

Getting on Better with Yourself and Others Online Course – Information for Potential Participants

The 'Getting on Better with Yourself and Others' online course is a small psycho-educational experiential group which aims to help participants to develop skills for a better relationship with themselves and with others. The psychological theory of the group is rooted in Mentalization Based Therapy.

What is mentalization?

Mentalization refers to our ability to reflect upon, and to understand our own and others' state of mind. Essentially it is the ability to think about thinking and feeling. Mentalizing is a normal everyday skill we all use to make sense of our own actions and feelings and those of others. It is important for the development of fulfilling and meaningful relationships.

Who is this course for?

This course is suitable for people who tend to have strong emotional reactions which lead to problematic behaviours and consequences. They might tend to be reactive to the unexpected. They might have difficulties in trusting themselves or other people. The course is also suitable for those who have a history of problematic relationships with people around them. For example, their need for constant reassurance put people off; or they often have a feeling that people dislike them; or they struggle to make and keep friends.

How would this course benefit me?

This course aims to offer you a safe and structured environment to develop your skills in mentalizing. When your mentalizing ability has improved, you will

- Gain a greater understanding of your own and others' thoughts and feelings.
- Be better at managing your mood and behaviour.
- Develop skills in forming and maintaining relationships.
- Be better able to manage when relationships go wrong.
- Understand how your past is influencing your present.

What would happen in the course?

This is a psycho-educational experiential course. There will be a mix of information provision, small group exercises and group discussion. We ask you to be curious about your mind and other people's minds and to engage in 'thinking about thinking' non-judgementally. The more you participate and engage in the course, the more you will get out of it.

What are the commitments in joining the course?

The course will be held online on Tuesdays and Thursdays 2pm to 3pm for eight consecutive weeks. (Please see separate information on dates.) You are expected to attend **all of the sessions**.

How can I join the course?

Students can be referred or self-referred to the course by contacting the Counselling Service. In the first instance, you will be invited to meet with the facilitators for an assessment to ensure that the course is right for you. This will be your opportunity to find out more about the course, and for us to ensure that you will indeed benefit from attending it. You will be informed whether or not you have been successful in joining the course. If you have been invited to join the course, you must reply to our email invitation to secure your place.