



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

## **PERSONAL DEVELOPMENT/SELF-HELP CLASSES**

### **What are Personal Development/Self-Help Classes?**

We provide various Personal Development and Self-Help Classes and they are open to anyone over 16 years old. Many Classes and Workshops focus on 'Psycho-Education' (see more information below).

Classes help you grow and develop your ability to plan, develop and work towards goals. Goals may include: reducing anxiety; increasing self-esteem; improving confidence; challenging negative thoughts; making changes; addressing emotional or mental health difficulties; self-awareness; and much more.

Classes are theoretically and experientially based on ideas from psychology, CBT and psychotherapy. Classes and Workshops include:

- Improving Assertiveness
- Dealing with Depression and Low Mood
- Facing Your Feelings: Overcoming Distress Intolerance
- Improving Body Image
- Coping with Panic Attacks
- Mastering Your Worries
- Managing Stress
- Overcoming Procrastination
- Coping with Social Anxiety
- Overcoming Disordered Eating (1 and 2)

- Improving Self-Esteem and Confidence
- Helping Health Anxiety
- Overcoming Perfectionism
- Developing Mindfulness Skills
- Improving Sleep
- General Life Skills

Get in touch for more details. The personal development/self-help titles above can also be done with individuals, on a one-to-one basis. Again, please feel free to contact us for more information.

### **What is Psycho-Education?**

A cognitive behavioural model underlies many of our services. This is why many of our Classes and Workshops focus on 'Psycho-Education' and follow a CBT approach:

- Guided self-help and educational classes/ workshops are offered to individuals looking for support with emotional and mental health issues and personal development.
- Often used in combination with other forms of help and support, but can be used as a stand-alone approach too.
- The aim is to gain improved knowledge and understanding of your problems and issues. This increased understanding helps you to change aspects of these problems and learn to deal with these more effectively.
- Psycho-education includes: presentations and talks; handouts and self-help workbooks; building new skills; relaxation; self-monitoring; group discussions; goal-setting; practical guidance; awareness of unhelpful thoughts; and taking responsibility for own behaviour i.e. learn to be your own therapist.
- Your own strengths, skills and resources are encouraged and reinforced. We also understand that setbacks and relapse are a part of change, development and recovery.