

Module 14:

What I achieved through Coping Skills



This module will help you:

- think about where you are now
- compare where you are now with where you were when you started Coping Skills
- tell your coping skills therapist what you think of this course
- congratulate yourself!

Authors: Caroline O'Connor, Kevin Duffy, Caroline Brilly.

Edited by Caoimhe Black and Brian Fitzmaurice



.....

Plan for today's session

How was your week?

What would you like to talk about today?

Evaluating today's session

Summary of what we talked about today

What will I do during the week?

How was today for me?

Name: _____ Date: _____



What I got from Coping Skills

Worksheet

This worksheet will help you think about what you got from this course. Answer the questions as best you can, and talk about your answers with your coping skills therapist.

What is difficult for me?

What are my main problems?

Why do these difficult experiences bother me?

What have I tried so far to deal with difficult things and difficulties?

What do I want to get from Coping Skills?

What can my coping skills therapist help me with?

Name: _____ Date: _____

.....

Compare your worksheets from the start of Coping Skills and now

Worksheet

At the start of this course, you filled in a worksheet titled **What I Want from Coping Skills** in Module 1. Look at that worksheet on page 14, and look at the worksheet you just filled in.

What I got from Coping Skills.

Make notes of how things have changed for you.

How has my low mood and anxiety changed?

How has my confidence in myself changed?

How has my experience of voices or distressing beliefs changed?

Are you more satisfied with your coping skills? How have they changed?

Name: _____ Date: _____

What I have learned

What is psychosis?

Am I the only person who has these experiences?

Why do people have these experiences?

What coping skills can I use to manage my experiences?

What are my treatment options?

What goals can I keep working on?

Do I have a plan to help me recognise early warning signs?

Have I said to myself, “Well done”?

Name: _____ Date: _____

.....

What I think about Coping Skills

Well done on completing this programme on coping skills. We would like to know what you think of it. Please fill in this form and give it to your coping skills therapist.

What did you like about Coping Skills?

What worked well for you?

Is there anything you would like to change about this programme?



Notes

A large rounded rectangular box containing 20 horizontal dotted lines for writing notes.



Notes

A large rounded rectangular box containing 20 horizontal dotted lines for writing notes.

...

**Thank you and
well done!**



Health Service Executive (HSE),
Mental Health Clinical Programmes,
Dr. Steevens' Hospital,
Steevens Lane,
D08 W2A8,
Ireland