

Wellness workshops video transcript

0:00:00.000,0:00:06.240

Our wellness workshops will teach you skills to improve your mood. The course is delivered

0:00:06.240,0:00:13.440

in person over six weekly group sessions, each lasting around 90 minutes at one of our locations.

0:00:13.440,0:00:19.280

The workshop content is designed to help improve symptoms of low mood such as feeling tired,

0:00:19.280,0:00:24.480

lacking motivation, and poor self-esteem. The sessions will cover a range of topics

0:00:24.480,0:00:29.520

to help you improve your wellbeing. Your group facilitator will give you a workbook

0:00:29.520,0:00:36.080

and materials to follow week by week. Wellness workshops are not group therapy, so they do not

0:00:36.080,0:00:40.640

involve sharing experiences or hearing about people's personal reasons for coming to the

0:00:40.640,0:00:46.320

sessions. And at the beginning of each course, we set out ground rules about confidentiality.

0:00:46.320,0:00:51.280

You will be given guidance on applying the skills you've learned to your own situation. And you may

0:00:51.280,0:00:57.040

have activities to complete between sessions so you can practice. We will monitor your progress

0:00:57.040,0:01:02.320

via a questionnaire about your symptoms that will be emailed to you before each session.

0:01:02.320,0:01:07.360

To access our wellness workshops, you need to complete a wellbeing assessment and be offered

0:01:07.360,0:01:11.440

this treatment by one of our therapists. You may be offered a different treatment if

0:01:11.440,0:01:17.120

we find another therapy or service is better suited to your needs. You can refer yourself

0:01:17.120,0:01:23.600

for a wellbeing assessment by completing the online form which can be found on our web page.