



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES  
(Formerly known as Raeburn House)

## MANAGING EMOTIONS AND FINDING BALANCE

Emotions are normal and everyone experiences them. Sometimes, particularly if someone has had a distressing experience in the past, certain triggers bring on a more intense reaction/s than what is helpful for their day to day well being. This may, for example, look like anger, sadness, anxiety, depression or low self esteem.

In this group Emotion Regulation tools and techniques can support a more effective way to manage and change the way individuals feel and cope with situations. As feelings, thoughts and behaviours are so closely linked, changing one part of this cycle can make a real difference. Tools and techniques will be drawn from Dialectal Behavioural Therapy (DBT), Acceptance Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Mindfulness. Please note that all of our groups are for mild to moderate mental health concerns and so please consult with your referring GP or health professional on the suitability of this group for you. You are also welcome to phone us at Hearts and Minds to answer any queries.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Monday, 18th February to 8th April
- TIME** 6:30pm - 8:30pm (8 sessions)
- VENUE** Walsh Trust,  
8 Hickory Ave, Henderson
- COST** \$105

**FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL**

(Valid for 1 year for up to 2 groups per term).



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### ABOUT AMY MCDONALD

*(BA, Post Grad Dip Counselling, MNZAC)*

Amy uses CBT and DBT tools as a means to discover insight, develop new ways of seeing and relating to self/others, and to manage strong emotions. She also incorporates the principals of ACT and Mindfulness into her practice. Amy has extensive group experience and believes in the power and potency of group work to change lives for the better. Amy's approach is flexible, non-judgemental, creative, culturally sensitive, and she works from a stance of openness curiosity and respect.



**For more information and registration, please contact  
Hearts & Minds**

**PHONE** 09 441 8989

**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)