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**Managing Emotions:
A psycho-educational group**

**Edmonton Southside Primary Care
Network**


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We have nothing to disclose.






Learning Objectives

- History of the creation of the Managing Emotions (ME)
- Who it is for
- What it is
- Evaluation of ME


Edmonton Southside Primary Care Network

- >70 family practice clinics
- 230 family physicians
- ~260,000 patients
- De-centralized multidisciplinary team
>90 staff - NP, RN, RPN, RSW, RD, RT, ES, Psychiatrists, Psychologists





Origin of Managing Emotions

- Idea developed in 2012 following an increased demand for assistance in managing emotions and lack of resources in community to meet this need.
- Partnership between Southside PCN and Edmonton Mental Health -Alberta Health Services to develop this program.

Positives

- Popular group
- Psycho-EducationalNOT Psycho-Therapeutic
- Applicable to a wide population base
- Easily integrated with experienced MH Practitioners






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Referral Process

- Self-referred
- Cost is low - \$10/4 week group.
 - Handouts
- Evening offerings





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Session 1 - Focusing on the Present

- Understand emotional highjacking
- Awareness and understanding of mindfulness
- Learn mindfulness strategies
- Understand the concept of *radical acceptance*





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Session 2 - Identification of Emotions
Role of Lifestyle

- Learn how to identify emotions and understand what we are feeling;
- Develop an understanding of how lifestyle influences emotions
- Look at how to respond to emotions rather than react to them





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Session 3 - Role of Thoughts on Emotions

- Develop an understanding of cognitive distortions and the role in emotions
- Develop problem solving skills





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Session 4 - Interpersonal Dynamics

- Understand communication styles
- Understand assertiveness and how to be assertive
- Connect the role of emotions within interpersonal relationship




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Benefits

- Skills to help prevent emotional distress and build resiliency



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Challenges

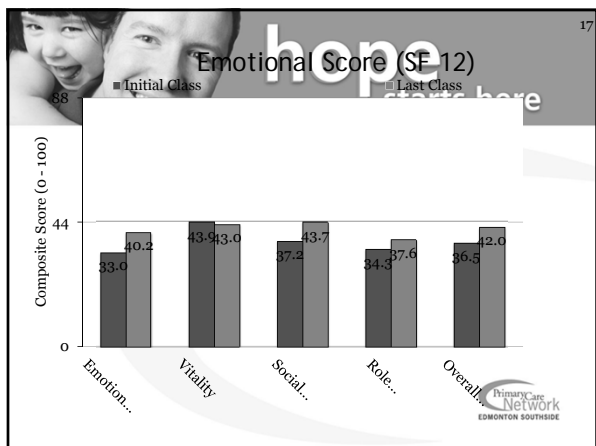
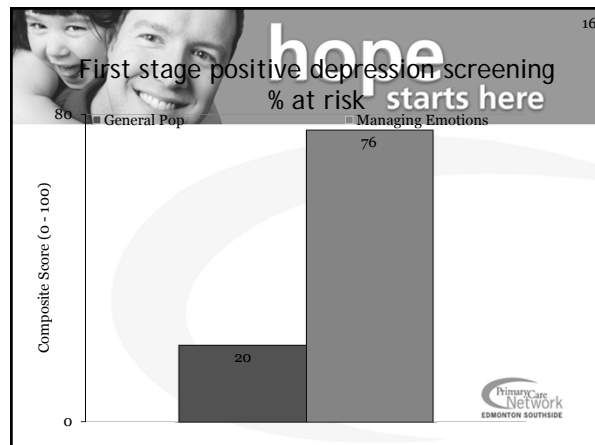
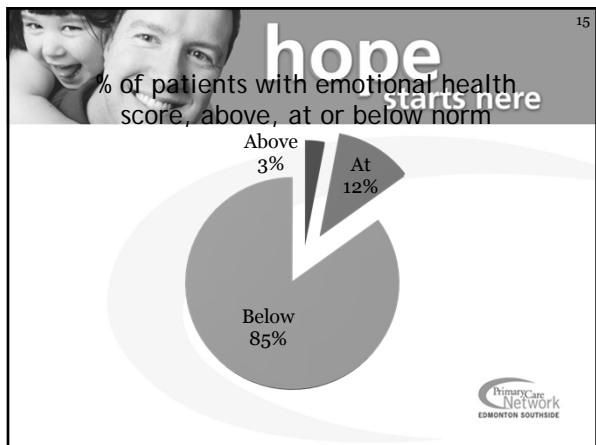
- Staff availability
- Space
- Understanding of group's purpose
- Promotion
- Participant follow up
- Further resources in this area for ongoing development

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Evaluation and Methods

- SF12 Data
- Evolution to new evaluation tool: EQ5D




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Feedback from Participants

- What was most helpful today?
 - Understanding how the brain works
 - Emphasis about accepting emotions
 - Breathing
 - Learning to relax via meditation
 - Learning assertiveness for a healthy relationship
 - Handouts, opening exercises, discussions




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End Notes

- Well received by both patients and staff
- Efficient use of time (staff wise) and commitment (patient availability)
- Valuable to a range of patients
- Anecdotal feedback positive
- Appealing to a variety of different learning styles





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Resources

- Cognitive Behavioural Interpersonal Skills
<http://www.gpsc.bc.ca/psp-learning/adult-mental-health/tools-resources>
- CBT Self-Help Resources: [GET.gg](http://www.get.gg)
- Here to Help (BC) www.heretohelp.bc.ca
- STABLE - www.blackdoginstitute.org.au

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RESOURCES

- Changeways www.changeways.com
- CAMH www.camh.net
- Canada Food Guide www.hc-sc.gc.ca
- *The Dialectical Behavior Therapy Skills Workbook* by McCay, M., Wood, J.C., Brantley, J. (2007)

