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



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....

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- Authored by Bridget Ingamells, Catrin Morrissey
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