



Stirling Integrated Community Mental Health Services.

Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913

Resource Centre Referral Criteria:

The Recovery Team offers treatment for people who have been assessed and meet our criteria for a moderate mental health problem which can be treated within our group programme

Please note: to access the Resource Centre and the treatment programme a referral needs to be made via a GP or Consultant Psychiatrist.

ASSERTIVENESS



What's the group about?

The aim of the group is to help you to become more assertive.

Being assertive basically means being able to communicate your own needs effectively.

The objectives can be achieved by looking at the following areas:

- ❖ The meaning and implications of assertiveness.
- ❖ Learning to discriminate between assertive and non-assertive behaviour.
- ❖ To encourage a belief in your own personal rights and those of others.
- ❖ To recognise and where necessary change your non-assertive behaviour.
- ❖ To increase your range of assertiveness skills.
- ❖ To provide a safe, supportive group atmosphere to address the above.

The underlying philosophy of assertiveness is based on the premise that we are all equal and that we all possess the same basic rights. Many people seem to have forgotten, or have never been told, that these rights exist. Here are some examples:

- ❖ I have the right to express my feelings and opinions.
- ❖ I have the right to say "yes" and "no" for myself.
- ❖ I have the right to change my mind.
- ❖ I have the right to say, "I don't understand".
- ❖ I have the right to be miserable or cheerful.
- ❖ I have the right to decline responsibility for other people's problems.
- ❖ I have the right to make reasonable requests of others.
- ❖ I have the right to be listened to, and taken seriously.
- ❖ I have the right to make mistakes and feel comfortable about admitting to them.