



Social Skills Group Therapy

BY

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SATURDAYS, 2017

9.30-11:30 AM

SOTT PSYCHOLOGICAL CENTRE

360 ORCHARD RD,
INTERNATIONAL BUILDING #10-10

Are your emotions running your life? Do you consider yourself emotionally sensitive and easily affected by other people's words or actions? Do you find you have a pattern of relationship discord? Do you notice that you sometimes react to stress in ways that are harmful to yourself?

Scott Psychological Centre is introducing a series of 12 weekly sessions in an open group therapy setting. In an open group format, participants are welcomed to join at any session. The objectives of the sessions are to learn adaptive self-soothing and effective interpersonal skills in a safe and validating environment.

Who can attend?

- All genders welcomed
- Ages 18 – 45 years old
- English-speaking
- If you find yourself experiencing these difficulties -
 - Significant relationship difficulties, i.e. marital discord, family conflict, interpersonal conflict with friends or colleagues
 - Fear of rejection from significant others
 - Difficulty understanding feelings and needs of others
 - Frequent mood changes or persistent feelings of anger
 - Intense feelings of panic in reaction to interpersonal stresses
 - Responding impulsively to situations, thereby resulting in interpersonal stresses or self-defeating behaviours

What is Group Therapy

Group therapy is a form of psychotherapy that involves a psychologist working in a group setting with persons experiencing similar difficulties. Group therapy offers not only valuable support from other participants experiencing similar challenges, it also offers an opportunity for participants to practise the skills learnt in sessions with other participants. Studies have shown that group therapy can be an effective treatment choice for psychological disorders such as mood disorder, anxiety disorder, post-traumatic stress disorder, and personality disorder.

What to expect from this Social Skills Group Therapy?

- Intimate group size of 4 – 6 participants. Minimum of 4 participants required before commencement of the group.
- Learn specific strategies, borrowed from principles of Dialectical Behaviour Therapy, to help regulate emotions and handle challenging interpersonal relationships including the following:
 - **Mindfulness**
 - **Distress tolerance**
 - **Emotional regulation**
 - **Interpersonal effectiveness**
- Gain emotional support from other participants experiencing similar difficulties
- Practise handling intense emotions and interpersonal relationships in a safe and validating environment

Requirement for participants in the Social Skills Therapy Group

As Group Therapy provides support for those going through significant challenges in their personal lives, it is important that the group is a safe and therapeutic avenue that enables participants to be able to relate their experiences and work on their difficulties. Therefore, participants are expected to maintain strict confidentiality of the sessions they participate in.

Facilitator



Dr. Annabelle Chow is a clinical psychologist. She holds a Doctor of Psychology (Clinical) degree and is registered as a Clinical Psychologist with the Australian Health Practitioner Regulation Agency (APHRA), Australian Psychological Society (APS), and Singapore Psychological Society (SPS). She has experience providing individual and group psychotherapy. She has also worked with clients suffering from personality disorders, anxiety, depression and a range of other mental health conditions.

Fees

SGD \$120/SESSION

Payment must be made at least one week in advance. First come first served. Sessions may be rescheduled by the clinic at its discretion to an alternative Saturday in the event of unforeseen circumstances.

To enquire or sign up, please email us at workshop@scottpsychologicalservices.com or call us at 6733 8919