

WHAT IS THE UNDERSTANDING AND MANAGING EMOTIONS GROUP?

This is a group designed for people who may encounter difficulties in experiencing intense emotions that can impact on other areas of life.

The group is based on learning and practicing skills that help us to achieve an increased sense of control and mastery.

It is a group based upon taught skills rather than it being a 'therapy group.' There are two groups held in the North and South of the county and there will be a maximum of 10 clients and the group will be facilitated by two staff.

The duration of each group is two hours, once each week within office hours, Monday to Friday at the following locations:

- Campbell House, Northampton
- St Mary's Hospital, Kettering.

"This group has changed and saved my life. I could not be more grateful! Loved learning new skills and how to manage relationships."

Patient feedback, IWGC



Northants Personality Disorder Hub

Campbell House

Campbell Square

Northampton

NN1 3DB

Telephone: 01604 658834

www.nhft.nhs.uk

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je i šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

UNDERSTANDING AND MANAGING EMOTIONS GROUP



THE GROUP WILL PROVIDE TRAINING IN UNDERSTANDING AND MANAGING EMOTIONS IN THE COUNTY.

01604 658834

nhft.nhs.uk



#weareNHFT

WHAT WILL BE COVERED IN THE PROGRAM?

The skills taught are divided into the areas below:

- Mindfulness – being ‘in the moment’ and paying attention. Living life with intention, rather than existing on automatic pilot.
- Emotional regulation – theory of emotions, role of self-care, how to effectively let go of emotional suffering.
- Distress tolerance – crisis survival strategies, radical acceptance and willingness.
- Interpersonal effectiveness – identifying objectives in communication whilst maintaining relationships and self-respect, making requests and saying no.

GROUP EXPECTATIONS:

Commitment - to endeavour to attend all module sessions on time and to call ahead if a session will be missed. A timetable will be shared and will include a break between modules.

Respect - for others and their opinions. Allowing others the space and time needed to express themselves.



ASSESSMENT AND EVALUATION

We will ask participants to complete assessments at the beginning, middle and end of the skills training. This will help us to identify goals for you to work on and will also help us to measure progress. At the end of the programme we will meet jointly with your referrer to review your experiences.

INFORMATION SHARING

We all have the right to privacy and confidentiality. We will encourage information sharing in relation to skill acquisition, but we expect all participants not to discuss the personal details of others outside the group.

As facilitators, we have a commitment to share information we deem relevant within our team, including your GP. However, this will be in discussion with you.

WHAT IF I AM UNSURE?

You may have had the opportunity to discuss this group with a member of the team already. If not we would encourage you to have an initial conversation and then come and meet with us so we can share more information with you and come to a joint decision. Most people have some anxieties about being part of a group. Our experience is that if people can overcome the initial hurdle of the first week it becomes much easier and provides a very supportive and validating place to be.

