

Skills System Training Options

Trainer: Julie F. Brown, PhD., Skills System Developer

Introduction to the Skills System Model- 1/2 Day or 1-Day

Scope: This training is designed to orient agencies/practitioners to the Skills System model. This training offers foundational information that will facilitate agencies/practitioners to evaluate the fit and plan how to implement the Skills System model in their practice or agency.

Overview of the following topics:

- Emotion Regulation
- Skills System Skills and System Tools
- Skills Coaching Strategies
- On-line Staff Training
- Skills Instruction (Group/1:1)
- Individual Therapy Strategies
- Agency implementation
- Model integration
- Adapting the Skills System for Special Populations (e.g. SMI, ASD, IDD, addictions)
- Using the Skills System in various settings (e.g. Outpatient, IOP, forensics, residential, inpatient, vocational etc.)
- Skills System Resources

Cost:

- ½ -Day: \$2,500 (plus travel time and expenses)
- 1-day: \$5,000 (plus travel time and expenses)

Skills System Skills and Skills Coaching Strategies Training - 2-Day

Scope: This training is designed for agency administrators/clinicians/staff who want to learn the Skills System skills and Skills Coaching strategies. This 2-day training addresses many of the same topics as the ½-day Introduction training, delving into learning/practicing Skills and Skills Coaching Strategies.

- Emotion Regulation
- **Skills System Skills and System Tools (More in-depth teaching and practice)**
- **Staff Training: Skills Coaching Strategies (More in-depth teaching and practice)**
- Skills Instruction for Clients (Group/1:1)
- Individual Therapy Strategies
- Agency implementation
- Model integration
- Adapting the Skills System for Special Populations (e.g. SMI, ASD, IDD, addictions)
- Using the Skills System in various settings (e.g. Outpatient, IOP, forensics, residential, inpatient, vocational etc.)
- Skills System Resources

Cost:

- 2-day: \$10,000 (plus travel time and expenses)

Advanced Skills System Training- 1-Day

Scope: This training is designed for clinicians who have completed the Skills System online training courses and/or in-person training, and are actively using/implementing the Skills System model and Clinician E-Learning Memberships.

Overview of the following topics:

- Skills Instruction for Clients (Group/1:1)
- Skills System Individual Therapy Strategies
- Adapting the Skills System for Special Populations (e.g. SMI, ASD, IDD, addictions)
- Using the Skills System in various settings (e.g. Outpatient, IOP, forensics, residential, inpatient, vocational etc.)
- Agency implementation; model integration

Cost: 1-day: \$5,000 (plus travel time and expenses)

Skills System Online Training

The Course 1. Skills Basics course is currently available and the Course 2. Skills Coaching will be available November 2019. The e-learning course lessons consist of several brief videos, followed by practice exercises. Attractive graphics and well-designed teaching make the Skills System course fun and effective. Each course takes approximately 2-3 hours to complete. The user earns skill icon badges for each lesson to reinforce learning. After completing the final lesson at 85% accuracy, the user is rewarded with a Letters of Completion for each course.

Cost: Access to both Course 1 and 2 costs \$20 dollars per person/per year for individual and group memberships (e.g. families, agencies, schools, and organizations).

Practitioners can purchase a Clinician Membership. This format offers blocks of 5 and 25 slots for clients and their collateral supports (e.g. family members, teachers, health providers, and outside support staff). The clients and their supports can be added and removed from the e-learning as cases are admitted and discharged from the practitioner's caseload. This resource is designed to create supports that facilitates the clients generalizing skills within their natural environments.

Cost: 5-Slot Clinician Membership is \$75 per year (\$15 per slot); 25-Slot Clinician Membership is \$300 (\$12 per slot).

Agencies often purchase a combination of Group and Clinician Memberships to train their agency staff (Group Membership) and clients/systems of support they serve (Clinician Memberships).

Skills System Consultation

Dr. Brown provides remote video/phone 1-hour consultation sessions to teams to support them through the planning and implementation process.

Cost: \$250 per hour.