

Steps to Join Group

- 1) You or your mental health provider may email (info@tapclinicnc.com) or call (919-237-3321) to request more information.
- 2) Group leaders will send you group intake paperwork to discuss with your individual provider. If you and your provider feel you are a fit for this group, you and your provider will complete this paperwork together.
- 3) Once paperwork is received, you will be scheduled for a group intake session with one of the group leaders.
- 4) After a completed intake, you will be placed on the waitlist to enter at the next group opening.



Current Emotional Resiliency
Group Offerings

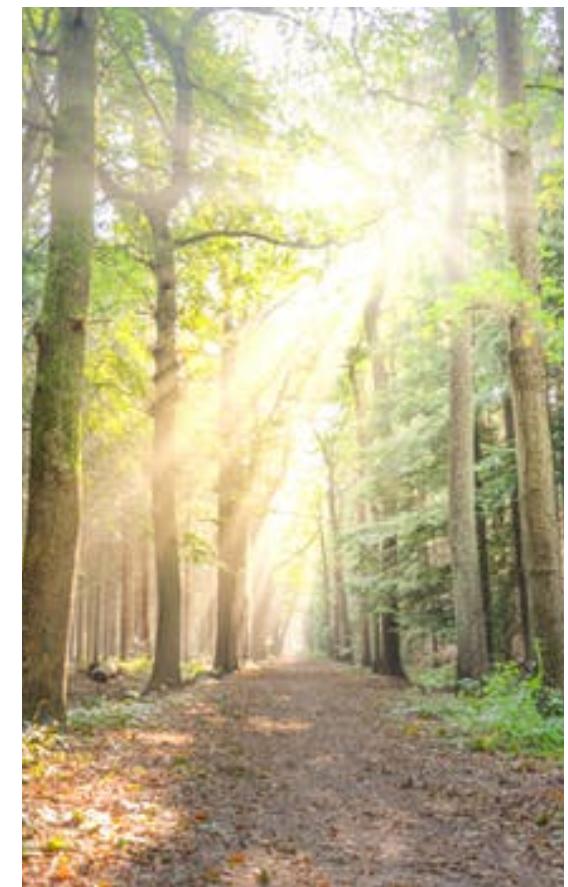
Thursdays, 5:30 pm - 7:30pm



TRIANGLE AREA PSYCHOLOGY
CLINIC

Emotional Resiliency
Skills Group:

Emotional Engagement
without Emotional Overload



The TAP Clinic

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What is Emotional Resilience?

Emotional resilience describes a person's ability to process, cope with, and overcome emotional experiences in an effective way. Emotionally resilient people know or have learned how to stay connected to their emotional experience during distressing circumstances without becoming overwhelmed or hopeless.

Though studies suggest that there is a biological component to our natural ability to weather adversity, research is also clear that skills to increase emotional resiliency can be taught and learned. The Emotional Resiliency skills group combines what we know from three evidence-based treatments about improving emotional resiliency.



Evidence-Based Therapies

The Emotional Resiliency skills program derives its content from three evidence-based treatment approaches:

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is an evidence-based treatment originally designed for individuals with intense or rapidly shifting emotions. DBT is a skills-based therapy that includes tools to increase emotional awareness, improve mindfulness, attention, and interpersonal effectiveness, and tolerate emotions without acting impulsively.

Cognitive Behavior Therapy (CBT)

Cognitive Behavior Therapy (CBT) is an evidence-based treatment originally designed to treat depression. In CBT, you are taught ways to identify and change unhelpful thought patterns as a way to increase emotional resiliency.

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) is an evidence-based treatment designed to help individuals change problematic behavior patterns by helping them define and live a value-consistent life. ACT approaches emotional resiliency from an acceptance standpoint and teaches ways to observe our thoughts, urges, and expectations without attaching or responding to them.

Group Modules

Each week, the Emotional Resiliency skills group meets for two hours to review homework and learn a new skill. Over the course of 24 meetings, you will learn skills from the following modules:

Emotional Expertise

Learn what the research literature tells us about how our emotions work and how to label and describe emotions effectively.

Emotional Modulation

Learn strategies to change your emotional experience by adjusting the intensity of your emotion. The group teaches skills to both increase/engage with emotions and to decrease/disengage from emotions.

Emotional Endurance

Learn how to experience your emotions as they are rather than trying to change them. Skills will focus on allowing emotions without eliminating, dismissing, exacerbating, or altering them.

Emotional Connectedness and Vulnerability

Learn how to experience emotions during interpersonal interactions, as well as learn how to be emotionally honest with others in ways that increase likelihood of connection.