

Stress Control

Evening classes designed to help you
cope better with stress in your life.

This is a free course open to the members of the public who feel they might benefit from stress management. The course will use the “Stresspac” materials, which were developed by Dr Jim White (Consultant Clinical Psychologist) and are based on the Cognitive Behavioural Model (CBT) of anxiety. Outcome studies have demonstrated the effectiveness of these materials in primary care settings.

Aims:

- To enable participants to learn about stress and anxiety.
- To help participants to understand their anxiety problems.
- To enable the participants to control stress and anxiety.

Format:

- Six weekly 1½ hour sessions (with a 10 minute break)
- Material is taught using lecture-style presentations.
- Participants will not be required to actively contribute during sessions.
- Self-help material will be provided when course commences and individuals will be encouraged to make use of course materials between sessions.
- Participants may be accompanied by family members or friends.

Self-referral pathway:

- Stress control will be advertised across East Lothian.
- All participants should be 18 and over.
- Individuals may be recommended to attend by healthcare professionals.
- The course is generally aimed at individuals with mild to moderate difficulties who may benefit from a self-help approach to stress management.

Should you wish to have any further information about the course, please feel free to contact us by email or by phone at 0131 536 8101.

John Wills Clinical Associate (Applied Psychology)
James Hardie Trainee Clinical Associate (Applied Psychology)

Next course:

The Brunton Theatre, Musselburgh
September 3rd – October 8th
Thursdays, 7pm – 8.30pm