



PROVIDER ALERT

Skills System 3-Day Training

Feb 25, 2019

Dear Providers:

We are excited to announce an upcoming Provider training on Skills Systems in collaboration with The Developmental Disabilities Council and the Idaho Department of Health and Welfare. 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.

Please join Julie F. Brown, Ph.D., as she discusses the following:

- 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

The content of this training is ideal for licensed clinical Providers, and paraprofessionals working with a clinician, to provide skills building services for those members with behavioral health and developmental concerns. This training is designed to assist Providers in developing tangible goals and treatment plans that enable members to strengthen their abilities in daily living and social activities. Further, this training will enhance participants understanding of treatment teaming in the development of member care plans.

Registration is \$250.00. Optum will defray the cost to 35 of our Providers who have not previously received registration support for this same seminar in 2018 on a first come first served basis. If you are among the first 35 to register you pay only \$50.00 and Optum will cover the balance of the registration fee. Only a total of 78 seats are available at the Boise venue. Any providers interested in attending the training must register at, [Skills System Training Registration](#).

- **Boise, ID:** May 7-9th, 9:00a.m. - 4:00p.m. MDT

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

For more information please visit, <http://www.skillssystem.com/>.

Cancelations:

Please call (208) 334-0468 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.

Thank you,

The Optum Idaho Team