

Self Esteem Workshop

This 2 hour workshop looks at improving our overall opinion of ourselves by learning how to evaluate ourselves more positively.

We also have access to other courses as part of a client's treatment plan, including:

- ◆ Yoga 6 week course
- ◆ Aspen course for survivors of childhood sexual abuse
- ◆ Breaking Free 6 week course for peri-natal depression
- ◆ The Decider Skills 10 week course

Contact Information

Primary Care Mental Health
& Wellbeing Service

The Oberlands Centre
Rue de la Corbinerie
St Martin
GY4 6SP

01481 707744

WORKSHOPS



An information leaflet on all
the workshops and groups
available from the
Primary Care Mental Health
& Wellbeing Service



States of Guernsey
Adult Community Services



The Decider Skills

The Decider Life Skills Workshop: 12 evidence based and effective cognitive behavioural skills for everyone. This fun and effective 2.5 hour workshop runs every 2 months.

The Decider Graduate Group: Skills refresher session for anyone who has attended the workshop or course on the first Monday of every month. 11am – 12.

CBT Skills for Anxiety Workshop

This 2.5 hour class informs people about the CBT vicious cycles of depression, anxiety, anger and stress, and offers effective strategies on how to break out of these distressing cycles by making positive changes by using some of The Decider Skills and other CBT techniques. The workshop runs every 2 months.

Stress and Worry Workshop

The two and a half hour stress and worry workshop focuses on identifying what stress and worry is, what causes it, what keeps it going, and what we can do about it, using evidence-based CBT strategies.

This workshop usually runs every two months.

Mindfulness Workshop

“If you want to conquer the anxiety of life, live in the moment, live in the breath.” Thich Nhat Hanh.

Mindfulness workshops offer a taster of, or an introduction to, mindfulness meditation as an evidence based resource for stress reduction. Mindfulness is proven to be effective for pain management, stress and anxiety management and for people living with depression. This is not a therapy group. The workshop is set up to offer a relaxed learning environment and there is no expectation for people to share personal information about themselves. The workshop is open to primary care and secondary care mental health service users. The workshop allows for learning about what mindfulness is and also gives people the opportunity to try mindfulness meditation in the session.

The workshop usually runs every couple of months.



Assertiveness Workshop

This workshop provides practical assertiveness skills to implement in a range of situations in everyday life. It is a psycho-educational workshop that lasts 2 ½ hours. Key areas covered within the workshop include: An overview of assertiveness; communication styles; how to behave and sound assertive; how to say no; assertive language; troubleshooting skills for challenging situations.

This workshop usually runs in the last week of the month every two months.

Mood Boost Workshop

This 2 hour workshop for dealing with depression runs every 2 months. The workshop will teach you about depression and how to change what you do in order to help balance your mood.

Art Therapy Workshop

Occasional Art Therapy workshops facilitated by a qualified Art Therapist.