

What is the 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 also offer a separate course for carers of people having difficulty managing intense emotions.

We offer three courses for people experiencing difficulties managing their emotions as well as the fourth course for carers of those people. 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 - Developing skills to manage and regulate emotions** - (8 sessions)
- **Course 4 – Carer’s course - Supporting someone with emotional difficulties** – (4 sessions)

People will be referred to the programme by GPs and other external agencies. 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.

Making a referral to the Managing Emotions Programme

We accept referrals from GPs or Healthcare Professionals. Please submit the referral form online at www.togetheruk.org/projects/berkshire-west-managingemotions-programme/ or if you have any questions you can email us at mep@together-uk.org.

About Together

Together for Mental Wellbeing is a national charity that supports people experiencing mental distress to lead fulfilling and independent lives. Founded in 1879, today we work with approximately 4,500 people every month, at around 70 locations across England. Our services include support in the community, accommodation based support, advocacy, and criminal justice services. Our core ethos at Together is 'Service User Leadership'. This means that we empower people experiencing mental distress to make choices that affect their lives, lead their journey to wellbeing on their own terms and to collectively influence and improve services, organisations and society.

This means we value people as experts in what works best for them, and each individual we work with influences and shapes the support they and others receive from us. It also means we provide opportunities for people experiencing mental distress to work with Together to draw on their experiences to help us improve the quality and experience of the services that we provide.

In partnership with



Berkshire Healthcare
NHS Foundation Trust

together
FOR MENTAL WELLBEING

Berkshire Managing Emotions Programme



What can I expect from the Berkshire 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 psycho-educational courses at increasing level of complexity.

The courses are available to people aged 18 and over, who are registered with a GP in Berkshire, who are not currently under secondary care services but who have been identified as having difficulties with regulating and managing their emotions. 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 a personality disorder diagnosis
- They provide streamlined access to psycho-educational 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 identified 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 at 1a Rupert Square, Reading ,RG1 3HE and online, in groups of approximately 8-12 clients.

Course 1 - Understanding emotions - an introduction - A single-session workshop lasting 2.5 hours, giving a basic introduction to the function of emotions and some coping skills to help during times of distress. This course would be suited to individuals who have had no previous psycho-education and/ or cannot commit to a more in-depth course. All material in this course is also covered in courses 2 and 3.

Course 2 - Learning strategies to manage emotions - A 4-week course (2 hours per week) that explores understanding and labelling emotions, coping skills to reduce the intensity of emotions, and beginning to make positive changes. This course is suitable for people who are looking to build a foundation of emotional awareness and regulation skills; no previous psycho-education is necessary. The material in this course is also covered in course 3.

Course 3 - Developing skills to manage and regulate emotions - An 8-week course (2 hours per week) taking an in-depth look at emotional awareness and regulation, communication, personal values, acceptance, goal setting, mindfulness, and other emotion regulation skills. This course is suitable for

individuals who are ready to develop a deeper level of emotional awareness and the skills needed to identify/modify harmful emotional responses. Clients do not need to have attended a previous course and can be referred directly to course 3.

Course 4 - Carer's course - Supporting someone with emotional difficulties - 4-week course (2 hours per week). Course content includes:

- Understanding Emotions
- To consider what it might be like for someone to have emotional difficulties
- When to intervene and when to step back
- Responding to Suicidality
- Managing your own Fears
- Carers Wellbeing - Strategies to Cope and Manage
- When to seek help for yourself?
- Signposting and useful resources

