

UNDERSTANDING EMOTIONS COURSE

A 12 week course to help manage emotionally intense episodes and help problem solving as a group.



Contact us

If you have any questions about UEC, contact us:



invictahealth.mentalhealthreferrals@nhs.net



0800 242 5199 (Option 1)

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PRIMARY CARE MENTAL HEALTH SERVICE

UNDERSTANDING EMOTIONS COURSE



Referral via:
GP or Practice Nurse

Aims & objectives of UEC

- To learn more about emotions e.g. what are emotions and what makes them more intense?
- To learn ways to communicate our emotions to ourselves and others
- To explore the link between how we think about e.g. our self/others and how this influences the emotions we feel about our self/others
- To learn how our lifestyle behaviours e.g. eating, sleeping, relationships affect our emotions
- To learn skills in managing problems

Course Content

- Introduction to Understanding Emotions
- Filters
- Distancing
- Communicating
- Challenging
- Distracting
- Managing Problems
- Behaviour Management and Setting Goals
- Abuse Avoidance
- Relationships
- Balanced Lifestyle

What people say about UEC

'Absolutely excellent!! Didn't think group work was for me to start with, but I think it really helped. It was mainly the discussions the group has helped me start to sort my life out.'

'Initially I didn't see the benefit of the group and thought that one-on-one would be more beneficial. However, any scepticism was gone, the different topics were brilliant and it was nice to have a range of ages and people in different parts of life for a different perspective. Overall, it really helped me understand my condition and my control of my emotions drastically increased. Knowing I wasn't alone and understanding it more has been beyond amazing.'