



Affect Regulation Training

Zentrum für Psychosomatik Zürich City

Who can benefit from this course?

The “Affect Regulation Training” group programme is particularly suitable for people with difficulties in perceiving and naming feelings and in dealing with stress and unpleasant feelings. Insufficient coping skills can contribute to the development and maintenance of mental disorders. The training has proved particularly effective for people with depression, anxiety and obsessive-compulsive disorders as well as eating disorders and stress-related mental disorders.

What skills will I acquire in this course?

In ‘emotional skills training’, participants learn skills to improve their ability to cope with stress and feelings such as anxiety, anger, disappointment and/or sadness, which are often experienced as unpleasant, through knowledge transfer, group exercises and various training sessions in everyday life.

The training consists of the following modules:

- Knowledge transfer on the development of stress and unpleasant feelings
- Techniques for breathing and muscle relaxation
- Perception of feelings and stress reactions
- Acceptance and tolerance of own feelings
- Self-support in difficult situations
- Understanding specific, individual feelings and being able to change them if necessary

Procedure & material

- 9 weekly sessions of 90 minutes each in a closed group with max. 10 participants
- Written information material (course manual)
- Audio files for everyday life

ORGANISATIONAL

9 course units of 90 minutes each.

The costs are usually covered by health insurance.

TIME:

Thursday from 15:00 - 16:30 pm

LOCATION:

Zentrum für Psychosomatik
Selnastrasse 6
8001 Zurich

LEADER

Marlon Nüscher
Psychotherapist

FURTHER INFORMATION & REGISTRATION

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