

Berkshire Managing Emotions Programme

What is the Managing Emotions Programme?

Experiencing rapidly changing, intense emotions can have an impact on your wellbeing, relationships, and quality of life. The Managing Emotions Programme is a range of courses designed to equip you with the tools and skills needed to manage overwhelming emotions more effectively. We offer three courses for people experiencing difficulties managing their emotions. We also offer a separate course for parents or carers. Each course is led by two or three mental health professionals.

- **Course 1 - Understanding emotions - an introduction - (1 session)**
- **Course 2 - Learning strategies to manage emotions - (4 sessions)**
- **Course 3 - Developing skills to manage and regulate emotions - (8 sessions)**
- **Course 4 – Carer’s course – (4 sessions)**

Berkshire Healthcare is commissioning Together for Mental Wellbeing to deliver the Managing Emotions Programme across Berkshire. The programme is part of a wider project to better support people’s mental health in the community.

Who is it for?

Your GP or healthcare professional can refer you to the programme if you are:

- Aged 18 or over
- Registered with a GP in Berkshire
- Experiencing intense emotions that are having a negative impact on your day-to-day life
- Not due to receive any other psychological treatment in the next 6 months

What can I expect from the Managing Emotions Programme?

You should expect to feel understood, learn practical skills and finish the course with the confidence to manage your emotions effectively in your day-to-day life.

Feel understood

The courses were created alongside people with lived experience of personality disorder and emotional difficulties.

So, you can be sure that the course content will be relevant and address the issues that you’ve been experiencing.

Learn practical skills

The course offers access to psychoeducational support meaning you will take away evidence based, practical tools and skills to help you manage your emotions.



Gaining confidence

The group setting of the courses creates a sense of inclusion and a feeling of empowerment and connectedness.

The courses aim to reduce any distress you are experiencing, whilst teaching you the tools and giving you the confidence to improve your own day-to-day life.

What happens in the courses?

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

Course 1 Understanding emotions - an introduction

A single-session workshop lasting 2.5 hours

This mini course 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

4-week course

2 hours per week

This course explores understanding and labelling emotions, coping skills to reduce the intensity of emotions, and beginning to make positive changes.

Course 3 Developing skills to manage and regulate emotions

8-week course

2 hours per week

This course takes an in-depth look at emotional awareness and regulation, communication, personal values, acceptance, goal setting, mindfulness, and other emotion regulation skills.

Course 4 Carer's course - Supporting someone with emotional difficulties

4-week course

2 hours per session

The course looks at what it might be like to have emotional difficulties, when to intervene and when to step back, responding to suicidality, managing your own fears and looking after your own wellbeing.

How to access the Managing Emotions Programme

Referrals can be made by GPs or healthcare professionals using our [online referral form](#). If you have questions about the programme, you can email us at mep@together-uk.org.

