



***Learn to Teach/Coach
Emotion Regulation Skills to
Individuals of Dual Diagnosis***

Skills System 3-Day Training

Basic Concepts, Skills Coaching Techniques & Skills Instruction

Go to www.skillssystem.com to register!

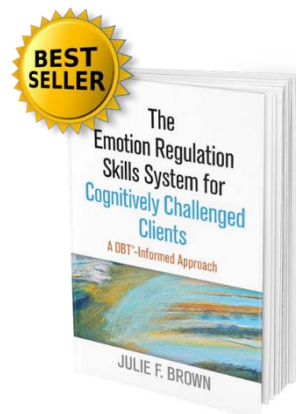
Presenter: Julie F. Brown, PhD.

Dates: March 22-24, 2017

16.5 APA, Social Work, & LMHC CE's!

The Skills System is DBT and Trauma Informed!

Emotion regulation difficulties impact us all *and* change can be difficult for people of all learning abilities. The Skills System offers accessible, tangible self-regulation tools that we can share with the people that we work/live with. Both consumers and staff can benefit from learning how to be effective at all levels of emotion. The model is relatively easy to learn which improves motivation and generalization; learn how to tailor it for individuals with complex behavioral and learning challenges. This training will include interactive learning activities designed to increase competency related to Skills System skills, coaching techniques and individual/group teaching strategies. The intended audience includes psychologists, social workers, mental health counselors, and other professionals/support providers working in the human service field.



**The Skills System
Text with
Downloadable
Handouts is
Available at
Amazon or
Guilford Press**

Learning Objectives:

1. The participants will be able to assemble emotion regulation skills chains using Skills System concepts.
2. The participants will be able to engage in *in-vivo* skills coaching techniques using Skills System emotion regulation concepts.
3. The participants will be able to conduct Skills System instruction in 1:1 or group setting using the Skills System materials.

Logistics:

Time: 9:00 am – 3:30 pm each day (Wednesday, Thursday & Friday)

Where: JRI's Corporate Office, 160 Gould Street, First Floor Training

Room, Needham, MA

Cost: \$350 per person

Registration: Either go to the link on the Home Page at

www.skillssystem.com or email Julie Brown at jbrown@jri.org with

questions or to get registration instructions.

Food: Lunch and health snacks included.

Continuing Education: The training will offer 16.5 CE credits by the

APA, the Massachusetts National Association of Social Workers,

and Massachusetts Mental Health Counselors Association. The

Justice Resource Institute is approved by the American

Psychological Association to sponsor continuing education for

psychologists. JRI maintains responsibility for all programs and

their content.

For More Information: If you have any questions don't hesitate to call

Julie Brown at (508) 317-2115 or email her at jbrown@jri.org



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