



How are referrals made?

Any young person or parent who is interested in attending the group can discuss it with their clinician who will refer them to the Psychologist on the team to assess whether the group is a good fit for their needs.

The Psychologist will then meet with the young person and their parent for goal and target setting for group. New referrals are welcome to join at the beginning of each new module every month but need to attend an appointment prior to this.

Feedback from past group members

What past group members have said they would tell other people who were thinking about joining this group:

"Found it hugely beneficial. I learned so many skills and felt like I wasn't the only one going through stuff. It helped me understand stuff more and realise I need to make changes"

Young person

"Hugely valuable and worthwhile. Life changing. Give it time. Not easy but worth it completely."

Parent

Contact us

Please do not hesitate to contact us:

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Psychology Skills Group for Young People

Group Therapy Programme to help
young people and their parents
learn new coping skills

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Introduction

The Psychology Skills Group aims to provide young people who are experiencing a range of mental health difficulties with new ways of coping with distress.

The Psychology Skills Group is a skills training group based on learning a mixture of skills from Dialectical Behavioural Therapy for adolescents and Radical Openness (Lynch et al., 2016; Miller, Rathus & Linehan, 2006; Rathus & Miller, 2014).

The group invites parents or caregivers to attend the group alongside their young person to help support them in learning and practicing new coping skills.

The group runs for one afternoon per week for 20 weeks. The structure of the group features five modules each containing four sessions. Some modules will focus on improving your distress coping and problem solving skills, while others will look at understanding your emotions and improving relationships.

Modules also focus on reducing the conflict and improving communication and enhancing closeness between young people and their parents.

Aims of the group

Problems <i>(What to decrease)</i>	Modules <i>(What to increase)</i>
Confusion about yourself <i>(Not always knowing what you feel or why you get upset; having trouble getting focused).</i>	Mindfulness
Emotional Dysregulation <i>(Fast, intense mood changes with little control; or, steady negative emotional state and masking emotions).</i>	Emotion Regulation
Impulsivity <i>(Acting without thinking it all through, mood dependent behavior).</i>	Distress Tolerance
Interpersonal problems <i>(Pattern of difficulty keeping relationships steady, getting what you want, or keeping your self-respect; loneliness, difficulty receiving feedback or building intimacy in relationships, avoiding risk or change).</i>	Interpersonal Effectiveness
Teenager-Family Challenges <i>(Polarised thinking, feeling, and acting; rule-governed behaviour and avoiding risk, change, or new situations).</i>	Walking the Middle Path & Novel Behaviour

Who is this group for?

Young people most likely to experience some benefit from attending this group are:

- Young people who are out-patients.
- Young people aged 14-17 years.
- Young people with an under-controlled emotional regulation style, where they might struggle to manage their emotions, experience intense relationships, or have a history of deliberate self-harm behaviours, suicidal ideation, and suicidal behaviours.
- Young people with an over-controlled emotional regulation style, where they might inhibit expression of their emotions or express unvaried emotions, avoid risk or change or new situations, or appear distant in relationships.
- Young people experiencing a range of mental health difficulties such as low mood, anxiety, or eating disorders.
- Young people who are willing to engage in behavioural change and practice new skills.
- Parents who are willing to support their young people with new skills and practice new skills for themselves.

Who runs the groups?

Groups are run by a team of two Clinical / Counselling Psychologists and an Assistant Psychologist.

When and where?

The group takes place in the Dean Clinic in Lucan on Mondays from 3.00pm to 6.00pm. Parents join the young people in group from 5.00pm to 6.00pm each week.