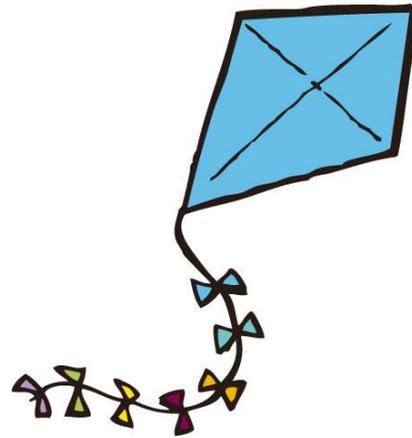


## Confidentiality

Confidentiality is very important to us and can be discussed at any time with your therapist.

Records of your treatment will be stored electronically. Only staff within the IAPT Team will be able to access these unless you agree to share them with others e.g. your GP practice. Permission for any sharing of records will be discussed with you.

However, as for all the NHS staff, specific information may need to be communicated to other professionals should there be significant risk of harm to yourself or other people, such as issues of protection to children or vulnerable adults.



## Contact Information

District South IAPT Service  
The Ridge Medical Centre  
Cousen Road  
Off Great Horton Road  
Bradford  
BD7 3JX

Tel: 01274 425683

We are staffed Monday to Friday 9am to 5pm. You can leave a voicemail out of these hours, and someone will call you back as soon as possible.

## How do I attend the course?

If you are interested in attending, then please call 01274 425683 and tell the admin worker you are self-referring for the Mood Matters course

The admin worker will then collect some information from you. Please note that records around you and group attendance will be stored electronically. This will be discussed in more detail with you at the telephone appointment

You will then be given a time and date for a short telephone appointment, where information will be gathered to see if you are suitable in the group

We will also discuss with you if we think something else may be more appropriate in the team

You will then receive a letter detailing the next time and date of the group. If you cannot attend this group then contact the office for details of other group dates



# Self-Esteem & Assertiveness

## Course Information Leaflet

**IAPT**

**Improving Access to  
Psychological  
Therapies**

### What is the Self-Esteem and Assertiveness Course?

This course is a group intervention to help clients understand low self-esteem and assertiveness. This course uses an integrated approach using both Cognitive Behavioural Therapy (CBT) and Counselling techniques. This course uses evidence based interventions to help you further understand yourself and manage situations more positively.

Each session covers different aspects of Self-Esteem and Assertiveness and you will be provided with accompanying hand outs. Topics we cover include:

- Introduction to Assertiveness
- Understand Self-Esteem and long term beliefs
- Managing worry and depression
- Challenging negative thoughts
- How we interact with others
- Workplace bullying
- Assertiveness techniques
- Ways of saying 'No'
- Goal setting

### What Does It Involve?

We offer this course in a group format:

- Sessions are run once a week for 6 weeks
- Each session lasts two hours with a short break
- The sessions are run for 10-20 people attending at a time.
- We aim for the sessions to feel as comfortable as possible
- You will meet other people with similar difficulties, which can be a positive experience.
- Although we value contribution, will only encourage it to the extent you feel comfortable with.
- Refreshments are available during the break
- Each session is run by two or three mental health professionals.
- We encourage regular attendance, as this will help you get the most from this course.