

THINGS ON YOUR MIND?



TURNING POINT
TALKING THERAPIES



TURNING
POINT



WELLBEING WORKSHOPS



Our workshops are delivered by qualified therapists and follow evidence-based treatment (this means they are proven to work and NHS recommended!)

They are informal 'talks' to provide attendees with more information about common mental health problems and filled with techniques to help manage these. There is no pressure for attendees to share personal experiences, however, there will be opportunity for people to ask questions or share if they choose to do so. Workshops can be adapted to be interactive where requested. We will also let attendees know more about further support and resources available to them through the service and other local and national support agencies

These workshops are designed to be an opportunity to self reflect whilst encouraging participants to learn or revise useful coping strategies for a variety of symptoms and experiences.

Our workshops can be delivered via Teams or in person. We normally allow 60 minutes, or 90 minutes if you like more interaction, please let us know on booking.





AVAILABLE WORKSHOPS

WELLBEING SEMINAR

This workshop is a great introduction to all round good wellbeing advice. Designed to fit into a lunch break, we talk through our top tips for staying well, building resilience, managing stress and negative thoughts, whilst learning more about early warning signs and how to access further help if needed. This seminar is 45 mins.

WELLBEING AT WORK

This workshop looks both at managing your own wellbeing and stress levels in, and outside of work. During the workshop we will explore how to spot the signs of stress, both physical and emotional, and the short and long term effects this has on how we think and how we behave.

We look at which behaviours might be unhelpful to us and how to tackle these, but also introduce more helpful coping strategies to help build resilience and prevent burnout.

We also have an adapted version of this workshop written specifically with employees who are exposed to traumatic experiences through their work. We look specifically at how to recognise and prevent Acute Stress, Post Traumatic Stress and Vicarious trauma.

MANAGING ANXIETY & WORRY

Everyone has feelings of anxiety at some point in their life and dependant on circumstances, feeling anxious can be perfectly normal. However, some people find it hard to control their worry and anxiety levels, they start to become more constant, unhelpful and it can affect their daily lives.

This workshop is designed to provide information on what anxiety actually is, why we experience the physical symptoms and information on what you can do to manage and reduce these unpleasant sensations. Learn how to manage the worrying, worst case scenarios and the 'what if' thoughts. We also discuss relaxation and self care skills and how these can successfully be applied in your day to day life.

COMBATTING LOW MOOD

Feeling persistently low, a loss of interest or pleasure in things you used to enjoy, poor motivation and tiredness are some of the signs your bad days could be turning into depression.

Sometimes there is no obvious cause for this, but we may notice that we are doing less, avoiding more and feeling consumed by negative thoughts.

This workshop looks at the interplay between our situation and how we feel, think and what we do when we are feeling low or depression and how we can help ourselves out of this cycle using proven self help techniques.

Whether you have had sleeping problems for some time, or if difficulty sleeping has developed recently, there are steps that you can take to improve your sleep habits. Sleep is critical for both our physical and emotional wellbeing. Difficulties with sleep can increase your vulnerability to symptoms of stress, depression, and anxiety.



This workshop's aim is to explore your sleep problems by looking at unhealthy and healthy patterns, and getting a better understanding of what constitutes poor sleep and you could do to improve this. This will include techniques on how to deal with a racing mind, monitoring your sleep and a number of tips for improving your chances of a refreshing night's sleep.

INTRODUCTION TO MINDFULNESS

Mindfulness is the practice of paying attention to your thoughts, emotions and body sensations in the present moment and can be practised anywhere. Executing a state of Mindfulness well can help in preventing you from dwelling in the past or worrying about the future.

This workshop teaches mindfulness and meditation techniques to help you cope with the stresses and challenges of life. The content will include stress reduction techniques, guided meditations and practical exercises led by an accredited mindfulness therapist. The aim is to provide you with some simple, yet effective techniques that you can begin to apply straight away in your day to day life.

POSITIVE BODY IMAGE

How you feel about yourself should not be defined by the way that you look. Our bodies are amazing things, yet too often, we judge ourselves purely based on our appearance. Due to the pressures of the media and 21st century expectations, you may feel anxious, stressed or even depressed about your body shape or size. This workshop explores different representations of beauty and helps you understand the different influences which affect body image. It will teach you strategies to feel more positive about your body and help you to break the negative body image vicious cycle that many of you may be facing.

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GRIEF AND DEPRESSION

The aim of this workshop is to explore what grief is and how to cope with it. Taking a look at being able to understand the difference between grief and depression, but also how grief and depression are similar. Join us and explore how to look after yourself whilst grieving and when you may need to seek further help and support.

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OVERCOMING PANIC ATTACKS

A panic attack is a feeling of sudden and intense anxiety, the symptoms of a panic attack are not dangerous, but can be very frightening. In this workshop we explore what is actually happening in the body during a panic attack and why they happen. We look to provide tips and techniques from CBT therapy as a beginners guide to dealing with and overcoming these attacks and reverse the avoidance that can be so debilitating for people.

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EMOTIONAL EATING

Why do you emotionally eat? This workshop will explore some of the reasons behind emotional eating and encourage you self reflection. During this workshop, you will be introduced to a variety of scenarios and relatable situations, discussing some triggers, cravings, and how you can find more satisfying ways to feed your feelings and manage this on a daily basis.

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LONELINESS AND ISOLATION

It is possible to feel lonely, even when surrounded by people, but loneliness and isolation can also happen due to many reasons, some of which include; being separated from other people, changes to your routine or your environment.

This workshop will cover the reasons behind why many people feel lonely and isolated and explore how we can take positive steps to change this.

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LIVING WITH CHRONIC PAIN

Chronic pain can be a debilitating condition that can impact all areas of life such as mood, relationships, ability to engage in and enjoy things and concentration. This workshop introduces the how mental and physical health interlink and how improving mood through talking therapies can not only improve quality of life, but sometimes improve our experience of the pain itself.

CONTROLLING ANGER AND IRRITABILITY

Anger is a healthy emotion experienced by us all, but it can often be a symptom of anxiety, low mood, stress or being 'triggered' by things that we can't easily pin point. This workshop aims to understand why we feel anger, to identify own signs/symptoms of anger, to be aware of when anger becomes a problem and to start learning techniques to help defuse/resolve anger in an appropriate way

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MENOPAUSE AND ME

When menopause starts, it can be an uncomfortable, anxious and stressful time for women, impacting all areas of life. This workshop is an introduction into what you expect from the menopause: the causes, the symptoms, the effects and also starts to explore some ways you can better manage this change in life and help your wellbeing as well.

LIVING IN UNCERTAIN TIMES

Feeling out of control can feel scary, especially in present times, it can feel like a constant cycle of negative news, from Covid19, the conflict in Ukraine and other parts of the world and the cost of living increases, we are often reading and hearing things online or on the news that can leave us feeling out of control, this can cause you to feel stressed, anxious, and powerless. This workshop is here to help you understand and process these emotions and introduce practical CBT based self help strategies to enable you to manage this.

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STRESS AS A PARENT

Parents are often faced with managing a busy schedule which includes working, juggling household tasks and raising their children. This workshops will cover why being a parent can be stressful, understanding what happens to the body when we are stressed, how to help ourselves to calm down, taking care of ourselves as parents and what helps generally when it is tough.



IMPROVING SLEEP

Whether you have had sleeping problems for some time, or if difficulty sleeping has developed recently, there are steps that you can take to improve your sleep habits. Sleep is critical for both our physical and emotional wellbeing. Difficulties with sleep can increase your vulnerability to symptoms of stress, depression, and anxiety. This workshop's aim is to explore your sleep problems by looking at unhealthy and healthy patterns, and getting a better understanding of what constitutes poor sleep and you could do to improve this.

BENEFITS OF OUR WORKSHOPS

- Supports staff, clients, patients, service users wellbeing
- Preventative
- Early Intervention
- Stepping stone to explore further support
- Opportunity for reflection

“The workshop was really useful. The presenter was amazing and I finished feeling calm, peaceful, relaxed and recharged ”

REGISTRATION FORMS FOR WORKSHOPS

In order for us to provide and evidence the great work that we do, anyone attending a workshop will be required to complete a workshop registration form. The form provides a great opportunity to slow down, self-reflect and have a think about where you are at with your wellbeing and where there might be areas of need.

These are NOT a diagnostic tool and we would not record any diagnoses as a result of these scores, nor would they prompt us into any additional action or information sharing based on your responses. This information is stored on our confidential database and not shared with anyone outside of the organisation, for further information please request a copy of our privacy notice.

TURNING POINT TALKING THERAPIES

Telephone: 01924 234 860

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If you would like to organise a workshop for your team or organisation, please contact our Prevalence and Workshop Manager Ella

Murgatroyd

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@wakefieldtalkingtherapies

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