



# MANAGING EMOTIONS GROUP

UW HEALTH-PSYCHIATRY  
6001 RESEARCH PARK BLVD  
MADISON WI 53719

**Group Leader:**

Daniel Dickson, PhD

**Group Day/Time:**

Tuesdays, 2:00-4:00pm



## **Group Description:**

This group is meant to help people change how they respond to unpleasant emotions such as anxiety, sadness, guilt, disgust, anger and shame and approaches to effectively manage the distressing pattern of these emotions.

Participants will learn how to recognize, accept, and manage emotions and break unhealthy habits driven by the desire to escape or avoid experiencing those emotions.

## **Group Information:**

- Participants must be 18 years of age or older with diagnoses of an anxiety and/or depressive disorder.
- Groups will be a total of 120 minutes with 60 minutes of reviewing individual skills practice with the group and group facilitator and 60 minutes presenting a new skill.
- The size of the group will be limited to 8 participants to allow for each patient to identify and meet their specific treatment goals.
- A schedule of topics will be available at the start of the group and participants will be provided with a workbook to use throughout the program.
- The group leader will provide structure and direction and lead exercises rather than asking the participants to set the agenda or lead the discussion.

## **The Group Will Not Include:**

- Processing grief or traumatic events
- Medication changes or other treatment options
- Focusing on a specific type of psychiatric disorder

## Instructor



### **Daniel Dickson, PhD**

Dr. Dickson is a licensed clinical psychologist in the Department of Psychiatry. He completed his Ph.D. at Loyola University Chicago and pre-doctoral clinical internship in the Department of Psychiatry at the University of Wisconsin-Madison. Dr. Dickson has specialty training in cognitive-behavioral therapy as well as mindfulness-based therapy adults with depression and anxiety.

For more information please contact:

Daniel Dickson, PhD

608/232-3171

*PROVIDERS: To refer a patient to this group – please send a Re: Patient message via Epic*