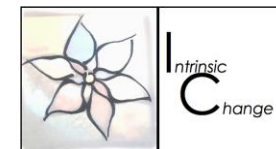


# Clinical Skills Inventory



MI	CBT	DBT	MBSR	TIC
<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Change Talk/Sustain Talk</li> <li>Dancing with Discord</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Cognitive Distortions</li> <li>Psycho education</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Validation</li> <li>Wise Mind</li> <li>Diary Cards</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Formal Practice</li> <li>Informal Practice</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Symptoms as Adaptations</li> <li>3 Statements of Resilience</li> </ul>
<p><b>Spirit of MI</b></p> <ul style="list-style-type: none"> <li>Compassion</li> <li>Acceptance</li> <li>Partnership</li> <li>Evocation</li> </ul>	<p><b>Interventions</b></p> <ul style="list-style-type: none"> <li>Shades of Grey</li> <li>Survey Method</li> <li>Cost Benefit</li> <li>Experimental Technique</li> <li>Examining the Evidence</li> <li>Re-attribution</li> <li>Cognitive Rehearsal</li> <li>Semantic Method</li> <li>Validity Testing</li> <li>Exposure Therapy</li> <li>Mapping</li> <li>Guided Discovery</li> </ul>	<p><b>Interpersonal Effectiveness</b></p> <ul style="list-style-type: none"> <li>DEARMAN (attaining goals)</li> <li>GIVE (relationship skills)</li> <li>FAST (self respect)</li> </ul>	<p><b>Foundations</b></p> <ul style="list-style-type: none"> <li>Non-judgment</li> <li>Patience</li> <li>Beginners Mind</li> <li>Trust</li> <li>Non Striving</li> <li>Acceptance</li> <li>Letting Be</li> </ul>	<p><b>Principles</b></p> <ul style="list-style-type: none"> <li>Safety</li> <li>Trustworthiness and Transparency</li> <li>Peer Support</li> <li>Collaboration and Mutuality</li> <li>Empowerment, voice and choice</li> <li>Cultural, Historical and Gender Issues</li> </ul>
<p><b>OARS &amp; GI Skills</b></p> <ul style="list-style-type: none"> <li>Open Ended Questions</li> <li>Affirmations</li> <li>Reflections</li> <li>Summaries</li> <li>Giving Info</li> </ul>	<p><b>Self Monitoring</b></p> <ul style="list-style-type: none"> <li>Thought Records</li> <li>ABC</li> <li>Thought Mapping</li> <li>Problem Solving</li> </ul>	<p><b>Emotion Regulation</b></p> <ul style="list-style-type: none"> <li>PLEASE (reducing vulnerability)</li> <li>Building MASTERY (positive experiences and challenges)</li> <li>Opposite to Emotions</li> </ul>	<p><b>Meditation Types</b></p> <ul style="list-style-type: none"> <li>Focused Attention</li> <li>Open Monitoring</li> <li>Compassion</li> <li>Relaxation</li> </ul>	<p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>Pervasive</li> <li>Impactful</li> <li>Life Shaping</li> <li>Self-Perpetuating</li> </ul>
<p><b>Processes</b></p> <ul style="list-style-type: none"> <li>Engaging</li> <li>Focusing</li> <li>Evoking</li> <li>Planning</li> </ul>		<p><b>Distress Tolerance</b></p> <ul style="list-style-type: none"> <li>ACCEPT (Reducing triggers)</li> <li>Self Soothe</li> <li>Problem Solving</li> <li>Thought Records</li> </ul>		
<p><b>Other:</b></p>	<p><b>Other:</b></p>	<p><b>Other:</b></p>	<p><b>Other:</b></p>	<p><b>Other:</b></p>

