



# Getting on Better with Yourself and Others

- If you don't like yourself ...
- If you struggle to make friends ...
- If you find it difficult to trust others ...
- If you tend to avoid others ...
- If you need a lot of reassurances to feel ok ...
- If you've experienced difficult relationships in the past, e.g. with ex-lovers, peers, family members, colleagues ...

If any or all of these things are true for you, then  
***Getting on Better with Yourself and Others***  
is for you!

In this online psycho-educational course, you will:

- Gain a greater understanding of yourself;
- Develop skills in forming and maintaining relationships;
- Be better able to manage when relationships go wrong;
- Understand how your past is influencing your present.

The course commences on Thursday 15 October 2020 at 2pm to 3.30pm, then it will run every Tuesday and Thursday from 2pm to 3pm, on Microsoft Teams, starting on Tuesday 20 October 2020 and ending on Thursday 3 December 2020.

You will be expected to:

- Attend all sessions;
- Be curious about your mind and others;
- Participate and engage in the group.

This course is grounded in Mentalization Based Therapy. Mentalizing is a normal everyday skill we all use to make sense of our own actions and feelings and those of others. Mentalizing skill is important in developing fulfilling and meaningful relationships. This course aims to provide a safe and structured environment to help you to improve your mentalizing skill and thus improve your relationship with yourself and with others.

For more information, please contact: [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)