



Back on Track

Learn Skills and Techniques for Coping

The *Back on Track* training is designed to help participants develop skills and techniques to cope with psychological challenges. It offers insights into the potential causes of these challenges and provides practical exercises to address them effectively.

Participants will receive a reader and gain additional support through group sessions and online modules available on the *Minddistrict* platform.

What You'll Learn

During the training, you'll work on themes such as:

- Managing your capacity and burden.
- Recognizing helpful and unhelpful thoughts.
- Understanding and signaling emotions.
- Coping with loss.
- Discovering your strengths and empowerment.
- Practicing acceptance and commitment.
- Exploring different coping styles.

Is This Training for You?

This course is designed for English-speaking individuals from diverse backgrounds, including expats, their partners, and immigrants. If you're navigating life in a new country and looking for tools to manage psychological challenges, this training is ideal for you.

Your Goals, Your Growth

Through *Back on Track*, you'll gain the tools and insights to take charge of your mental well-being. With practical exercises and group support, you'll build resilience and feel more empowered to handle life's challenges.

Meetings:	once a week
Meeting duration:	2 hours
Number of meetings:	8
Materials:	You will receive a workbook and online modules.

Ready to Start?

Speak with your practitioner to see if this training is suitable for you. For more information, please don't hesitate to contact trainingen@ggze.nl.

Back on Track is a product of GGzE



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