



104 Kennerley Road, Davenport, Stockport, SK2 6EY
info@oakwoodgroup.org • 0161 456 6799
twitter: @oakwood_house • facebook: /oakwood.house

www.oakwoodgroup.org

Well-Being Course List 2019



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Service

Introduction to our Courses

At Oakwood Psychology Services we offer a range of short courses to help you focus on well-being. Please let your therapist know which courses you would like to take. You will be asked to complete commitment forms to be booked onto courses. Current Oakwood clients may sign up to a maximum of 3 courses per year.

Finding Emotional Security: Self-Help Techniques for Overcoming Anxiety and Worry

FOUR TUESDAYS

*5th, 12th, 19th and 26th
February (6:30 – 8pm),
Stockport Quaker
Meeting House, 2 Cooper
Street, Stockport SK1 3DW*



Group Leader: Ellie Fretwell

This four-session self-help programme will help you identify and explore unhelpful personal and cultural beliefs, attitudes and events that may be causing you unnecessary anxiety or stress in life. You will develop strategies for adopting a better sense of security. These will include changing certain

assumptions; relaxation training; and connecting with your potential.

Participants will be required to complete some activities at home between sessions. The course is suitable for people aged 16+ with BMI > 19 and mild – moderate anxiety or depression as measured by GAD-7 and PHQ-9. It is not suitable for people with unresolved eating disorders or severe mental health conditions. It is accessed by therapist referral (for Oakwood clients) or brief screening interview (for self-referring participants). Maximum 7 participants; minimum 3 participants.

Cost: £35



Challenging Negative Thoughts

THURSDAY

21st March, (2-4pm)
Oakwood House

Group Leader:
Dan Owens-Cooper



We all think negative thoughts sometimes. These might include negative assumptions, predictions, self-assessments or conclusions. For some of us our thoughts are disproportionately or even overwhelmingly negative. Negative thoughts influence our emotions and a disproportionately

negative bias in our thoughts can leave us feeling sad, unmotivated, unvalued and even worthless. It can lead to low self esteem and cycles of unhelpful behaviour, stopping us from moving forward and being happy.

In this workshop we will focus on the common unhelpful thinking patterns we may use, in order to help you to recognise them and identify your negative thoughts as and when they arise. It will look to provide you with the tools you need to take a more balanced or realistic viewpoint. We will identify new ways of challenging our thinking to help minimise the negative effect these thoughts are having on our emotions and wellbeing.

Cost: £12

Understanding our behaviours: OCD and Wellbeing

TWO TUESDAYS

2nd and 9th April
(6:30-8pm),
Oakwood House

Group Leader: Anna Godwin



Obsessive Compulsive Disorder (OCD) describes symptoms of ritual behaviours that need to be followed to create peace of mind. It can sometimes involve intrusive thoughts about what will happen if the behaviours are not adhered to. OCD tendencies give a perceived feeling of control when other aspects of life feel very unsettling or unmanageable. These behaviours and

rituals, however, can begin to take over and may make life harder than it was without them, affecting our wellbeing and quality of life.

This two-session group course will look at how and why OCD develops, and how it can be addressed. It will look to identify ways to challenge these behaviours and help you regain control. It is suitable for people aged 16+ with BMI > 18 and mild-moderate anxiety or depression as measured by GAD-7 and PHQ-9, and for those who would like to find out more about OCD. It is not suitable for people with severe mental health conditions. It is accessed by therapist referral (for Oakwood clients) and self-referral for all others. If you are interested in the group, please contact us or speak to your Oakwood therapist.

Cost: £20



Mindfulness

THURSDAY

2nd May, (2-4pm)
Oakwood House

Group Leader: Susan Murnane



How often do we find ourselves engaging in automatic, habitual behaviour without fully being present in our own lives? In today's hectic lifestyle, people find themselves rushing through life

without actually stopping to notice much. Multitasking leads us to lose awareness of what is happening in the present moment. Losing touch with our thoughts, feelings and environment can be detrimental to our mental well-being.

In this session, we will explore how mindfulness techniques can help us turn off automatic pilot and become more aware and present, helping you to enjoy life and understand ourselves better.

Cost: £12

Scrapbooking for Self Discovery

FOUR TUESDAYS

11th, 18th, 25th June
and 2nd July
(11am – 1pm), Walthew
House, 112 Shaw Heath,
Stockport SK2 6QS

Group Leader: Ellie Fretwell



This four week course helps you build confidence in your own imagination and creativity. You will begin a colourful scrapbook that you can keep at the end. The book will be used to explore and resolve difficult feelings. You will take an emotional

journey using life experience to make your goals for the future start to materialise.

Scrapbooking is suitable for people aged 16+ with BMI > 17.5 and mild – moderate anxiety or depression as measured by GAD-7 and PHQ-9. It is suitable for people with mild - moderate eating disorders who are already engaged in a recovery treatment plan. It is not suitable for people with severe mental health conditions. It is accessed by therapist referral (for Oakwood clients) or brief screening interview (for self-referring participants).

Maximum 7 participants; minimum 3 participants.

Cost: £35

Therapeutic Journaling

FOUR THURSDAYS

5th, 12th, 19th & 26th
September, (6-7pm),
Oakwood House

Group Leader: Caroline Vermes



Therapeutic journaling techniques can help us improve awareness of our behaviours, emotions and relationship patterns. In turn, this awareness helps therapy work more efficiently to promote change, healing and growth. This 4-session course teaches different types of

self-exploratory writing, including engaging with our past, future and imaginary selves. You will do some writing in sessions and in the days between sessions. You will have the opportunity to share some writing with members of your small group to assist with reflective learning.

You can take this course during or after your one-to-one therapy. No previous experience with journal writing is necessary. Commitment to attendance and regular writing is required along with willingness to share short excerpts of your writing within your confidential group.

Cost: £35





Learn to Like Yourself

FOUR THURSDAYS

3rd, 10th, 17th, 24th
October (6:30 – 8pm)
Stockport Quaker
Meeting House,

2 Cooper Street, Stockport SK1 3DW

Group Leader: Ellie Fretwell



Self-esteem is about how we judge our worth. People with low self-esteem often feel that they are 'worthless' or that they don't 'deserve' anything good. The importance of healthy self-esteem cannot be underestimated, it is at the very core of our well being and emotional health. In improving our self-esteem, we learn to value ourselves and make more positive choices. By learning to like ourselves, we realise what we are and might be, instead of what we are not.

This four week group course focuses on self-esteem and self-care. It aims to help you explore and improve the way you view yourself. Through discussion and activities we will work to help each other to better understand our negative self-beliefs and thought patterns, and to learn how to improve our self-esteem.

Learn to Like Yourself is suitable for people aged 16+ with BMI > 18 and mild – moderate anxiety or depression as measured by GAD-7 and PHQ-9. It is not suitable for people with severe eating disorders or severe mental health conditions. It is suitable for those coming to the end of eating disorder treatment who are approaching recovery. It is accessed by therapist referral (for Oakwood clients) or brief screening interview (for self-referring participants). Maximum 7 participants; minimum 3 participants.

Cost: £35

Mindfulness

THURSDAY

7th November, (2-4pm)
Oakwood House

Group Leader: Susan Murnane



How often do we find ourselves engaging in automatic, habitual behaviour without fully being present in our own lives? In today's hectic lifestyle, people find themselves rushing through life without actually stopping to notice much. Multitasking leads us to lose awareness of what is happening in the present moment. Losing touch with our thoughts, feelings and environment can be detrimental to our mental well-being.

In this session, we will explore how mindfulness techniques can help us turn off automatic pilot and become more aware and present, helping you to enjoy life and understand ourselves better.

Cost: £12

Relaxation for Self-Care

FOUR THURSDAYS

14th, 21st, 28th November
and 5th December, (7-8pm)

Oakwood House

Group leader: Susan Murnane

This four week course will teach you a range of relaxation techniques to help boost calmness and confidence within a healthy self-care routine. Progressive muscle relaxation and guided imagery visualisations will be combined with small group discussions on building effective relaxation skills into everyday life. This group is suitable for all. Commitment to regular attendance is essential.

Cost: £35

