours free specialization course and maintenance course for psychologists.

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**The Program Committee consists of the Managing Director of NAKU, Professor Karl Elling Ellingsen and Head of Department of Department of Mental Health, Faculty of Medicine and Health Sciences, Professor Gunnar Morken.**

## Skills System Presentation

It is well-known that individuals with complex behavioral health and learning difficulties often experience higher levels of challenging behaviors. The Skills System is treatment tool that is designed

specifically to help these individuals improve emotional, cognitive, and behavioral regulation capacities. Because of the high cognitive-load demands adaptive coping places on these individuals, and pervasive emotion regulation skills deficits, it is necessary to supply them with an integrated set of strategies that helps them manage the increased intensity and duration of dysregulated emotions. Individuals with intellectual disabilities participating in treatments such as CBT and DBT often have difficulty learning and generalizing adaptive coping strategies. To solve these problems, the

construction of the Skills System involved extracting DBT concepts and creating a user-friendly delivery system that can be tailored for individuals in the moderate and mild ranges of intellectual disability. These individuals need supports to be able to (a) be present in the current moment, (b) engage in appraisal and reappraisal process, and (c) execute adaptive responses. The Skills System has all that technology built in, so that consumers can have fun learning at their individual levels and gain essential intrinsic emotion regulation skills in the process.

engaging. Additionally, staff and family members are encouraged to learn the Skills System. Having skills coaches in the natural environment can help individuals with disabilities increase the generalization of skills. When staff understand how to regulate emotions, they are more likely to self-regulate in times of stress, as well as, better understand how to support the individuals to engage in adaptive, healthy behavior when experiencing emotion. Below are three examples of Skills System visual aids that are designed to help consumers and staff learn and apply skills.

Consumers learn Skills System concepts in 1:1 and/or group settings. Instruction is fun, flexible, and

The Skills System- Handout 1  
**The Skills List**

- 1. Clear Picture
- 2. On-Track Thinking
- 3. On-Track Action
- 4. Safety Plan
- 5. New-Me Activities

All-The-Time Skills  
0-#5 Emotions

- 6. Problem Solving
- 7. Expressing Myself
- 8. Getting It Right
- 9. RelationSHIP Care

Calm Only Skills  
Only 0-#3 Emotions!

**Feelings Rating Scale**

**Overwhelming Feeling 5**  
Level 5 = Hurting Self, Other, or Property

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**4 Strong Feeling**  
Level 4 = Fuzzy Thinking; Unable to Talk, Listen & Have a 2-Way Street Relationship

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**3 Medium Feeling**

**2 Small Feeling**

**1 Tiny Feeling**

**0 No Feeling**

Levels 0-3 = Clear Thinking; Able to Talk, Listen & Have a 2-Way Street Relationship

**1. Clear Picture**  
Focus 100% on the Clear Picture Do's

1. Notice my Breath

2. Check my Surroundings

3. Do a Body Check

4. Label & Rate my Emotions

5. Notice my Thoughts

6. Notice my Urges

0-1-2-3-4-5

Dr. Brown has extensive experience in providing treatment to clients with cognitive challenges. She has also been a trainer for Behavioral Tech since 2005. Dr. Brown is sited at Justice Resource Institute’s Integrated Clinical Services Rhode Island.