

## Skills System 3-Day Training

### Description:

Julie F. Brown, PhD, will be conducting a 3-day Skills System training in Boise sponsored by the Idaho Council on Developmental Disabilities. The Skills System is a DBT-informed emotion regulation skills curriculum that practitioners can teach to individuals with complex learning/behavioral health challenges and the people who support them. The training will cover:

- Introduction to emotion regulation
- The Skills List & System Tools
- All-the-Time Skills & Calm Only Skills
- Skills coaching techniques
- Running Skills System groups/providing 1:1 skills instruction
- Integrating the Skills System into individual therapy



### Who Should Attend?

This content is ideal for counselors, social workers, psychologists, psychiatrists and others who are interested in providing Skills System instruction and integrating the model into their clinical practice. It is necessary to have competency in the Skills System model to be able to assist our most vulnerable learners to understand skills and generalize skills into their life contexts.

### Details:

Registration is \$250.00. If you are an Optum provider who has not previously received registration support for this same seminar in 2018 and are among the first 35 to register, you pay only \$50.00 and Optum will sponsor the additional fee. Only a total of 78 seats are available.

Coffee, water, a snack, lunch, a copy of the book *The Emotion Regulation Skills System for Cognitively Challenged Clients* (Brown 2016), and \*19.25 CEUs will be included with your registration and completed 3-day classroom experience.

For more information about Julie Brown, PhD. or Skills System visit: [www.skillssystem.com](http://www.skillssystem.com).

### Training Location and Date:

May 7-9, 2019

9:00 am to 4:00 pm

Riverside Hotel

North Star Conference Room

Boise, ID

To Register go to:

<https://bit.ly/2JGMz4j>

Questions: [Trisha.Hammond@icdd.idaho.gov](mailto:Trisha.Hammond@icdd.idaho.gov)

(208) 577-2631

Brought to you by:



Idaho Department of Health & Welfare  
Family and Community Services

### Cancelations:

Please call (208) 577-2631 at least one week prior to the training date for a full refund. For cancellation within the week before the training, a 50% refund or the option to transfer the registration to another participant will be available.

\*The CEUs can only be offered to individuals who complete all three days of training.