* ***The U&ME-A Programme sounds like it might be something I would like to apply for. What next?***

If you are interested in attending this training programme,

1. You may be referred by your doctor or you may self-refer to Arbour House for an initial assessment.
2. After this, you will be offered an appointment with an individual therapist from the U&Me-A programme.
3. This appointment will involve pre-screening to determine if this programme is best suited to your needs at this time.
4. During this initial appointment the therapist will give you further information about the programme and ensure that you are willing to fully engage.
5. You may be asked to complete a number of assessment measures either during this initial appointment or during the first group session of the programme.

**Contact a member of staff for further information.**

****

**Understanding & Managing Emotions – Addiction Program**

**hSAS**

[**HSE South Addiction Service**- **‘Caring for people affected by Addictions’]**

**Arbour House**

**St Finbarr’s Hospital**

**Douglas Rd.**

**Cork**

**Tel: 021-4968933**

* ***What is the U&ME-A programme?***

Understanding and Managing Emotions – Addiction (U&ME-A) is a group programme based on skills taught in Dialectical Behaviour Therapy (DBT).

U&ME-A aims to teach you how to increase your awareness of your emotions and skills to deal with them more effectively.

The programme covers 3 modules over 24 weeks (8 weeks each). You will be required to sign up to all modules.



* ***What does the U&ME-A programme involve?***

Each session will be 2.5 hours. These sessions will assist you in learning how to:

1. Be more aware of your thoughts, feelings and actions and how they impact on your behaviour **(Mindfulness skills).**
2. Build skills to cope more effectively in managing stressful life events, coping in a way that is less destructive to you and your relationships **(Distress Tolerance).**
3. Practice skills in understanding and managing your emotions **(Emotion Regulation).**
4. Improve your ability to relate to people and to feel more skilled and confident in doing so **(Interpersonal Effectiveness).**
* ***Who might be best suited to this Program?***
1. Adults who are looking for help with managing both addiction and Mental Health concerns.
2. Who are currently engaged in alcohol or drug abuse.
3. Who are motivated and ready for change.
4. Who have an up-to-date report & support from Doctor or Mental Health team.

