



WORRY MANAGEMENT COURSE

Welcome to our 5 week worry management course

The worry management course is a way of learning new tools and techniques to manage your worries in a group environment. Each session covers something different, so you will have a toolbox of skills to use by the end of the course. We do encourage group discussion within a relaxed environment. The skills covered in each session will be set for homework and you will have the opportunity to ask questions at the next session.

Sessions are held weekly for two hours at the same time and place as detailed in the enclosed letter.

SESSION OVERVIEW

1

Introduction

Meet the facilitators and discuss course structure.

2

Types of Worry & Sleep Hygiene

Learn to classify worries and make small changes to sleep.

3

Hypothetical Worries

Learn to deal with worries out of your control.

4

Practical Worries

Dealing with worries that have solutions.

5

Maintaining Progress

Looking at how to keep yourself well

Review

In session 5 you will arrange a 15 minute review call with one of the group facilitators. This is to discuss how you found the group and what might be helpful going forward.

WHAT IF IT'S NOT FOR ME?

We understand that group therapy is not for everyone. Please do contact us if you feel other means of therapy may be more beneficial to you.

You can do this by approaching one of the course facilitators or call us on our main number. We are always happy to talk to you about your concerns and look at how we can help you further.

For any queries please contact 01234 880400