



LEVEL III: EMOTIONAL COPING GROUP

TARGET POPULATION

- Addiction Centre **Level III** patients

GOALS

- To provide patients with an introduction to understanding and managing emotional states such as anger, depression and anxiety.
- To provide patients with information on the neurobiology of addiction and the relationship between substance related issues and/or behavioural addictions and emotional states.

ACTIVITIES

- The format is a combination of psychoeducation, group discussion and support. The cognitive-behavioral model of mood is used to structure educational material.
- Group facilitators work through examples of emotional states related to patients' recent life experiences. Patients are shown how thinking can contribute to depressed mood states and put them at risk to relapse to substance abuse and/or behavioural addiction. Strategies for modifying thinking are introduced.
- Patients may be asked to self-monitor their mood and thoughts using a thought log.

OUTCOME

Patients will:

- Have a basic understanding of cognitive-behavioral methods of identifying and managing emotional states.
- Have increased knowledge of how depression and anger may contribute to substance related issues and/or behavioural addictions.
- Develop new coping skills for managing emotional states.