

CLIENT INFORMATION SHEET

Is the group suitable for me?

This group may be for you if you struggle to cope with emotions such as anxiety or sadness, if you are self-critical, have tendencies to be very hard on yourself and, perhaps, struggle with feelings of shame. These kinds of issues often underlie a whole range of mental health conditions such as anxiety disorders, depression and low self-esteem. If you recognize any of these in yourself, this group may be suitable for you. This course of sessions can help you to deal with distressing emotions and develop more self-compassion.

You will benefit most from this group if you are currently in a reasonably stable and secure situation. If you are dealing with a recent crisis, are struggling to keep yourself safe and/or are experiencing very high levels of distress then it is likely to be difficult to get the most out of a group like this. Whilst you won't be asked to share anything with other members of the group that you aren't comfortable to share, you will probably get more out of the group if you are able to contribute some of your thoughts and responses to the exercises that you will be doing in the sessions and in between them.

What is the content of the sessions?

Each session will consist of a short presentation designed to help you understand an aspect of the compassionate mind approach and to deepen your understanding of your own (and others') psychology. There will also be exercises to do in the session such as mindfulness, visualization exercises, group discussion and written exercises. You will be encouraged to do some of the practices in between sessions in order for you to get the best out of the group.

How long is the group?

The group consists of eight, two hour sessions. These will be held weekly at the same time 9.30am to 11.30am on Saturdays, starting on 5th September 2020 and ending on 24th October 2020.

How do I apply for the group?

If you are not currently being seen by our service, you will need to apply to attend the group by phoning us on **01904 412551** or emailing us: APTinfo@theretreat.org.uk After giving us some details, an initial appointment will be arranged with the group facilitator. This will be a 50 minute meeting and there is a charge of £65 for this. The therapist who assesses you will help you to decide if this is the right approach for you at this stage and will get the ball rolling for you if you decide you'd like to attend the group.

Is there anything else that I need to know?

You will be asked to complete some questionnaires before and after the group. These will be treated as confidential. You will be asked to agree to some conditions of participation such as regular attendance and maintaining other participants' confidentiality. The cost is £50 per two-hour session. If you wish to pay in full before the group starts, you will receive a discount of £50 so the total charge will be £350. You may also pay in four installments of £100 before the first, third, fifth and seventh sessions.