



TALKING MENTAL HEALTH DERBYSHIRE

Groups and Courses



Derbyshire Healthcare
NHS Foundation Trust

GROUPS AND COURSES

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ANXIETY AND STRESS

Content:

The course focuses on helping people to understand more about what anxiety and stress actually are and how they impact on life. It will also help reduce the effect anxiety and stress has by helping to manage them more effectively. This is done through a variety of tried and tested methods including relaxation training, changing the way people think about themselves and their abilities to cope effectively with difficulties, as well as challenging any fears they may have about specific situations, events and/or occurrences and developing more self-confidence in the process. There is also a session which aims to keep them motivated and help maintain progress for the future.

The course runs over seven 2-hour sessions. All sessions have written exercises for you to complete, which are very important part of the course, but don't worry as the therapist will guide you through these one by one.

1. What is CBT and understanding my anxiety through my vicious cycle
2. Relaxation including PMR, abdominal breathing, visualisation and mindfulness
3. Managing worry (worry tree, problem solving, worry time) and being assertive
4. Facing your fear through graded exposure and behavioural experiments
5. Challenging your anxious and stressful thinking
6. Promoting health lifestyles including addressing the balance of demands, self-compassion, improving sleep, exercise and diet
7. Relapse Prevention and Staying Well

Sessions:

- A small group format with a maximum of 12 people
- Running over seven 2-hour sessions
- Courses are currently taking place at :
 - * Unity Mill, Belper on Mondays 9:30 –11:30
 - * Brooklands, Ilkeston on Wednesday 9:30-11:30

Suitability

Suitable for people who:

- Are experiencing symptoms of stress or an anxiety based disorder
- Are willing and able to commit to the 7 week course
- Has the motivation to complete homework between sessions
- Has low risk that can be managed independently

MINDFULNESS

Content:

We are running a course for mindfulness, which is run in a small group format with a maximum of 10 people. The course runs for eight 2 hour sessions.

The intention is for you to learn how to fine tune your capacity to be fully aware of recurring patterns of thoughts, behaviour, sensations and emotions. This work creates a foundation for responding with greater clarity and kindness to the triggers that set off spirals of rumination, depression and anxiety which get in the way of living life to the full.

The patterns of the mind and body that we will be working with have often been around for a long time. These patterns are also frequently habitual and automatic and we can only expect changes if we put time and effort into learning new ways of responding to our experience. This is why the home practice between classes – up to an hour a day – is an essential part of the course.

The sessions will include completing home practice between classes, in order to cultivate the capacity to recognise these patterns, and understand how you can respond differently. Week by week, you will learn new aspects of daily meditation practice, each building on what you have learnt before. You will have the opportunity of applying these ideas to your own experience, through regular meditation practice, discussion with other participants, exercises done in class and through weekly home practice. At the beginning of the course you will be given a website where you can access guided meditation practices that we introduce in class. You will also receive hand-outs to help you consolidate what we have covered in sessions. You will also have the unique opportunity of sharing your experiences and ideas with others who have had experiences of depression and anxiety. The therapists running the course are qualified in running MBCT workshops and should you have any queries or concerns about the course, they would be happy to discuss this with you.

Sessions:

- A small group format with a maximum of 10 people
- Running over eight 2 hour sessions
- Mondays 15:30 - 17:30, Unity Mill, Belper
- Wednesdays 10:00 - 12:00, Willington Old School Trust, Willington

Suitability

Suitable for people with:

- 2 or more episodes of depression
- Extensive depressive history and/or on-going low level symptoms.
- mild to moderate anxiety disorders

DEPRESSION

Content:

We are running a course for Wellbeing Course, which is run in a small group format with a maximum of 12 people. You don't have to worry about speaking up in the course, as there is no expectation for anyone to do this, although if you felt you wanted to contribute to any discussion item that would be warmly welcomed.

The course runs over seven 2-hour sessions. All sessions have written exercises for you to complete, which are very important part of the course, but don't worry as the therapist will guide you through these one by one.

The course content focuses on helping you understand more about depression and low mood and how to manage it.

Sessions:

1. What is CBT and understanding my depression/low mood through my vicious cycle
2. Looking at my mood and behaviour
3. Avoidance and Problem Solving
4. Negative Thinking and Rumination
5. Challenging Negative Thoughts
6. Self-compassion
7. Relapse Prevention

* Brooklands, Ilkeston, Wednesday 12:30-14:30

Suitability

Suitable for people who:

- experiencing symptoms of low mood/depression (Acute or chronic)
- is willing and able to commit to the 7 week course
- has the motivation to complete homework between sessions
- low risk that can be managed independently

SELF WORTH

Content:

We now offer a new way of working with self-worth, which is run in a small group format (maximum of 10 people). It is up to each individual how much they contribute to each course session although you will be invited and encouraged to share some of your experiences and concerns as it is usually through this process of mutual sharing and support that course members become more aware of their needs and some healing can take place. Contributions to course discussions and exploration are warmly welcomed.

The course runs over eight 2-hour sessions, which will include taking a look at different topics which are all closely linked with self-worth. The content basically focuses on helping you understand more about what stands in the way of having good self-worth and how different experiences have impacted this. This will enable us to explore as a group how we can all learn to value ourselves better, and provide valuable opportunities to forge connections with each other. The therapist will guide you through these topics one by one; introduce some group exercises to promote discussion and allow plenty of time to process thoughts and emotions which arise.

Being part of this course and engaging with it, is likely help you to change the way you think about yourself and how you relate others, as well as challenging any fears you may have about specific situations, events and/or occurrences and developing more self-confidence in the process.

The therapists running the course are experienced in working with self-worth issues and should you have any queries or concerns about the course or you feel at the end of the course you feel you need additional help, they would be happy to discuss this with you.

Sessions: (Before the course all patients will attend a 1:1 review appointment with at least one of the facilitators to review whether the course is appropriate to meet their needs)

- A small group format with a maximum of 10 people
- Running over eight 2 hour sessions

* Unity Mill at Belper on Fridays at 18:00

Suitability

Suitable for people who:

- experience symptoms of low self-esteem (not feeling good about who we are) with symptoms of depression, anxiety, bereavement and relationship difficulties
- Having some sense of self and be able to cope with some emotion depth
- is willing and able to commit to the 8 week course

LONG TERM HEALTH CONDITIONS (DRCS)

Content:

The aim of the group is to provide a therapeutic experience for people who have a long-term physical health condition. There are no set criteria regarding the type of condition or time of diagnosis. So, group members may be at different stages, indeed this is part of the point of the group experience.

The course consists of 6 x 2 hour sessions loosely based around the following themes:

Week 1	Coming to Terms with having a LTC
Week 2	Body/Mind Relationship
Week 3	Pain Management
Week 4	Managing Fatigue
Week 5	The impact on Relationships
Week 6	Moving on – Living with a LTC

Probate House, 37 - 38 St Marys Gate, Derby, Thursday 13:00

Suitability

Suitable for people who:

- Are experiencing anxiety and depression in relation to their LTC, those impacted by their LTC
- Are willing and able to commit to the 6 week course
- Has the motivation to complete homework between sessions
- Has low risk that can be managed independently

MINDFULNESS (DRCS)

Content:

Learning to navigate your way through life with the challenges and opportunities it brings.

- Understanding what causes anxiety, stress and depression
- Develop the skills to reduce toxic stress
- Cultivate greater inner resilience
- Find joy and meaning
- Learn to take care of and nurture yourself
- Develop the skills to take control of your own life

This is an 8-week group based mindfulness programme. If you decide you would like to participate in it you will need to attend 8 two-hour sessions for 8 consecutive weeks. During the programme you will be taught how to cultivate the skills of mindfulness and will be asked to practice these skills each week at home.

- Buxton Methodist Church, Chapel Street, Buxton, SK17 6HX, Monday 5-7 pm

Suitability

Suitable for people with:

Those suffering from:

- Depression
- Anxiety
- Stress
- Low mood
- Anger
- Loss

ANGER MANAGEMENT

Content:

Learning to navigate your way through life with the challenges and opportunities it brings.

- Understanding what anger is and where it comes from
- Does anger pay, exploding v imploding
- Why do I get angry?
- Unhelpful thinking styles
- Assertiveness, communication and problem solving
- Escape hatches and balancing thoughts
- Develop the skills to take control of your own life
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This is an 6-week group based. If you decide you would like to participate in it you will need to attend 6 two-hour sessions for 6 consecutive weeks. During the programme you will be taught how to cultivate the skills and will be asked to try and practice these skills each week at home.

- 6 - 8 Corporation Street, Chesterfield S41 7TP
- Monday 5-7 pm

Suitability

Suitable for people with:

Those suffering from:

- Depression
- Anxiety
- Stress
- Low mood
- Anger
- Relationship Difficulties