In partnership with NHS Berkshire Healthcare NHS Foundation Trust

Berkshire West Managing Emotions Programme

What is the Berkshire West Managing Emotions Programme?

Experiencing rapidly fluctuating and intense emotions can have a significant impact on your wellbeing, relationships, and quality of life. The Managing Emotions Programme offers easy access to psycho-educational courses, designed to equip you with a range of tools and skills to enable you to manage your emotions more effectively. We offer three courses for people experiencing difficulties managing their emotions. We also offer a separate course for anyone who is caring for or supporting someone with having difficulty managing intense emotions. Each course is led by two or three members of the team.

- **Course 1 - Understanding emotions - an introduction - (1 session)**
- **Course 2 - Learning strategies to manage emotions - (4 sessions)**
- **Course 3 - Learning Strategies to manage emotions - (8 sessions)**
- **Course 4 – Course for Carers – Supporting someone with emotional difficulties– (4 session)**

The MEP sits within Berkshire Healthcare NHS Foundation Trust's increased offer to the primary care networks in West Berkshire for personality disorder difficulties and is being supported by Together for Mental Wellbeing. People will be referred to the programme by GPs and other external agencies. The courses are available to people under primary care services, aged 18 and over, who are registered with a GP in West Berkshire and who have been identified as having difficulties with regulating and managing their emotions but have overall routine psychological needs and low levels of risk to themselves or others.

What can I expect from the Berkshire West Managing Emotions Programme?

The MEP aims to address the needs of people who currently fall between gaps in provision of psychological services for people with emotional regulation difficulties. It consists of psychoeducational courses at increasing level of complexity. People suited to the programme will have overall routine psychological needs and low levels of risk to themselves or others. People do not require a diagnosis of personality disorder to be referred to the programme.

Features of the courses include:

- They were co-produced with people with lived experience of personality disorder
- They provide streamlined access to psychoeducational support
- Courses are rooted in the voluntary sector/recovery college model
- The programme values lived experience as a means to understand distress and to collectively identify helpful strategies
- The shared identity of lived experience is identifies and all of the courses are delivered alongside a Peer Mentor
- Inclusion and a feeling of empowerment and connectedness will be provided through the use of lived experience and peer-mentors/trainers

- The courses look to provide a reduction in distress, whilst improving quality of life for people that take part

What happens in the courses?

Courses are delivered both face to face and online, in groups of approximately 8-12 clients.

Course 1 – Understanding Emotions – an introduction - This single session workshop (2.5 hours) gives a basic introduction to the function of emotions and some coping skills to help during times of distress.

Course 2 – Learning Strategies to manage emotions - Over 4 weekly group sessions (2 hours each), we will explore how to better understand and communicate our emotions, as well as various skills to help manage them when they feel too intense or overwhelming.

- Week 1 – Understanding emotions and how they affect mind, body and behaviour
- Week 2 – Labelling emotions and identifying levels of emotional intensity
- Week 3 – Coping skills to reduce emotional intensity during times of distress
- Week 4 – Beginning to make a positive change

Course 3 – Learning Strategies to manage emotions - This 8-week course (2 hours each) takes an in-depth look at emotional awareness and regulation, communication, personal values, acceptance, goal setting, mindfulness and other emotion regulation skills.

- Week 1 – Understanding emotions and how they affect mind, body and behaviour
- Week 2 – Labelling emotions and identifying levels of emotional intensity
- Week 3 – Coping skills to reduce emotional intensity during times of distress
- Week 4 – Practicing mindfulness
- Week 5 – Identifying your values and setting goals
- Week 6 – Practicing coping skills in times of difficulty
- Week 7 – Communication and interpersonal effectiveness
- Week 8 – Reviewing what we've learnt

Course for Carers – Supporting someone with emotional difficulties - This 4 part course (2 hours each) looks at the knowledge and skills needed to support someone with emotional difficulties while looking after your own wellbeing.

- Week 1 – Introduction to personality disorders, emotions and emotional intensity
- Week 2 – Responding to self-harm and risk-taking behaviour
- Week 3 – Understanding and responding to suicidality
- Week 4 – Self-reflection, boundaries, and wellbeing

Making a referral to the Berkshire West Managing Emotions Programme

Referrals should only be made by GPs or healthcare professionals using our **online referral form** or if you have questions you can email us at **mep@together-uk.org**.