

U & Me programme - Understanding and Managing Emotions.

The Understanding and Managing Emotions (U & Me) programme is a six month group programme based on the skills developed in Dialectical Behaviour Therapy (DBT). U & Me aims to teach you how to increase your awareness of your emotions and the skills to deal with your emotions more effectively.

The programme covers 3 modules over 24 weeks (8 weeks each) with weekly group sessions which are 3 hours long. You are required to sign up to all three modules.

The modules include:

- **Distress Tolerance:**
Build skills to cope more effectively in managing stressful life events, coping in a way that is less destructive to you and your relationships.
- **Emotion Regulation:**
Practice skills in understanding and managing your emotions.
- **Interpersonal Effectiveness:**
Improve your ability to relate to people and to feel more skilled and confident in doing so.

Mindfulness skills will be built into each module which will help you become more aware of your thoughts, feelings and actions and how they impact on your behaviour.

The U & Me programme sounds like it might be something you would like to apply for.

If you are interested in attending this training programme, you will need to be referred by a member of your multidisciplinary team. . S/he will complete a standard referral form which will outline your main difficulties. On receipt of the referral, you will be offered an initial appointment with an individual therapist from the programme. This appointment will involve pre-screening to determine if this programme is suitable for you. During this initial appointment the therapist will give you further information about the programme and ensure that you are willing to fully engage with the programme. You may be asked to complete a number of assessment measures either during this initial appointment or during the first group session of the programme.