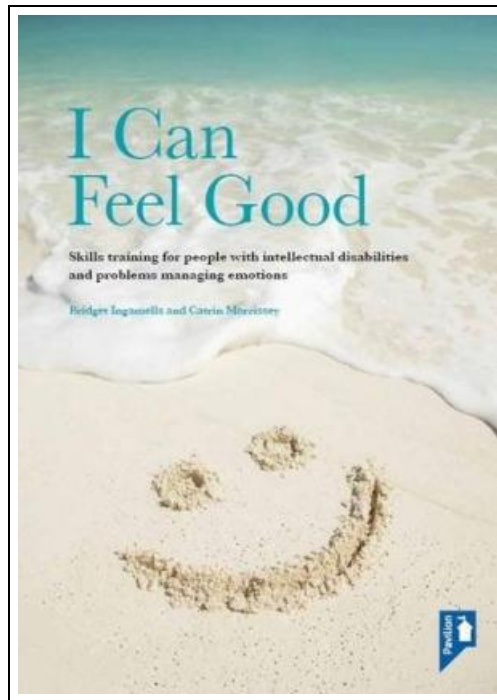# I Can Feel Good!: Skills Training for Working with People with Intellectual Disabilities and Emotional Problems

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Reviews

The very best book i at any time read. It generally does not price an excessive amount of. I discovered this publication from my dad and i recommended this book to understand.

(Joesph Hettinger)

I CAN FEEL GOOD!: SKILLS TRAINING FOR WORKING WITH PEOPLE WITH INTELLECTUAL DISABILITIES AND EMOTIONAL PROBLEMS

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Pavilion Publishing and Media Ltd. Mixed media product. Book Condition: new. BRAND NEW, I Can Feel Good!: Skills Training for Working with People with Intellectual Disabilities and Emotional Problems, Bridget Ingamells, Catrin Morrissey, This training programme will empower people with mild intellectual disabilities to develop the skills they need to manage emotional distress and/or impulsive behaviour. 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. 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. Vital information for: Learning disability nurses, clinical and forensic psychologists, occupational therapists, speech and language therapists.

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