

CAMHS Emotional Skills Group



Welcome to CAMHS Emotional Skills Group! You have been referred to Group Work for treatment.

**Do you feel overwhelmed and out of control at times?
Do you want to learn new ways to manage your emotions?**

If this is the case, the **Emotional Skills Group** could be for you. The aim of this group is to provide you with different ways to reduce the emotional discomfort you sometimes/often feel.

What are Emotional Skills?

We offer a diverse range of skills and strategies to help you regulate and manage your emotions and thoughts on a day to day basis. These skills are long-term and lifelong skills that can be used at any stage in your life. A key aspect of this group is practising a skill known as mindfulness. This is a concept you may have heard of before. It is about the “here and now” and finding ways to be more present in the moment.

Will I have therapy?

Yes. We will be doing this by drawing on a therapeutic model known as Dialectical Behaviour Therapy (DBT – not as complex as it sounds!) which is focused upon understanding your emotions and thoughts.

Does it work?

Yes. This group is an evidence-based therapeutic treatment that has been designed specifically for young people between the ages of 12 to 18 years old who struggle to manage their emotions.

Where will the group treatment take place?

This group will either take place at Artemis House or online (using Attend Anywhere or Microsoft Teams).. We will let you know if your appointment is face to face or online.

How long is this for?

This group lasts for 10 weeks and it will have approximately 10 young people in total. There is a 12-14 years old group and a 15+ group and each session will be around 2 hours long. There are group sessions running in the morning and in the afternoon and this will always take place on the same day and time once a week. (The group sessions will not run over a half-term break.) In weeks 1, 5 and 10, there are parent/carer joint sessions, where we will work on areas based upon communication, relationships and finding a middle path.

What happens before my appointment?

You will receive an appointment to attend your first appointment (pre-engagement) which will likely take place at **Artemis House**. This will be a group, face to face appointment. We hope to talk together about the things you would like to change and we will be asking you to think about some goals.

We will support you to think about the things in your life that you would like to be different. Unfortunately, we do not have a magic wand that can change or remove the things that are currently difficult for you. However, we can think together about ways to manage and improve your coping skills so that you can begin to feel better.

What happens after my treatment?

We will also offer you a post engagement appointment. This will be face to face at Artemis House. If you prefer, we can have this appointment online via Attend Anywhere. This appointment will be an individual appointment, not a group appointment.

We understand that you may feel nervous. So, please feel free to call into Group work on 0116 295 2971 any time regarding any questions or concerns you may have. There will always be a member of staff who will get back to you.

It can be a big step to take part in this group, so that is why we will be here with you every step of the way in supporting you to improve your mood.

We are very much looking forward to meeting you!

feedback given from young people and parent/carers who have attended previous groups with us:

“The booklets were really helpful— Parent session was fantastic and the counsellor was cheerful, inclusive and put us both at ease. The booklet is great because I can now see what we need to work on as a family and see what we can do to help him and ourselves. Thank you”

“Although the session is about serious things, the chat is chill and not tense. The counsellor is very cheerful and makes you feel happy and comfortable”

“The group has helped me with my confidence”

“Helped me have a positive mind set”