



Day Services - St Edmundsbury Hospital

Building Healthy Self-esteem

An information guide to building healthy self-esteem using cognitive behavioural therapy and mindfulness techniques



Who is the Programme For?

This programme is for people who struggle with low self-esteem. It is for people who are interested and motivated to find out how Cognitive Behavioural Therapy (CBT) can help them understand and improve their self-esteem through implementation of the key concepts and techniques of CBT.

What is the Programme About?

Low self-esteem can be a very debilitating phenomenon often leading to, or exacerbating, anxiety and/or depression.

CBT can help the individual address their low self-esteem and develop a more positive attitude towards themselves, whereby the individual acts in an accepting, respectful and trusting manner towards themselves.

How can I Join the Group?

Admission to this programme is through a referral from your consultant or your consultant's multidisciplinary team.

Following the referral you will be contacted by a member of the Day Service Department and attend for an initial assessment.



Building Healthy Self-esteem using Cognitive Behavioural Therapy and Mindfulness Techniques

Programme:

This programme runs for a half day a week for 12 weeks in St Edmundsbury Hospital. There will be a maximum of 12 participants.

Programme Content:

Week 1:	Introduction: What is low self-esteem?
Week 2:	How is self-esteem developed?
Week 3 and 4:	How is self-esteem maintained?
Week 5, 6 and 7:	Identifying unhelpful beliefs and behaviours.
Week 8 and 9:	Forming and testing useful beliefs and behaviours.
Week 10, 11 and 12:	Review and consolidation using experimentation.
Week 1 to 12:	Incorporates one hour of mindfulness sessions.

www.stpatricks.ie

Location: St Edmundsbury Hospital, Lucan, Co. Dublin.

Day Services Manager: 01 621 8264.

Day Services Co-ordinator: 01 621 8269.

Day Services Administrator: 01 621 6265.

St Patrick's Mental Health Services

James's Street, Dublin 8, Ireland.

t: +353 1 249 3200. f: +353 1 679 8865.

Support & Information Service:

t: +353 1 249 3333.

e: info@stpatsmail.com

www.stpatricks.ie