

Course/Group title: Goals Group (Get Out and Live Successfully)

Description of the course (including the number of sessions):

The group will help individuals to learn and undertake different coping skills. The Group uses a DBT informed approach and focuses on topics including; mindfulness, anxiety management, emotional regulation, distress tolerance, anger control and interpersonal effectiveness. There are 6 sessions.

Dates & times:

6 weekly sessions from 25th September to 30th October 2018

Venue:

Bayheath House, Chesterfield

Benefits of attending the course:

To provide evidence based interventions to the COHORT of patients that do not need CPA but pose challenges to other agencies due to their safety.

Available to:

An individual has to meet the criteria for secondary mental health services. Service users will have been assessed by SPOA with the idea being that the group provides a follow up from the SPOA assessment.

How to book a place: Through a SPOA worker within the mental health team.

Group Facilitators: Donna Marsden (Nurse) and Dawn Higgins (Support Worker)

To be included in which section: Getting Well