

## **The Understanding Emotions Group**

The Understanding Emotions course is a 12-week programme designed to help individuals manage emotionally intense episodes whilst learning as part of a group.

The group is for individuals within Primary Care who have a possible emerging personality disorder or an established diagnosis but who are low risk.

The aims of the course are as follows;

- To learn about emotions eg; what are emotions and what makes them more intense?
- To learn ways to communicate emotions to others and for the individual to gain insight into themselves.
- To explore the link between how individuals see themselves and others and how this influences emotions and behaviours.
- To learn about how lifestyle behaviours eg; eating, sleeping, relationships, etc affect emotions.
- To learn coping strategies so that the individual can manage problems and intense episodes.

### **Who can refer?**

Referral by GP, Practice Nurse only

### **Inclusion criteria**

- For individuals who have a possible emerging personality disorder but not necessarily a confirmed diagnosis.
- Low risk, stable and can be safely managed within primary care setting if the individual does have a confirmed diagnosis.
- Difficulty managing relationships or managing mood swings but would be able to engage in group work.
- Some superficial self-harming behaviour.
- Able to engage with therapeutic group work.
- Able to commit to a 12 week programme.

### **Exclusion criteria**

- Increased risk to self or others
- Currently accessing support from Secondary Care or in need of more intensive support from Secondary care services.
- Confirmed diagnosis of Borderline or Emotionally Unstable Personality Disorder and would benefit from longer term psychological work eg; STEPPS, MBT DBT.
- Recent suicide attempt within the last 6 months or ongoing suicidal ideation that requires more urgent support.
- Severe self harm.
- Substance misuse issues eg; drugs, alcohol.
- Anti-social personality disorder or aggressive behaviour.
- Poor engagement with services.
- Unable to engage with group work or difficulty with reading /writing due to the course content.