

Groups will run for 12 weeks, for two hours each week. The groups work well with eight participants attending consistently throughout. There will be two group facilitators; currently, in Exeter we are Clinical Psychologists or Trainee Clinical Psychologists.

There are also RELAY groups in East Devon and Mid Devon which you may be able to participate in - Please speak to us about this if it would be difficult to participate in a group in Exeter.

Contact details

Psychology & Psychological Therapies

Church Lane

Heavitree

Exeter EX2 5SQ

t: 01392 676376

www.dpt.nhs.uk

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team

Devon Partnership NHS Trust

Wonford House, Dryden Road

Exeter EX2 5AF

Freephone: 0800 0730741

Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



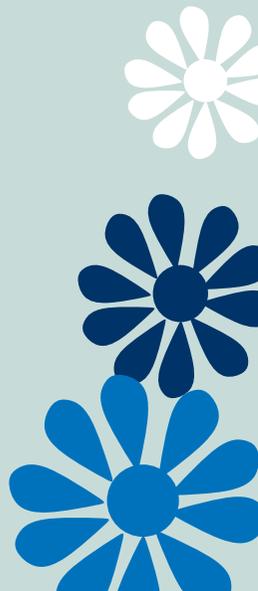
NHS

Devon Partnership
NHS Trust

RELAY Group in Exeter

Regulate your Emotions
and Look After Yourself

*A guide for those
considering participating
in one of these groups*



Why a RELAY Group?

- Do you sometimes feel that your emotions are in charge of you rather than the other way around?
- Do you feel as though you are on an emotional rollercoaster?
- Would you like some help in understanding and managing your emotions?
- Do you find it hard to control your impulses?
- Do you sometimes act on impulse in ways that you later regret?
- In a crisis do you find yourself doing things that make the situation worse in the long run?
- Would you like some help in dealing with crises without making things worse?
- In relationships do you find it hard to get what you need or say no to other people's demands?
- Is dealing with conflict hard for you?
- Would you like to have more skills in forming new relationships or in managing relationships?

What will the group involve?

If you have answered yes to several of these questions then you would probably find the group helpful. We will be teaching four main sets of skills:

- 1) coping in a crisis,
- 2) understanding and regulating emotions,
- 3) relationship skills, and
- 4) living 'mindfully' in the present moment.

The group will be basically a teaching group and so no one will be expected to talk about their past experiences. We will be asking you to practice the skills between sessions and to let us know how you got on. It is also very helpful if people can contribute in the group by giving examples from their own lives of, for example, when the skills might be appropriate to them. As in any group you will need to be able to be tolerant of other people and willing to listen to what other people have to say.

How might it help?

Many people who have attended this group find it supportive, informative and helpful.

With practice they are able to better understand and manage their feelings, which is helpful when relating to other people and especially helpful in dealing with and averting crises.

In addition people can often find 'mindfulness' techniques help them to relax, reduce their distress and help them to gain a better sense of perspective on things that are happening in their lives.

This group can be very helpful in its own right but can also be helpful for people who are preparing to embark upon individual therapy following completion of the group.

“Regulating Emotions and Looking After Yourself”