GROUP SESSIONS
This programme consists of 18 sessions, lasting an hour 45 minutes each. There are places for approximately 10 to 12 people in the group. Light refreshment on offer.

FACILITATORS
The Life Skills Programme is facilitated by two to three DBT trained and experienced clinicians.

PRE-GROUP INTERVIEW
Participants will be asked to attend a pre-group interview. This offers an opportunity to make sure that the group and you are a good match and that it addresses the problems that you are experiencing.

FEES
Each individual group session costs $85.

CANCELLATIONS
The group sessions will be charged one week in advance. Individual cancellations are charged for, unless otherwise negotiated with the facilitators.

CONFIDENTIALITY
We ask that group members keep confidential any personal information that might be shared in group, including names.

FOLLOW UP
An evaluation form is given out at the end of the course. This feedback gives us information which we will use to develop the programme.

With the Life Skills Group you will learn a series of invaluable skills such as:

- Mindfulness
- Distress Tolerance
- Sensory Modulation
- Emotional Regulation
- Interpersonal Effectiveness

Come to a skillful behaviour teaching group, where the focus is on active learning!

DO YOU HAVE PROBLEMS WITH INTENSE EMOTIONS SUCH AS...

- ANXIETY
- DEPRESSION
- FRUSTRATION
- OVERWHELMING SADNESS
- ANGER
- JEALOUSY
- MOOD SWINGS

Would you like to learn a set of skills that will help you deal with these emotions?

Kathryn Ryan, Reg. Psychotherapist
Nicky Harvey, Reg. Nurse
Kate Whelan, Reg. Occupational Therapist
1. Mindfulness
The programme focuses on helping you develop a better sense of who you are. This is done through the skill of mindfulness - living life in the moment. Mindfulness skills also help you develop a better sense of being in touch with life around you.

2. Distress Tolerance
Learn the skills necessary to tolerate distress when change cannot immediately happen. Learn to be able to get through the moment without making it worse.

Learn the empowering tool of sensory modulation to help you effectively respond to and manage distress.

3. Emotional regulation
Learn how to deal with strong emotional responses. Learn how to develop better control over your emotions so that you can become more naturally emotionally stable over time.

4. Interpersonal Effectiveness
Learn to use effective communication skills to improve your ability to relate well. Interpersonal effectiveness helps you to deal with anger and conflict, to ask for what you want or need, and to say no to unwanted requests or demands.

The purpose of this 18 session programme is to teach you a set of life skills which will vastly improve your ability to cope with painful feelings and difficult situations.

You will learn skills that reduce unhelpful thoughts, feelings and behaviours. The facilitators will also teach you skills that will actively increase your ability to enjoy life!

When and where: This group is held 4 times a year - dates and times to be announced.

Light refreshment on offer.

There is an open on-going enrolment for future groups.

To register or for more information, please phone Kathryn Ryan on 021-445-082 or email kathryn.ryan@xtra.co.nz.

You can also visit the website at www.lifeskillsprogramme.co.nz.

You are welcome to call to talk about whether this might suit you!