



Skills System Consultation Community

October 7, 2022



Julie F. Brown, PhD
jbrown@skillssystem.com

Corey Gifford, Psy.D.
coreygifford1@gmail.com

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Consultation Community on October 7, 2022

Thanks for Joining us!

Orientation:

- This meeting is being **recorded**.
- Please **don't share any identifying information** regarding clients.
- Share verbally or in the chat. (Tim will be managing the chat)
- Videos will be on the Consultation Community page on your E-Learning in a few days.
- Let me know about any IT issues.



Goals/Plans

- Improve our supports for our most complex/vulnerable/unique learners.
- Increase our self-efficacy, motivation, and creativity so we can all make skills instruction accessible, relevant, and fun for clients, families, and team members of differing ages and abilities.

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Consultation Community on October 7, 2022

Agenda for today's session:



Program sharing:

- Please share how you are/hoping to use the Skills System in your program.
- Could you share one of the challenges you are facing as you are trying to teach skills to individuals and train staff as skills coaches?

Implementation:

- Implementing skills into program settings.
 - Providing Skill-Infused Individual Therapy

Skills Instruction: Relationship Care

- Resources
- Key concepts
- Combining resources

Q & A

- Announcements/projects
- Questions

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Warm-Up Discussion

Program Sharing:

*Please share how you are hoping to use
the Skills System in your program.*

*Could you share one of the challenges you face when
trying to teach skills to individuals and
train staff as skills coaches?*

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Skills System Implementation

Integrating Skills into a Program

Download the Free April 2022 Implementation Guide & Worksheet

Skills System™

E-Learning Consultation Training **Implementation** Certificate Resources [E-LEARNING LOGIN](#)

Implementation

Individuals
Group / 1:1 Instruction

Skills Coaches
E-Learning

Skills Instructors
Skills System Text Consultation Community 2-Day Training Certificate

Skills System Implementation

The goal of a Skills System implementation is to help organizations and/or practitioners support individuals who experience high levels of emotional dysregulation and complex behavioral health issues to improve their abilities to self- and co-regulate with the people in their environment. To accomplish this goal, the Skills System uses a "transdisciplinary" approach. Transdisciplinary means that everyone is involved with the implementation, rather than a select few within a system of support.

The Skills System Implementation Guide is designed to explain multiple elements of the implementation process. The Skills System Implementation Worksheet can assist programs to evaluate their current status on the elements and plan additional implementation activities in areas of need.

[SKILLS SYSTEM IMPLEMENTATION GUIDE](#) [SKILLS SYSTEM IMPLEMENTATION WORKSHEET](#)

When ready to begin the implementation process, email Julie at jbrown@skillssystem.com for a free consultation to help you get started.

[SCHEDULE A FREE CONSULTATION VIA EMAIL](#)



Implementation Process

Creating Opportunities to Apply Skills

The program creates/maintains supports that help individuals, staff, and collateral supports to learn, apply, and generalize Skills System skills and skills coaching strategies. The following nine elements (4.1-4.9) are combined to create an environment that is equipped to teach self-regulation through co-regulation strategies.

1. Provide standard skills instruction for individuals.
2. Train staff to be skills coaches.
3. Train collateral supports to be skills coaches (e.g., family members, friends, and outside providers).
4. Create skills application groups/1:1 skills application sessions [built into the daily and/or weekly schedule.](#)
5. Provide access to skill-infused individual therapy.
6. Integrate models that are used at the program.
7. Integrate Skills System concepts into program documents.
8. Build opportunities for communication into the schedule.
9. Integrate visual aids to enhance learning and generalization.



Skills-Infused Individual Therapy

Discussion Questions

Discussion Questions:

- *How available is individual therapy for the people you work with?*
- *What are barriers you notice that impede individuals' accesses to individual therapy?*
- *What are problems associated with not having access to individual therapy?*

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Skills-Infused Individual Therapy

Benefits of Skill Infused Therapy

4.5 Provide access to skill-infused individual therapy.

- **Provide access to weekly individual therapy**
 - Individuals who need individual therapy receive 45-60-minute individual sessions per week with a therapist who has Skills System training.
- **Benefits:**
 - Opportunity to do more Pre-instruction activities to clarify goals and targets which helps **increase motivation**.
 - Opportunities to do Targeted Instruction that explore behavioral chains (behavior analysis) and solution analysis **to improve generalization of skills**.

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Skills-Infused Individual Therapy Targeted Instruction Strategies

Continued.

- Targeted Instruction strategies:
 - Back-Track: Getting a Clear Picture of a behavior chain from levels 1 to 4-5.
 - Re-Track: Pin-pointing skills gaps early in the chain to change the trajectory of the emotion.

Back-Track TARGETED INSTRUCTION

Directions: Choose an event to Back-Track. Use Back-Track to remember what was happening at each level of feeling. Begin at the highest feeling level that happened and work down to a level 1 feeling to see the entire chain.

5	Breath	Sensations	Body Check	
	Feeling	Thought	Urge	
4	Breath	Sensations	Body Check	Yelled at James
	Fast	I am in James' room	Heated!	
	Mad 4	I'm sick of him!	Yell	
3	Breath	Sensations	Body Check	I went into James' room.
	Skullow	I'm in the hall and get him.	Heart beating Fast	
	Upset 3	He's playing the game	Made him stop	
2	Breath	Sensations	Body Check	I got up and went into the
	Kinda fast	I heard my game.	Tearing up	hall.
	Frustrated	Is that my game?	Fired out	
1	Breath	Sensations	Body Check	Chills' after work in my room.
	Slow	My room after work	Tired	
	Relaxed 1	I want to chill	Rest	

Re-Track TARGETED INSTRUCTION

Directions: After doing a Back-Track, check whether each ACTION was On-Track or Off-Track from your goal. If On-Track, write down any additional skills you could have used. If Off-Track, Turn it off and make a new Skills Plan.

Check it	Turn it
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track
On-Track	On-Track
Off-Track	Off-Track



Skills-Infused Individual Therapy Learning Individual Therapy Strategies

4.5 Provide access to skill-infused individual therapy.

- Therapists benefit from attending the 2-Day Instructor's Training.
 - 2-Day Skills Instructor's Training presents information and draft resources related to Pre-Instruction activities and Targeted Instruction.
 - Current scheduled for March 7-8, 2023 and October 3-4, 2023.
 - Recorded access is available between live training dates; email me for details jbrown@skillssystem.com.

English

Spanish

Course 1:
Skills Basics
Course

Course 2:
Skills Coaching
Strategies

Consultation
Community

Skills System 2-
Day Training
on October 4-5, 2022



Skills-Infused Individual Therapy

New Resources in the ERSS 2nd Edition

4.5 Provide access to skill-infused individual therapy.

- Emotion Regulation Skills System 2nd Edition should be available in 2023.
 - Pre-Instruction and Targeted Instruction resources will be included for download.
- Additions in the 2nd Edition:
 - More information about targeting skills gaps.
 - More information about adjusting instruction for diverse learners.
 - Pre-Instruction information, worksheets, and worked examples.
 - Targeted Instruction information, worksheets, and worked examples.



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Skills-Infused Individual Therapy

Supporting Therapists to Integrate Skills

4.5 Provide access to skill-infused individual therapy.

- Share Skills System materials with outside providers: Programs reach out to individual therapists outside of the program to share information about the Skills System.
- **Discussion Question:**
 - *What are ways you might be able to support an individual therapist to integrate skills into an individual's treatment?*

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Skills-Infused Individual Therapy Discussion Questions



Julie's and Corey's 2 Cents:

- Add the therapist to your E-Learning Group or Clinician E-Learning memberships.
- Share a handout summary sheet and poster of what is being covered in 1:1/group instruction, so the individual and therapist can review them (e.g., Clear Picture Summary Sheet and Poster).
- Send the therapist the www.skillssystem.com link and ask them to watch the Free 30-Minute First Step Training video.



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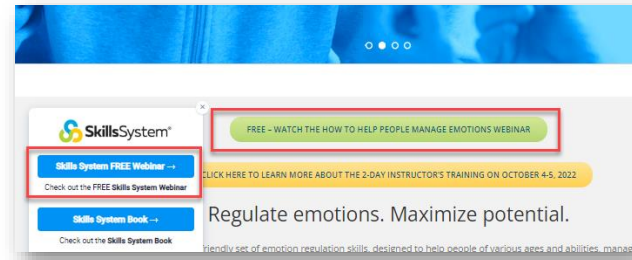


Skills-Infused Individual Therapy Discussion Questions



Julie's and Corey's 2 Cents:

- Ask the therapist to watch the Webinar: How to Help People Manage Emotions that is on the home page (green button) or on the pop-up menu.



- Purchase a copy of the ERSS for the therapist from Amazon or Guilford Press.

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Week 11: Relationship Care

9. Relationship Care Calm-Only Skill
0 1 2 3
FEELINGS

Relationship Care helps me:

Build Stronger Core-Self

- Self-aware
- Self-accept
- Self-values
- Self-trust

With myself and others

Build On-Track Relationships with other people

- Aware of others
- Accept others
- Value others
- Trust others

Do things to balance On-Track relationships

What type of relationship do I want?

- A closer relationship?
- More distance in this relationship?

ONE WAY →

TWO WAY

What type of relationship do I want?

- A closer relationship?
- More distance in this relationship?

← **TWO WAY**

Change Off-Track relationships

Finding Middle Ground

When there is a relationship problem:

- We see both sides
- Talk out a win-win solution

Steps of Responsibility

I made a mistake

Admit the problem

Apologize

Commit to change

Take an On-Track Action

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Week 11: Relationship Care Exercise Discussion Question

Discussion Question:

- What type of relationship care challenges do the individuals you support experience?

9. Relationship Care Calm-Only Skill
0 1 2 3
FEELINGS

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- Self-trust

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Change Off-Track relationships

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Week 11: Relationship Care Resources in the Text

12-Week Curriculum- Week 11: Relationship Care (pp.170-177)

WEEK 11: RELATIONSHIP CARE

Preparing for Group

Handouts Needed

- ✓ Relationship Care Handout 1 (p. 326)
- ✓ Relationship Care Handout 2 (p. 327)
- ✓ Relationship Care Handout 4 (p. 330)
- ✓ Relationship Care Handout 5 (p. 333)
- ✓ Relationship Care Handout 6 (p. 334)
- ✓ Relationship Care Handout 7 (p. 334)

E-Spiral Phase 1. Exploring Existing Knowledge Base (Review)

Welcome group. "Welcome, everyone! How are we doing today?"

➔ **Orient to the mindfulness activity:** six rings, one for each of the Clear Picture Disk. "We are going to learn about Skill 9, Relationship Care, today! Are we ready to get started with mindfulness?"

Instructions for the mindfulness exercise: "Today we are going to go through all six of the..."

Summary Sheet

9. RELATIONSHIP CARE

Relationship Care is a Calm-Only skill. This means that I can use Relationship Care only when I am not feeling a level 2 emotion. When either person in one of the rings is not feeling a level 2 emotion, I can use Relationship Care to help build, balance, and change my relationships.

1. Intention: I use Clear Picture to be more of the person I see myself and the person I see others. I use the rings to go to the goals. When I know what each of the rings means, I can use them to build, balance, and change my relationships. I use the rings to go to the goals. I use the rings to go to the goals. I use the rings to go to the goals.

2. Self-Awareness: When I see situations and feelings in my mind, it is easier to accept myself and other people. I listen with others. I use that as an effort and I listen with others. I use that as an effort and I listen with others.

3. Self-Trust: I use the rings to go to the goals. I use the rings to go to the goals. I use the rings to go to the goals. I use the rings to go to the goals. I use the rings to go to the goals.

Handouts, Worked Examples, and Worksheets (pp. 324-339)

Handout 1: 9. RELATIONSHIP CARE

Relationship Care is a Calm-Only skill. This means that I can only use Relationship Care when I and the other person are at a 0-3 level of emotion. When either person is one of the rings is not feeling a level 2 emotion, I can use Relationship Care to help build, balance, and change my relationships.

1. Building On-Track Relationships

2. Balancing On-Track Relationships

3. Changing Off-Track Relationships

Worksheet 1: Finding Middle Ground Plan

What is the relationship problem?
Clearly some credit to my boyfriend.

How will I communicate? (person) Phone? Writing?
Am I in the Right Mind? YES or NO
When is the Right Time? *During afternoon.*

What is the Right Tone? *Politely but direct.*

Should I use Sugar? YES or NO

How will I explain my side?
It's unfair, and unless you are ready to my boyfriend, I am nice to your friends.

To get to know the other side I will ask:
Jeffrey don't you like that?

How will I ask for what I want? *Clearly please be nicer to my boyfriend. Talk to me about what is wrong rather than being rude.*

Will I ask and listen? YES or NO
Will I use a Safety Plan if necessary? YES or NO
Will I try to find a win-win solution? YES or NO
Will I use skills 23 to help guide my actions? YES or NO



Week 11: Relationship Care Resources on the E-Learning

Course 1- Lesson 11: Relationship Care

Changing Off-Track Relationships

Practice Exercises 11 - Relationship Care

Question 1 of 26
What TWO rings are TRUE about Relationship Care?

Relationship Care is Skill 9.

Relationship Care is an All-the-Time skill.

Relationship Care is a Calm-Only Skill and it is used at 0-3 feelings.

SKILLS POSTERS PDF

SKILLS CARD GAME

9. Relationship Care

Relationship Care helps me:

- Build Stronger Care Self
- Build On-Track Relationships with other people
- Build On-Track Relationships with other people
- Build On-Track Relationships with other people

Do things to build an On-Track relationship

Do things to balance On-Track relationships

Change Off-Track relationships

Steps of Responsibility



Week 11: Relationship Care Key Concepts



Key Concepts

- Relationship Care- Core Self (increasing self-awareness, acceptance, trust, and value) can be a helpful focus during Pre-Instruction (we will review this in an upcoming section).
 - Clarify goals, values, resources, strengths, and priorities are foundational to creating and executing skills chains.
- Balancing Relationships:
 - Doing what reflects/aligns with inner wisdom.
 - This may mean making a relationship closer or ending it.
 - Skills are a conduit to Core Self and wisdom.



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Week 11: Relationship Care Key Concepts



Key Concepts

- Targeting instruction to address relationship challenges:
 - Build 123 Wise Mind skills to create a foundation for all relationships.
 - Safety Plans to manage risks/4-5 level feelings.
 - Add Solo New-Me Activities to help the individual.
 - Add Partnership New-Me Activities to help the individual and their relationships.
 - Problem Solving to find and address root issues.
 - Expressing Myself to engage in a 2-Way Street relationships.
 - Getting It Right to get needs met and request changes.
 - Use Finding Middle Ground to resolve unchanged conflicts.



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Week 11: Relationship Care Key Concepts



Key Concepts

- Being a person with emotion regulation challenges is difficult.
- Being a loved one or support provider for a person with self-regulation challenges can be difficult/demanding, as well.
- Co-Regulating takes On-Track Actions on both sides of relationships.
 - Whenever possible: *Get people on the E-Learning to learn skills and coaching strategies!*
- Individuals may have difficulty changing relationships due to power differentials with staff/family.



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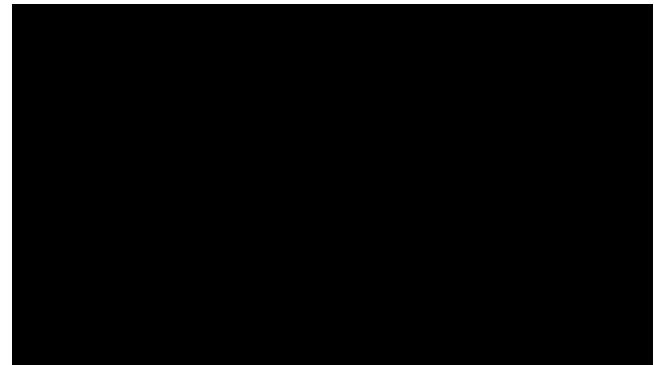
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Week 11: Relationship Care Practice Exercise: Finding Middle Ground Activity

Directions:

- Watch the clip from Friends: https://youtu.be/f_9eH8Ox-eU
- Stop the video at relevant spots to ask questions.
 - Reflect on how Monica and Rachel do Finding Middle Ground.
 - Reflect on how Phoebe does facilitating Finding Middle Ground.



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Week 11: Relationship Care

Exercise Discussion Question

Discussion Question:

- What were your thoughts about how this type of activity would work with the individuals you work with?
- How would you adjust the activity?
- Is it useful to show off-track examples?



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Week 11: Relationship Care

Discussion Question

Relationship Care Activities

- *What are ways you have taught different aspects of Relationship Care?*

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Week 11: Relationship Care

List of Instruction Activities: Relationship Care



Julie's and Corey's 2 Cents: Practice Activity Options:

- Review the Worked Examples/complete Worksheets.
- Create scenarios and roleplay Relationship Care behaviors in different/relevant settings.
- Watch media and observe Relationship Care/Not Care behaviors.
- Practice Relationship Care activities that build the Core Self.
- Practice doing 1-Way and 2-Way street relationships behaviors and reflect about the differences.
- Practice Finding Middle Ground between the instructor and the individual.
- Practice Steps of Responsibility between the instructor and the individual.
- The individual practices using Relationship Care in real-life situations.



Week 11: Relationship Care

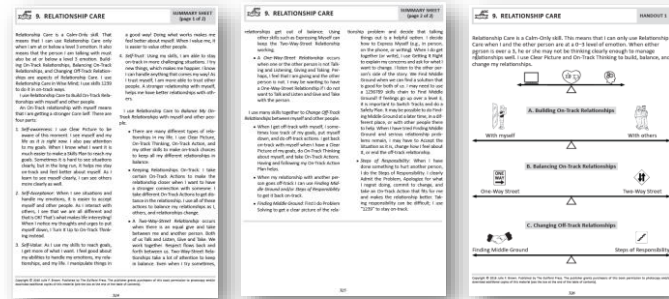
Combining Lesson Videos & Worksheets

Introduction to Relationship Care

- E-Learning Course 1 Lesson 11 Video: (0:00-0:20)



- Text
 - Handout: Summary Sheet (p. 324-325)
 - Handout:
 - Building, Balancing, and Changing Relationships (p. 326)





Week 11: Relationship Care

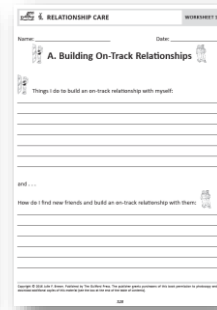
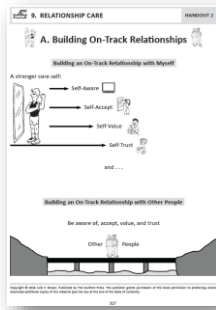
Combining Lesson Videos & Worksheets

Building On-Track Relationships: Core Self

- E-Learning Course 1 Lesson 11 Video: (0:20- 2:19)



- Text
- Handout:
 - Building On-Track Relationships - Core Self (p. 327)
- Worksheet
 - Handout: Building On-Track Relationships (p. 328)



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Week 11: Relationship Care

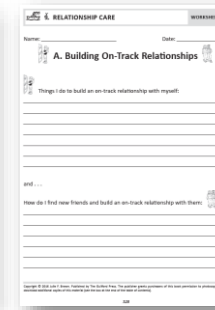
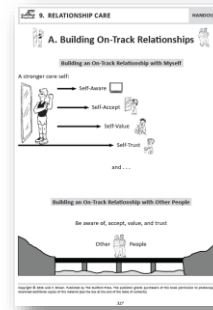
Combining Lesson Videos & Worksheets

Building On-Track Relationships: With Others

- E-Learning Course 1 Lesson 11 Video: (2:19- 3:18)



- Text
- Handout:
 - Building On-Track Relationships- With Others (p. 327)
- Worksheet
 - Handout: Building an On-Track Relationship (p. 328)



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Week 11: Relationship Care

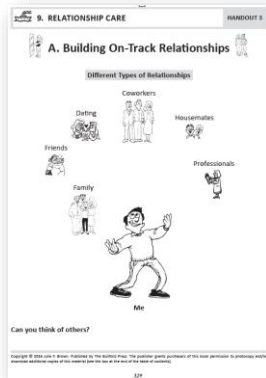
Combining Lesson Videos & Worksheets

Balancing On-Track Relationships: Types of Relationships

- E-Learning Course 1 Lesson 11 Video: (2:21-3:18)



- Text
 - Handout: Different Types of Relationships (p. 329)



Week 11: Relationship Care

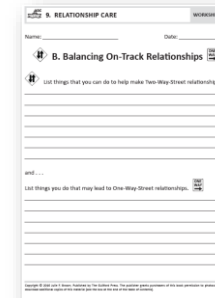
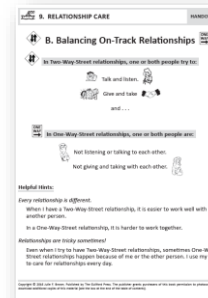
Combining Lesson Videos & Worksheets

Balancing On-Track Relationships: 2-Way Street Relationships

- E-Learning Course 1 Lesson 11 Video: (3:19-3:40)



- Text
 - Handout (p. 331)
 - Two-Way Street Relationships
 - Worksheet (p. 332)
 - Creating Two-Way Street Relationships





Week 11: Relationship Care Combining Lesson Videos & Worksheets

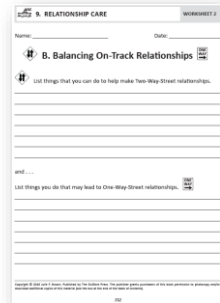
Balancing On-Track Relationships: 1-Way Street Relationships

- E-Learning Course 1 Lesson 11 Video: (3:40-3:54)



- Text

- Handout (p. 331)
 - One-Way Street Relationships
- Worksheet (p. 332)
 - Creating One-Way Street Relationships



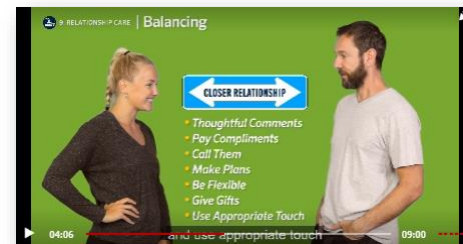
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Week 11: Relationship Care Combining Lesson Videos & Worksheets

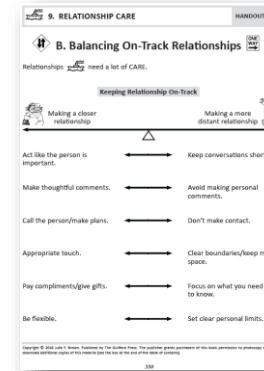
Balancing On-Track Relationships: Closeness & Distance

- E-Learning Course 1 Lesson 11 Video: (3:55- 4:41)



- Text

- Handout:
 - Keeping Relationships On-Track (p. 330)



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Week 11: Relationship Care

Combining Lesson Videos & Worksheets

Changing Off-Track Relationships: With Myself

- E-Learning Course 1 Lesson 11 Video: (4:42- 5:26)



- Text
 - Handout (p. 333)
 - Getting On-Track with Myself



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Week 11: Relationship Care

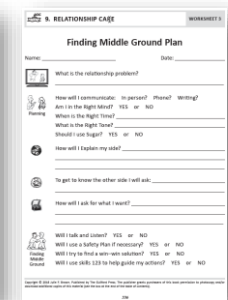
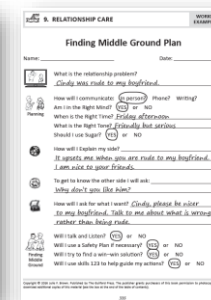
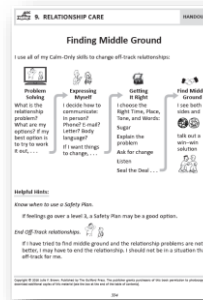
Combining Lesson Videos & Worksheets

Changing Off-Track Relationships: Finding Middle Ground

- E-Learning Course 1 Lesson 11 Video: (5:27- 7:35)



- Text
 - Handout: Finding Middle Ground (p. 334)
 - Worked Example/Worksheet (pp. 335 and 336)
 - Finding Middle Ground Plan



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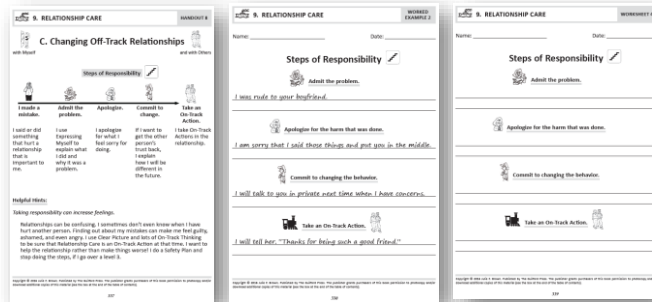
Week 11: Relationship Care Combining Lesson Videos & Worksheets

Changing Off-Track Relationships: Steps of Responsibility

- E-Learning Course 1 Lesson 11 Video: (7:36-8:15)



- Text
 - Handout: Steps of Responsibility (p. 337)
 - Worked Example/Worksheet (pp. 338 and 339)
 - Taking the Steps of Responsibility



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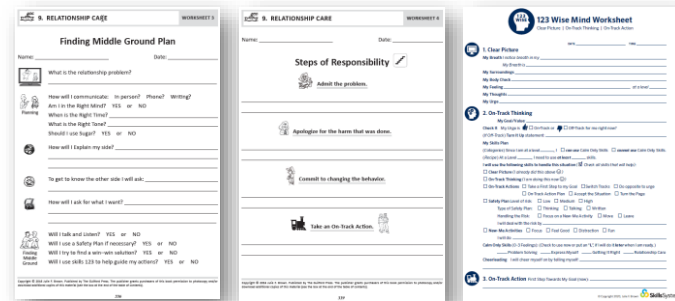
Week 11: Relationship Care Combining Lesson Videos & Worksheets

Using Relationship Care

- E-Learning Course 1 Lesson 11 Video: (0:00-8:15)



- Text
 - Worksheets: Finding Middle Ground (p. 336)
 - Worksheet: Steps of Responsibility (p. 339)
 - PDF Download- Course 2: 123 Wise Mind Worksheet



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See You Next Month!

Skills System Announcements:

- Reach out if you are interested in helping the Suicide Safety Planning Workgroup. Here is the link for the standard LRAMP:
<https://depts.washington.edu/uwbrtc/wp-content/uploads/LSSN-LRAMP-v1.0.pdf>
- If you are interested in joining a workgroup that is addressing specific skills issues of individuals with substance abuse problems, email Julie at jbrown@skillssystem.com.
- Reach out if you are interested in joining a Skills System-DBT workgroup.
- Next 2-Day Instructor's Training will be on March 7-8, 2023.
- See you at our next Consultation Community on November 4, 2022.
- **Questions?**