

Managing Emotions Group Program

Broome | 10-week program

About this program

This 10-week course is a Dialectical Behaviour Therapy (DBT) and Trauma informed group program aiming to help people who are struggling with emotion dysregulation.

Who is this program for ?

The program is designed for adults who are struggling with emotion dysregulation, difficulty communicating in relationships, trauma, depression, self-harm and/or other impulsive or destructive behaviours such as substance abuse and binge eating.

You will learn

- Mindfulness and distress tolerance
- Understanding and recognising emotions
- Identifying thoughts, feelings and behaviours that lead to unhelpful coping
- Strategies to self soothe and access your wise mind
- Strategies to improve interpersonal skills in relationships

Why attend a group program?

This group *program* differs from *group therapy*. We are here to educate and empower you with knowledge, tools, and skills to improve your mental wellbeing. Group programs can help people feel less alone, and offer an opportunity to hear from others with similar experiences.

Confidentiality

We value and respect your confidentiality. We recognise how important this is, especially when living in a small town. This program focuses on providing education, skills and practical strategies. We won't be talking about any participant's personal issues in this program. This is best done during one on one counselling with your therapist.

Eligibility to attend & Referral

To attend this group you must also be engaged in one-on-one therapy, or case management for the duration of this program. This may be at Boab Health Services, or with another provider.

You must have a referral from your GP or psychiatrist to attend. Referrers must complete a Mental Health Care Plan and refer to 'Group Intervention'.

When is the course held?

The group program is held once a week for 2.5 hours, over 10 weeks. Please contact us for upcoming program dates and times.

Cost

This program is funded through Medicare with a referral from your GP. There is no cost to you.

Venue

Boab Health Services – 5 / 20 Hamersley St.

Program facilitators

This program is led by a Clinical Psychologist.

Further information

Not sure if this is the right course for you ?

Contact our Mental Health Triage and Assessment team:

T: 9192 7888

E: reception@boabhealth.com.au

W: www.boabhealth.com.au