

Coping with Life

Course Facilitators

Lynn Hunt

"I have worked as a counsellor in many diverse areas, including prisons and substance misuse, and I supervise the counselling service at Sevenoaks Area Mind. I'm very pleased to be introducing the Coping with Life courses, they are a great way to promote better mental health in our community."



Brian Pugsley

"I worked in mental health for a few years near the start of my working life, then got distracted with a lengthy spell in sound engineering. Now I have re-trained as a counsellor, and I'm delighted to be working with Sevenoaks Area Mind as a counsellor and facilitator for Coping with Life."



About Coping with Life

Coping with Life is a series of psycho-educational courses based on Cognitive Behavioural Therapy (CBT) principals. They are not therapy groups. You will not be required to disclose personal material, as case studies will be used. You will, however, be asked to practice the skills learnt between the sessions.

Application

The courses are ideal for those with a mild to moderate range of difficulty who are willing to engage with guided self-help. Applicants will be offered a place after a short telephone conversation with a course facilitator. Apply online at

www.sevenoaksareamind.org.uk/cwl-apply

or contact us for an application form.

Centres

Sevenoaks

34 St Johns Road
Sevenoaks
TN13 3LW

Tonbridge

3 St Marys Road
Tonbridge
TN9 2LD

Sevenoaks Area Mind

01732 744950

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Sevenoaks Area Mind deliver quality services that meet or exceed the rigorous standards set by national Mind.

REGISTERED IN ENGLAND 3026497 CHARITY 1044977



Sevenoaks Area Mind

Coping with Life



Sevenoaks Area Mind are delighted to announce a new series of courses designed to help people make positive changes in their lives. Many of us experience anxiety, depression, stress, low self-esteem, or difficulties with anger and self-assertion. These courses aim to help participants learn and develop coping strategies for themselves.

Each course offers a six week structured programme of learning to help you identify particular thought patterns that are unhelpful which, together with certain behaviours, serve to maintain problems rather than cure them.

The courses take place on weekday evenings in Tonbridge or Sevenoaks. Fees for each complete course are £96 for Anxiety and Depression, and £168 for Anger Management.

Coping with Life

Managing Depression



Depression is a common and painful experience that affects about 1 in 5 people at some point in their lives. You will learn a new set of skills that are proven to be effective in helping to manage or cure low mood.

By the end of the programme, you will:

- understand what depression is and how it is maintained
- understand the link between thoughts, physical symptoms and behaviour
- be able to identify your own vicious cycle of depression
- be able to identify and challenge your own unhelpful negative thinking
- have learned about the importance of increasing activity

Course Details

Six consecutive Thursday evenings in Tonbridge beginning on Thursday 27 October. The sessions begin promptly at 6pm and finish at 7:30pm. Course facilitator Lynn Hunt.

Fee for the course: £96

Coping with Life

Managing Anxiety



Anxiety includes a range of distressing problems like panic, worry, phobias, trauma and obsessive/compulsive patterns. You will learn a new set of skills that are proven to be effective in helping to manage or cure anxiety.

By the end of the programme, you will:

- understand what anxiety is and how it is maintained
- understand the link between trigger situations, physical symptoms, behaviour and thoughts
- be able to identify your own vicious cycle of anxiety
- be able to identify and challenge your own anxious thought processes
- have learned skills to help control unpleasant physical sensations

Course Details

Six consecutive Thursday evenings in Sevenoaks beginning on Thursday 27 October. The sessions begin promptly at 6pm and finish at 7:30pm. Course facilitator Brian Pugsley.

Fee for the course: £96

Coping with Life

Anger Management



Anger is an important and necessary emotion that can sometimes lead to unhelpful and destructive behaviour. You will learn a new set of skills that are proven to be effective in helping to manage anger.

By the end of the programme, you will:

- understand anger, why it occurs, and how it is maintained
- understand how anger differs from other mood disturbances like irritation and aggression
- understand the link between thoughts, physical symptoms and behaviour
- be able to implement a range of strategies and techniques to manage your anger
- be able to identify and challenge your own unhelpful thinking

Course Details

Six consecutive Thursday evenings in Sevenoaks beginning on Monday 16 January. The sessions begin promptly at 6pm and finish at 7:30pm. Course facilitators Lynn Hunt and Brian Pugsley.

Fee for the course: £168