“Skill”-fully Responding to Stress and Distress

A 6-Week Psycho-Educational Group

Offered by UMKC Counseling Center

Learn to effectively and positively influence your emotional state and daily experiences in this 6 session, 90 minute group that will cover the following skills:

- **Mindfulness skills**: gain awareness of your feelings, thoughts, behaviors, relationships, and environment. This awareness helps you make more informed and effective choices and build a more satisfying life.

- **Distress Tolerance skills**: learn to cope with intense emotions in the short term without making the situation worse while staying true to your priorities, goals, and values. Learning to develop healthy coping behaviors that also allow you to validate your emotions.

- **Emotional Regulation skills**: help identify feelings and understand the process by which they happen. Learn how events and interpretations color your emotions so you can positively influence them and get unstuck from negative emotional patterns.

- **Interpersonal Effectiveness skills**: learn to make and maintain relationships, resolve conflict when it occurs, and get your wants and needs met effectively in a balanced manner.

Group time(s) have not been set yet. We will collect schedules and try to find time(s) that work for interested participants. Students and staff at UMKC are eligible to participate.

For more information, please contact Robin Kirby, Ph.D. at (816) 235-5248 or kirbyro@umkc.edu