



Getting on Better with Yourself and Others

- If you don't like yourself ...
- If you struggle to make friends ...
- If you find it difficult to trust others ...
- If you tend to avoid others ...
- If you need a lot of reassurances to feel ok ...
- If you've experienced difficult relationships in the past, e.g. with ex-lovers, peers, family members, colleagues ...

If any or all of these things are true for you, then
Getting on Better with Yourself and Others
is for you!

In this online psycho-educational course, you will:

- Gain a greater understanding of yourself;
- Develop skills in forming and maintaining relationships;
- Be better able to manage when relationships go wrong;
- Understand how your past is influencing your present.

This online course commences on Thursday 4 February 2021 at 2pm to 3.30pm, then it will run every Tuesday 5:30pm to 6:30pm and Thursday 2pm to 3pm, from Tuesday 9 February 2021 to Thursday 18 March 2021. The final session will be on Tuesday 23 March 2021 at 5:30pm to 7pm.

You will be expected to:

- Attend all sessions;
- Be curious about your mind and others;
- Participate and engage in the group.

This course is grounded in Mentalization Based Therapy. Mentalizing is a normal everyday skill we all use to make sense of our own actions and feelings and those of others. Mentalizing skill is important in developing fulfilling and meaningful relationships. This course aims to provide a safe and structured environment to help you to improve your mentalizing skill and thus improve your relationship with yourself and with others.

For more information, please contact: counselling@bangor.ac.uk