

EMOTION REGULATION AFTER BRAIN INJURY GROUP

LEARNING TO REGULATE YOUR EMOTIONS AFTER BRAIN INJURY

Emotions are a wonderful thing but our experience of them and ability to regulate them can change after a brain injury.

Difficulties with emotional regulation can lead to psychological difficulties, and problems with relationships and at work.

In this group, we will try to understand what emotions are, what they are for, and most importantly, how we can put into practice proven techniques and strategies that help us to regulate how we experience and express our emotions.

The program includes eight weekly sessions and one follow-up session (one month later). Each session lasts for two hours.

If you are interested in joining the Emotion Regulation (ABI) Group, email er-abigroup@uwa.edu.au (please put ER ABI Group in the subject) or call 6488 2644.*

The program will be run as part of a research program investigating outcomes and rehabilitation after brain injury and has been approved by the UWA Human Research Ethics Committee (RA/4/20/5902).

WHEN

2021-2022
(dates and times to be confirmed)

*Eligible participants must be

between 18-70yrs and within 24 months of injury. There will be no cost for participation in this group. However, an initial assessment and interview will be required to check that the program is right for you.

WHERE

UWA Robin Winkler Clinic



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**



ROBIN WINKLER CLINIC
SCHOOL OF PSYCHOLOGICAL SCIENCE