

Try to read some information if you have access to the internet, go to:

www.members.tripod.com/colla/so_cail/growth/assertiveness.htm

<http://www.bbc.co.uk/dna/h2g2/a2998551>

Books of interest are:

How to Assert yourself by R. Bolton (1992)

A Woman in your Own Right by Anne Dickson (1982)

Assertiveness Training by R.S. Graham & S. Rees (1990)

Assertiveness; A Practical Approach by S. Holland & C. Ward (1990)

Overcoming low self-esteem by M. Fennell (1999)

The Mental Health Handbook by T. Powell, 2nd Edition (2001)



Mental Health Services

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(INFORMATION ONLY)

Assertiveness Training



The Dawley Centre for
Psychological Therapies
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The Art of Assertiveness:-

Assertiveness is the art of clear, honest, direct communication. Being assertive means we are able to ask for what we want from others. It means we can say “no” to the requests of others. It means we can express a range and depth of emotion. It means we can express our own opinions without feeling self-conscious.

Developing these skills builds self-confidence, and allows you the freedom to be who you are, not who other people think you are, or who other people want you to be.

Here at the Department for Psychological Therapies, we offer courses which help to develop self-esteem and self-confidence. A course usually runs for ten weekly sessions of 1½ hours. There are usually about twelve people in the group. In order to get the most from the course it is important that everyone attends as regularly as possible. There is no pressure for anyone to talk about confidential issues but mutual respect helps to encourage openness and trust.

The following topics are covered in the course:

- * Types of behaviour – aggressive, passive, assertive.
- * Assertive rights and responsibilities.
- * Making requests, and why it is so difficult.
- * Recognising feelings and how to express them.
- * Body language.
- * Accepting compliments.
- * How to give and receive constructive criticism.
- * “Put-downs” – what they are and how to deal with them.
- * Other ways of building self-esteem.

Printed information will be given out.

Courses are generally available during the day on:

Tuesday or Wednesday mornings at 11am.

If you would like to attend *Assertiveness Course*, please contact your GP for a referral to the Department.