



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

MANAGING DISTRESSING EMOTIONS

This group is designed to help you with finding ways to manage difficult emotions, such as depression and anxiety. Similar to other groups offered, the focus is on understanding and managing distressing states of mind, and learning skills to manage better during these times.

Our experienced and well-qualified facilitator Crystal Curran will draw from proven therapeutic approaches such as CBT (Cognitive Behaviour Therapy), ACT (Acceptance and Commitment Therapy) and Emotional Regulation to present various techniques to calm mind and emotions and introduce the concept of self-compassion. You will have the opportunity to discuss and practice some of these new strategies before integrating these into your daily life. The group environment offers a safe and confidential space where you are supported and can forge new connections with like-minded people.

LIMITED PLACES

Early enrolment is essential.

DATE	Every Wednesday, 7th August to 25th September
TIME	6:00pm - 8:00pm (8 sessions)
VENUE	Hearts & Minds Hub, 65 Pearn Crescent, Northcote
COST	\$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for 1 group per term).



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ABOUT CRYSTAL CURRAN

MAAT Hons (Clinical), AThR, ANZACATA, PG Dip Distinction (Counselling), MNZAC

Born in New Zealand, but raised in Austria, Crystal returned to Aotearoa as a young woman – and stayed! She draws on her own life story, other people's learning, and her interest in culture to inspire her personally (all people are valuable) and professionally (all people experience difficult times).

Crystal graduated with a diploma in Fine Arts, a Teaching Diploma, a PG Dip in Counselling, and a Master's Degree with Hons in Clinical Arts Therapy. Working predominantly from a psychotherapeutic background, she also draws from other modalities such as CBT, ACT and REBT to find the "best fit" for her clients' needs, encouraging authenticity, self-respect and an attitude of 'having a go'.



To register contact
Hearts & Minds

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WEB www.heartsandminds.org.nz