



WORKING WITH EMOTIONS GROUP FAQ

Basic Information

The WWE group is a six-week evidence-based program for people who find it challenging to manage strong and frequent emotions. Prior to joining there is a 30 minute screening phone call and a 1 hour assessment (face-to-face). The group will run for two hours on a weekly basis. The group is intended to have 4-6 participants; however, there might be slightly less. There is also a possibility of a booster session after the eighth session. We are currently offering the group via a face-to-face format.

Who is suitable for the group?

Anyone who finds it challenging to cope with strong emotions and finds these emotions impacts their lives. Emotions can include anxiety, fear, happiness, sadness, shame, guilt and anger. The overall focus of the group will be to help learn that you can cope with strong emotions.

What will I be doing in the group?

The group uses an emotion-focused cognitive-behavioural therapy approach called the Unified Protocol. This approach aims to help you gain a better understanding and awareness of your emotions and develop strategies to tolerate them better, so they don't control your life. The provisional psychologists will provide you with educational content and teach you skills that will be practised within this supportive space under their guidance. Part of this learning includes experiential exercises such as mindfulness and tolerating unpleasant bodily sensations. There will also be some group discussions. Homework will be given each session to support you in practising your skills outside a group setting.

What happens if I miss a session?

If you are unable to attend a session, please let the provisional psychologists know as soon as possible. We understand that sometimes people become unwell or life gets in the way, but please try your best to attend as many sessions as possible for you to get the most out of the group. The provisional psychologists will try to make time for a mini catch-up session on the content you missed if possible. If it is not possible to arrange a catch-up session, they will e-mail materials and a summary of what you missed for that week.

If you miss 3 sessions of the group the content will be too much to catch up on and we will recommend you stop attending the group. If this occurs, we will recommend you attend the next scheduled group or we will offer you a refund for the remaining sessions.

Will I be required to speak/share in the group?

The group will involve experiential exercises, in which group members will be invited to share their experiences. It will be your choice to share with the group, depending on whether you feel willing and comfortable.

Who will be my group facilitators?

The group will be run by provisional psychologists who are on placement at the ANU Psychology Clinic. They will be running the group under the supervision of a registered clinical psychologist.