

## *Achieving Emotional Balance in our Turbulent World (AEB)*

Psychotherapy group offered by Irene M. Haire Master in Counselling: Specialty Art Therapy, Registered Provisional Psychologist.

**Location:** at the office of:  
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The group runs for 8 weeks and includes a one hour session for pre-screening and assessment.  
Call for availability and details **780-433-2269**.



## *Achieving Emotional Balance in our Turbulent World*

The *AEB* group is for people who experience trauma and are emotionally dysregulated. They may experience trauma in the past and/or were brought up in dysfunctional families with addictions such as alcohol, drugs, gambling, or food, or mental illness. These stressful experiences may cause relationships to become turbulent. At times when people feel emotionally distressed they often experience being overwhelmed, moody, out of control, and in pain, as a result, decisions are often based on raw or unprocessed feelings rather than a balance of feelings and rational thinking. Though most people benefit from having a focused plan, commitments to change are difficult in these turbulent contexts. Emotional regulation helps people achieve balance and make significant differences in their lives.

*Level One AEB* group meets on Monday evenings from 6:15PM to 7:45PM for 8 weeks including one individual session for pre-screening and assessment. Please call to reception at **780-433-2269** to confirm availability and start date.

## **Group Description:**

The groups runs for one and one half hours in length and includes learning strategies for life to be able to effectively balance life's energies on a weekly basis from the following topics:

- How to develop safety with coping skills
- Identifying ways that thoughts effect your feelings
- How to effectively manage emotional pain
- How to effectively manage self-care and take action
- How to become self-compassionate and give yourself the love, affection and self nurturing you deserve
- Understand Post Traumatic Stress Disorder (PTSD) and PTSD symptoms. Take your power back by learning about PTSD.
- What are your red and green flags and how these affect your recovery? How to cope with triggers.
- Termination: Coping with feelings around endings

“Its Never Too Late to be What you Might Have Been” By George Eliot.

**Group Leader:**

Irene Haire has worked as a therapist and group facilitator since 2003. She completed a 2-year practicum at the Support Network (2007), Children, Adolescent, Family Mental Health (CASA, 2008) and she has provided ongoing art therapy and counseling at 2 schools within Edmonton since 2008.

Prior to that, she worked at the Sexual Assault Centre Edmonton on the crisis phone line (2003-2005) and co-facilitated a bereavement group at the Support Network (2007). Irene worked as a counsellor in the walk-in counselling area at the Support Network as a volunteer (2004-2007). Her experience with Canadian Mental Health included a weekly lifestyle enhancement group and a monthly group where she presented educational topics related to obtaining better health (2003-2005).

Irene developed specializations for psychological credentials. She works with adults, adolescents, and children, working with individuals, couples, and running groups. She has a specialization in Art Therapy. In 2011 Irene trained in “Focusing”, a body-centered therapy and completed her “EMDR Training” (Eye Movement Desensitization and Reprocessing). She graduated with a Masters in Counselling with an Art Therapy specialization in 2010 and is currently a Registered Provisional Psychologist.

**Group Development Background:**

The process Irene is using in the AEB group is based on cognitive behavioral work done by Lisa M. Najavits (2002) with her work with people and addictions (Brown, Gilman, Goodman, Adler-Tapia, & Freng, 2011). EMDR is recommended after group work as an effective method to work through the trauma once safety from the group work is established. Studies done by Dr. Lisa M. Najavits and others have shown that the Seeking Safety group process followed by EMDR is a more effective process to heal from trauma than either one on it's own.

Brown, S., Gilman, S., Goodman, E. G., Adler-Tapia, R., & Freng, S. (2011). Integrated trauma treatment in drug court: Combining EMDR and Seeking Safety. Manuscript submitted for publication.

**Group Format:**

The group is an opportunity to share, learn and develop skills for coping, safety, boundaries, self-care and self-nurturing, to achieve emotional balance for each person and a better life for them and their families. Weekly trials of new skills learnt will be discussed the following week in a non-judgmental, encouraging manner. Art creation will be part of some groups to learn and explore problems in a fun and creative manner. You don't have to be an artist to do the simple art tasks that will include collage, painting, drawing and other media.

**Group Date, Place & Times:**

All groups are scheduled to start Mondays from 6:15pm-7:45pm weekly for 8 weeks including one session for pre-screening and assessment at 10009-85 Avenue, Edmonton. Please check with the office for availability and start date at **780-433-2269**

**Group Fees:**

The fees are \$120.00 per month and must be paid monthly in advance of the start of the group month.

**Jan. 2 to Feb 20, 2012**  
**Feb. 27 to Apr. 23, 2012**  
**Apr. 30 to Jun. 25, 2012**

**Registration Form**

Date of Workshop: \_\_\_\_\_, 2011

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, Province, Postal Code \_\_\_\_\_

Contact Phone Numbers:

Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_

E-Mail \_\_\_\_\_

Please pay by cash, debt card or credit card.

Please charge my credit card:

MasterCard \_\_\_\_\_ Visa \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

You will receive confirmation of registration along with instructions to the workshop venue upon receipt of payment.

**Cancellation & Refund Policy:**

Registrants cancelling up to 4 weeks before the workshop will receive a refund less \$50.00 administration fee. By written request, the full course fee may be transferred to a future group.