

Managing Powerful Emotions – Orientation

Orientation to group basics, Zoom etiquette:

- Stay muted when background noise is present
- Video cameras stay on unless specific distractions appear – privacy, comfort, connection
- The chat function can be used
- Raise hand feature can be used
- Limit distractions (i.e., ppl, pets, etc.) or turn camera off when can't be helped
- Change name for group – will need to have changed for each group - first name, last initial

Requirement for participation:

- Discuss skills practice
- Emotion regulation worksheets
- Group appropriate sharing about experiences etc.
- Homework
- Informed consent must be signed and will be reviewed during the first group

About MPE:

- 12-week group, 1.5 hours each week
- The first six weeks are distress tolerance, and the second 6 weeks are emotion regulation skills
- Not a processing group - it is a skills group – there are groups that happen in Kingston that are based on therapeutic processing, and we will talk about them

Important things to reiterate about group:

- We need commitment for 12 weeks so that it is not a drop-in group
- Life happens, but participants can only miss three groups – this is because the skills build on each other and you would just miss too much to go on (weeks build on each other)
- You could take it again if you wanted to continue to practice, or it ends up not being a good time for you to participate
- Homework is a must – a requirement of participation

Managing Powerful Emotions is a core group for participation in the Chrysalis Program, based out of Providence Care – Personality Disorder Unit. It is a Dialectic Behaviour Therapy skills group. The follow-up groups are:

- **People Skills** – Learning effective ways to communicate when dealing with interpersonal challenges.
- **Mindfulness** – To help one learn to live in the present moment, build awareness, and allow the experience of emotions and physiological reactions to come and go.
- **Providence Care's Chrysalis program** – This is an intensive group treatment for people with severe, persistent symptoms that have not been resolved in other settings. Chrysalis is a highly structured treatment program that integrates DBT with a psychodynamic approach.

When does the group start? When we have enough participants that have completed orientation, this varies depending on things like the number of people interested in the group and the time of year.