



## The Skills System Instructors Guide: An Emotion-Regulation Skills Curriculum for All Learning Abilities

By Julie F. Brown

iUniverse.com. Paperback. Condition: New. 332 pages. Dimensions: 10.9in. x 8.2in. x 0.8in. Having the capacity to benefit from emotions, rather than being paralyzed by them, offers people the opportunity to navigate difficulties, while being able to face life, relationships, and themselves with courage, grace, and strength. In *The Skills System Instructors Guide*, author Julie F. Brown provides a curriculum for helping people improve emotion regulation capacities, which allows the person to actively participate in both joyful and challenging aspects of life. The guide presents nine simple, user-friendly adaptive coping skills effective for individuals of diverse learning abilities. Based on Dialectic Behavior Therapy principles, the Skills System helps people of all ages learn to effectively regulate emotions, thoughts, and actions to reach personal goals. PRAISE FOR *The Skills System Instructors Guide* In this instructors guide, Julie Brown provides a clear step-by-step introduction to the emotion regulation skills curriculum that she has developed over the course of two decades of work with individuals with learning challenges and emotional difficulties. Brown succeeds admirably where few others have even dared to set foot. Complex emotion regulation challenges are broken down into manageable problems using a series of steps that people of many different skill levels...



**READ ONLINE**  
[ 1.74 MB ]

### Reviews

*A very amazing ebook with lucid and perfect answers. it was actually writtern quite flawlessly and useful. Its been written in an exceedingly basic way and it is simply right after i finished reading this publication in which basically changed me, change the way i really believe.*

-- **Garett Stanton**

*Undoubtedly, this is actually the finest work by any writer. It is really basic but excitement within the fifty percent of your publication. Your way of life period is going to be enhance as soon as you comprehensive looking over this ebook.*

-- **Matt Maggio**