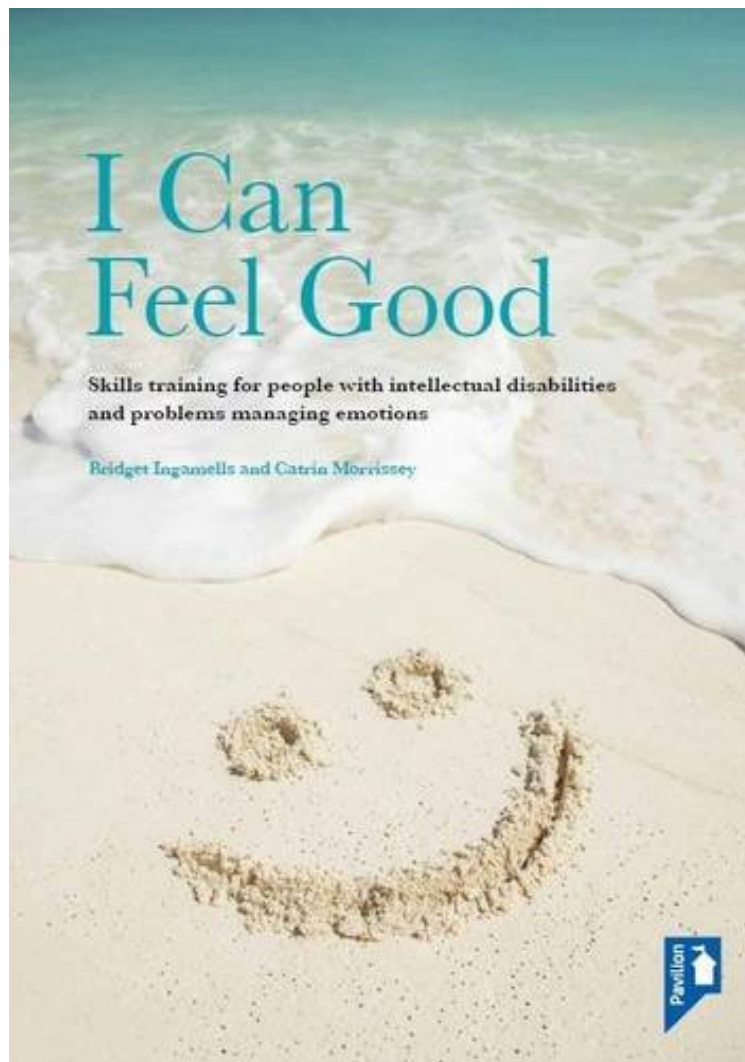


(Download) I Can Feel Good: Skills training for working with people with intellectual disabilities and problems managing emotions

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Bridget Ingamells, Catrin Morrissey

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Bridget Ingamells, Catrin Morrissey : I Can Feel Good: Skills training for working with people with intellectual disabilities and problems managing emotions before purchasing it in order to gauge whether or not it would be worth my time, and all praised I Can Feel Good: Skills training for working with people with intellectual disabilities and problems managing emotions:

Individuals with mild learning disabilities who have emotional problems or impulsive behaviours can be supported to manage their emotions and distress through skills training. Based on dialectical behavioural therapy (DBT), this manual will help individuals to recognise their emotions, increase their self-awareness, self-soothe, and reduce unwanted, impulsive behaviours. As the training is based on DBT, it can be particularly helpful for those with personality disorders. The four modules, which are broadly based on Marsha Linehan's DBT group skills, cover mindfulness skills, managing feelings, coping in crisis and people skills. Mindfulness techniques are a core component in the programme and are drawn on throughout the course. Each session includes an activity and task so individuals can put their new skills into practice. The accompanying CD-rom includes the learner handouts and facilitator resources for the mindfulness activities, games and ice breakers. I Can Feel Good! is suitable for use with groups or individuals who have borderline or mild intellectual disabilities (IQ 60-80).

About the Author Bridget Ingamells is an advanced healthcare practitioner with the National High Secure Learning Disability Service, Nottinghamshire Healthcare NHS Trust. She is a qualified learning disability nurse, and since 2004 has had a special interest in adapting DBT for clients with intellectual disabilities. Catrin Morrissey is lead psychologist with the National High Secure Learning Disability Service, Nottinghamshire Healthcare NHS Trust. She has research interests and publications in the field of personality disorder and intellectual disabilities. Her clinical interests are in developing evidence-based interventions for this population.