



# Change up group

A therapy group to help people  
with a range of emotional difficulties



Learn how to understand  
emotional reactions and cope  
with emotions differently

# About the Change UP group

**The group is run by NHS Fife Psychology Service. It runs for 10 weeks. Each session lasts 2 hours, with a short break in the middle. The groups works best if you attend all sessions.**

The group content includes:

- Emotion awareness and focusing on the present
- Increasing flexibility in thinking patterns
- Reducing avoidance
- Changing problematic behaviours driven by emotions

The group includes cognitive behavioural, acceptance and mindfulness approaches. It is based on materials from the *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*, with permission from the author David Barlow and colleagues.

It is aimed at helping people overcome a range of emotional difficulties, including anxiety, depression, obsessive compulsive disorder, panic and social anxiety.



# What can I expect?

- A welcoming and supportive group environment
- Learning through course material, group discussion and practical tasks
- Booklets are provided
- Everything covered is optional and done at your pace
- We invite people to talk about common shared difficulties
- We ask that you only share what you are comfortable with others in the group knowing
- We will ask for feedback including completing questionnaires at the start and end of the group



Information on how to book our courses is available online at:  
**[accesstherapiesfife.scot.nhs.uk](https://www.accesstherapiesfife.scot.nhs.uk)**

### **Contact details**

Email: **[fife.atfife@nhs.scot](mailto:fife.atfife@nhs.scot)**

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

### **Access Therapies Admin Team**

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