

## LEARN TO MANAGE YOUR EMOTIONS GROUP \* Winter 2022 – 11 SESSIONS from January 26 – April 6, 2022

**Facilitators:** Shivon Raghunandan, Ed.D., RP & Andrew Poulos, M.Ed., RP

We will meet via ZOOM on Wednesdays from 1:30 pm – 3:20 pm for 11 consecutive weeks beginning January 26.

### **Participants must be available for the entire 2 hours every week.**

- If you have a class conflict and therefore have to join the group late or leave the group early, or
- If you have other commitments that may conflict with the time that the group is offered, i.e. occasional work, health related or other personal appointments

**then you are not eligible to participate in the group this semester. I cannot stress enough the need for you to commit to attending this group EVERY WEEK.**

Please review the **Group Structure** and **Group Guidelines** sections below as this will help you determine if this group is suitable for you.

### **GROUP STRUCTURE**

- This is a 2 hour SKILLS BASED GROUP, for individuals who have great difficulty regulating their emotions or who engage in maladaptive or unhelpful behaviors as a way to manage their distress.
- In the first hour of each session group members will participate in Homework Review during which time they will be required to share their experience of practicing the skill that was taught the previous week
- After a 10 minute break, group facilitators will provide Skills Teaching during which time a new skill is taught and the practice of that skill is reviewed and assigned.
- The training is divided into 4 sections:
  - **Mindfulness** – being aware of the present moment without judgment
  - **Distress Tolerance** – getting through crisis situations without making things worse & accepting reality as it is
  - **Interpersonal Effectiveness** – getting interpersonal objectives met, maintaining relationships and increasing self-respect in relationships
  - **Emotion Regulation** – understanding and reducing vulnerability to emotions, changing unwanted emotions

### **GROUP GUIDELINES**

1. **PARTICIPATION IS COMPULSORY**
  - a. Each week a new skill will be taught and group participants will be required to practice the skill over the following week.
  - b. When participants attend the following week, they will be asked to share their experience of what it was like to implement that skill.
  - c. If they didn't practice the skill, we will explore what the obstacles were that prevented its implementation, i.e. we will assist with problem solving so that you can at least try out the skill in the following week.
2. **Participants are required to commit to attending the weekly training and practicing the skills that are taught.**
  - a. **We ask that you make your attendance and participation in this group A PRIORITY.**
  - b. If something comes up that conflicts with this time, we ask, as much as possible, that you reschedule that other event so that you can attend the group.
  - c. **THIS IS NOT A 'DROP-IN WHEN IT IS CONVENIENT FOR YOU' group. Having to complete a school assignment or study for an exam is not an excuse to not attend the group.**
3. If you miss 2 consecutive skills training sessions, you are considered to have dropped out and cannot continue.
4. As long as you can attend each week and discuss what it was like for you to use or not use the skill, you could benefit from this group.
5. If you believe that you may be too anxious or shy to share information with the group about your experience of practicing the skills, then individual counselling may be best for you until you are able to work through your anxiety enough so that you would be able to participate in the group discussion.

**If you agree to the above, and would like to register for the group, please contact: Andrew Poulos at [andrew.poulos@humber.ca](mailto:andrew.poulos@humber.ca)**