

Compassion Focussed Anxiety Management

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

This is a seven session course where participants have the opportunity to learn the basics of Compassion Focussed Anxiety Management and then develop their knowledge of Anxiety Management, practice a variety of Compassion Focussed Anxiety Management techniques, and put them into practice within group activity and individual weekly practice.

Dates & times:

To be confirmed

Venue:

The Old Vicarage Bolsover

Benefits of attending the course:

- Greater understanding of reasons behind anxiety states, thoughts and emotions, and how to manage these effectively.
- A knowledge of Compassion Focussed Anxiety Management techniques and principles that you can continue to utilise throughout your life to help you maintain your mental health.
- Improved sense of calm.
- Increased confidence in socialising.
- Improved engagement in activity.

Available to:

Any Bolsover and Clay Cross neighbourhood service users from the age of 50 who have the ability to understand, retain and communicate information and who have difficulty in managing anxiety, thoughts and feelings in everyday life or in focussing on the present within their occupations.

How to book a place:

You can be referred to this group by your care co-ordinator, lead professional or other team member. Must be currently under neighbourhood Adult or Older Adult CMHT

To be included in which section:

Getting Well



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