

Berkshire Healthcare launches new course for people who struggle with overwhelming emotions.

A series of psychoeducational courses designed to assist people who are struggling to manage their emotions effectively, has been launched by Berkshire Healthcare. The new 'Managing Emotions Programme' will be available across Reading, Wokingham, and Newbury.

By providing interactive group courses run by mental health professionals and individuals with lived experience, the Managing Emotions Programme will equip participants with the essential skills needed to cope with intense emotions and foster emotional resilience.

Sorana Berry, Head of Personality Disorder Therapies at Berkshire Healthcare NHS Foundation Trust, said "The Managing Emotions Programme is built on an understanding of the significant impact that overwhelming emotions can have on various aspects of peoples' lives, including work, relationships, and overall well-being. Taking a proactive approach to address this challenge, the programme seeks to increase understanding and awareness of emotions and their influence on our actions, enabling individuals to develop healthier emotional responses and manage difficult emotions more effectively."

Participants in the programme will have access to three course types, each tailored to meet the level of education needed. Courses vary in duration and depth, spanning over one, four, or eight sessions. A specialised four-session course is also available, for carers and loved ones of individuals facing emotional difficulties, equipping them with the knowledge and skills necessary to provide effective support while prioritising their own well-being.

In East Berkshire the Managing Emotions Programme has been holding courses for over a year reporting positive feedback from over 90% of course attendees. One person said, "I have found the programme to be the most helpful out of the many that I have attended. The education and knowledge shared from the team has really given me insight into my conditions and the practical reasons for the emotions that I feel."

Berkshire Healthcare has commissioned 'Together for Mental Wellbeing' to deliver the Managing Emotions Programme in Reading, Wokingham and Newbury. The programme is part of a wider project to better support people's mental health in the community.

Together Director of Operations & Quality, Emma Edwards said "At Together we're thrilled to continue our work providing mental health support to the community in West Berkshire with this new and innovative programme. It's great to see the services available to people in the area evolve and we're excited to adapt and work alongside people in this new way to empower them to manage their own wellbeing. The service aligns with the new community focussed ways of working outlined in the NHS Long Term plan developing strong links with professional colleagues like GPs and Social Prescribers and is something we're excited to develop."

To access the Managing Emotions Programme, individuals should speak to their General Practitioner (GP) or Healthcare Professional.

Find out more about the [Managing Emotions Programme on our website](#).

ENDS

Notes to editors:

About the Community Mental Health Transformation Programme (CMHTP)

In line with NHS England's Community Mental Health Framework, CMHTP aims to transform services for people with significant mental illnesses, providing holistic care for people across Berkshire.

[Visit the CMHTP information page](#)

About Berkshire Healthcare NHS Foundation Trust

Berkshire Healthcare NHS Foundation Trust provides specialist mental health and community health services to a population of around 900,000 within Berkshire. We operate from more than 100 sites across the county but the vast majority of the people we care for are supported in their own homes. We have 216 mental health inpatient beds and 180 community hospital beds in five locations. Visit www.berkshirehealthcare.nhs.uk

The Trust is rated by the CQC as Outstanding

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