**St. Margaret’s Centre**

**Supporting People Recovering From Mental Health Problems**

EMOTIONAL REGULATION SKILLS

 3 DAY FOUNDATION COURSE

Introduction to Emotional Regulation Skills



**Group workshop for**

**8 – 12 people**

Our three-day Emotional Regulation Skills (ERS) course is available to organisations on request. The course is suitable as an introduction to Emotional Regulation Skills, which involves the identification of emotions, understanding the role emotions play, and assisting those we work with or care for to learn to tolerate and manage emotions and distress effectively.

You can expect to learn how to formulate emotional distress and disturbances within a bio-psycho-social framework. You will be introduced to core strategies including dialectics, chain analysis, problem-solving and validation. An important feature of the course is its emphasis on enabling you to become more skillful in assisting service users or those you care for in managing distress and regulating emotions.

The teaching methods involve collaborative work, brief conceptual presentations, structured roleplays, practice of techniques, and video demonstrations.

In Summary:

* This is a hands-on 3 day foundation level course on ERS. It is non-accredited but upon completion you will receive a certificate demonstrating your knowledge and skills.
* A mental health background of previous training in psychological therapies is not required.
* The course is taught by an experienced mental health professional and accredited CBT Therapist
* It involves a modular structure with frequent revision of taught material, and will provide guidance on the use of CBT self-help materials

Course Programme

Course Aims

You will gain an understanding of the fundamental skills and theory of emotional regulation

**Course Outcomes**

**Cognitive and intellectual skills**

* Analyse the core emotional regulation principles in relation to patients who struggle to regulate and tolerate emotions

**Knowledge and Understanding**

* Demonstrate detailed knowledge of the theory and practice underpinning emotional regulation
* Understand how to assess a patient’s distress and synthesize this information into developing a bio-psycho-social formulation

**Practical / professional qualities and skills**

* Appreciate the nature and complexity of applying skills
* Implement a bio-psycho-social informed intervention collaboratively, utilizing the core therapeutic skills inherent in this model
* Demonstrate how to collaboratively engage and socialize a patient into a dialectical-behavioural approach to understanding their distress/problems
* Appreciate the importance of clinical supervision in maintaining high standards of therapy practice
* Evaluate the effectiveness of a therapeutic intervention

**Key transferable**

* Promote the use of critical reflection and analysis in providing effective practice
* Demonstrate how to manage a therapeutic encounter and maintain a purposeful and psychologically healthy alliance
* Demonstrate the use of evidence and literature in providing effective practice
* Critically appraise own actions and attitudes within CBT practice
* Act with increased confidence when helping patients manage their distress

# **Learning and Teaching Strategies**

* The module is run over 3 full study days.
* You are required to attend all three days, but in exceptional circumstances it may be possible to miss a single day only and still successfully complete the course. However, this would need to be negotiated with the tutor.
* Each study day involves a workshop format where a mixture of didactic presentation, skills demonstration by the module tutor, followed by structured role-play practice among participants then evaluation of what has been learnt.
* The role-play activities will be conducted within small groups and involve skills practice, peer observation and tutor evaluation, followed by whole group discussion and a consolidation review. You will be provided with a blank workbook to complete each day containing the headings for each of the role-play exercises for that particular day.

# **Resources**

**Essential:**

Marsha M. Linehan 1983 Skills Training Manual for Treating Borderline Personality Disorder

**Useful Websites:**

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

<http://www.get.gg/dbt.htm>

<http://www.dbtselfhelp.com/>

**Additional:**

Marsha M.Linehan 1983Cognitive Behaviour Therapy for Borderline Personality Disorder

M McKay, J. C. Wood and J. Brantley 2007 The Dialectical Behaviour Therapy Skills Workbook

E. Astrachan-Fletcher and M. Maslar 2009 The Dialectical Behaviour Therapy Skills Workbook for Bulimia

Michelle Ayres and Carol Vivyan 2010 The Decider: A Skills Manual

# **Learning and Teaching Strategies (Continued)**

* The focus is on developing emotional regulation, distress tolerance and inter-personal effectiveness skills and awareness of the theoretical foundation underpinning therapy practice.
* A further important aspect of this learning is aimed at helping you apply this within your own area of clinical or care work and demonstrate this with brief written reflections on practice.
* Evaluation of this ‘homework’ will occur within the group following each subsequent session.
* The tutor is available to provide any additional support should this be needed.
* As far as possible, this format mirrors that of a typical skills training session.
* Emphasis within the teaching is placed on helping you acquire practice skills and theoretical knowledge and practice this within your own area of clinical work.

Support and Guidance

The course does require a significant commitment from you over the three days and in-between through the ‘homework’ elements. However, the tutor will be present and is prepared to be actively involved in the roleplay exercises when needed and on hand to provide guidance, literature and support.

Through being prepared to engage and interact within the learning exercises, course participants can assist each other to successfully complete and enjoy them.

Course Tutor

**Janet Forster** is a **Psychological Therapist**, she commenced her RGN training with Durham Health Authority in October **1983** qualifying as a general nurse in **1987** working at the then Dryburn Hospital (now UHND) in Gastro-intestinal medicine.

Janet then undertook post-graduate RMN training at Darlington Memorial Hospital, moving to Shotley Bridge Hospital to take up a post as a Staff nurse on qualifying on an acute in-patient unit.

**1992** Janet then took up a post as an outreach worker, working with service users to prevent hospitalization and promote discharge from mental health services. This position involved partnership working with service users, their carers, other statutory and non-statutory agencies.

While being attached to a psychological therapy based Day Service Janet completed a Post-Graduate Diploma in Systemic Family Therapy in **1998** and completed a further Post-Graduate Diploma in Systemic Teaching, Training and Supervision in **2000**. Janet then went onto work in the Community Mental Health Teams at Derwentside and Chester-Le-Street taking up posts as a Primary Care Worker and CPN.

**2004** Janet transferred to the then County Day Unit to work with Dr Sanjay Rao and supported him in the development of an Evidenced Based Therapy Service which later became the Logos Centre in **2005**. To enhance her skills Janet completed further training in Cognitive Behavioural Therapy (BSC (HONS)), Dialectical Behaviour Therapy and Neuro-Linguistic Programming.

**2007** Janet took up the post as Clinical Lead for the Logos Centre and continued to build on the work commenced by Dr Rao in close association with Logos Centre team members.

**2007** the Logos Centre received WDD Funding to provide teaching, training and supervision to multi-disciplinary staff from Physical Health Care Settings in developing CBT for individuals with chronic medical conditions and terminal illness in which Janet took the lead.

**2008** Janet completed training in DBT (Dialectical Behaviour Therapy) and in association with other colleagues provided the DBT Programme within Durham and Darlington Adult Mental Health Directorate.

**2012** as part of a reconfiguration of community services within the NHS, Janet moved to the Ad Durham City Affective Team as a Psychological Therapist.

Janet has worked within Psychological Therapies as a nurse therapist for 20yrs with adults in secondary and tertiary care mental health services, providing individual, group, couple and family interventions and therapy.

Janet is also involved in teaching, training and supervision of staff utlilising CBT and Systemic models of psychotherapy, being responsible for developing and providing workshops in systemic therapy and in partnership with other CBT Therapists providing teaching, training and supervision in CBT.

**About St Margarets Centre**

St Margarets Centre was set up in 1991 (Registered Charity No 1160900). It provides a welcoming therapeutic environment which encourages individuals to learn new skills in a manner that help them develop their potential and ensures that they get access to the services they need.

St Margarets Centre assist service users to do this by delivering a range of interventions and activities which allow them to participate on a level suitable to their ability.

These include interventions and activities which assist people to identify and address needs related to developing and/or maintaining a healthy and balanced lifestyle, by identifying and addressing their physical, psychological/emotional and social needs.

**Booking Information**

For more information on booking a course for your organization, telephone the centre manager Rob Chatwin on: 0191 384 8100, or email: enquiries@stmargaretscentre.co.uk

**Information and Directions**



**St Margaret’s Centre, The Old School, Margery Lane, Durham, DH1 4QJ**

**By car**
Durham is easily accessible from all parts of the country. The A1M motorway passes by the City and there are direct routes connecting with the A19, A66 and A68.

**By coach**
Durham enjoys direct coach services to and from most of the major cities in the country. There are also a number of regional express services as well as the extensive local bus network that operates to and from Durham.

**By train**
Durham is situated on the main East Coast Main Line, so is easily reached by train. Direct and connecting services are available to and from all parts of the country. The station is within walking distance from the centre.

**Parking**

We have a small free car park with limited number of spaces, however, fee-paying parking and off street parking are available nearby.

**Refreshments**

The centre has its own community café on site.