

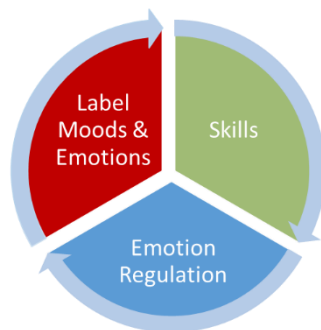
Emotion Regulation Skills Class

Do you struggle to manage your emotions?

Are your emotions so intense that you don't know what you are feeling or why?

Do you act impulsively in an attempt to get rid of painful emotions only to find they come back to bite you?

If any/all of these things are true for you then the **Emotion Regulation Skills Group** is for you!



In the **Emotion Regulation Skills Group** you will learn how to identify and understand your emotions and develop skills to change unhelpful emotions without acting impulsively.

The group will run **every Wednesday in semester 2, dates to be confirmed.**



You will be expected to:

- Attend each week
- Practice the skills taught
- Report back on practice

Skills taught in the group come from a

therapy called

**Dialectical
Behaviour Therapy (DBT).**

**This is an evidence-based treatment,
originally designed to
address suicidal behaviour, but now known
to be effective for a wide range of emotion
related difficulties.**

For more information contact:

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Student Counselling Service

**Emotion Regulation
Skills Class**

