

EMOTION REGULATION GROUP

LEARNING TO REGULATE YOUR EMOTIONS

Emotions are a wonderful thing but sometimes are difficult to regulate. They can emerge unexpectedly, or can become overwhelming.

Difficulties with emotional regulation can lead to psychological difficulties such as anxiety and depression, or problems in relationships and work.

In this group, we will try to understand what emotions are, what they are there for, and most importantly, how we can put into practice proven techniques and strategies that help us to take the upper hand on the experience of emotions.

Eight weekly sessions and one follow up session (one month later)
Each session lasts for two hours.

To join the 2021 Emotion Regulation Group for Adults,
email ***clinic-sps@uwa.edu.au*** or call **6488 2644**.

This group is part of a research project with UWA human ethics approval RA/4/20/5902

WHEN

Dates & Time will vary
throughout 2021



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

COST -FREE

However, attendance does
first require an initial
assessment to determine
whether the program is
right for you.

WHERE

UWA Robin Winkler
Clinic



ROBIN WINKLER CLINIC
SCHOOL OF PSYCHOLOGICAL SCIENCE