

Priory Hospital Bristol

Group therapy programme

Group therapy helps people explore and practise techniques designed to promote positive mental health and build confidence and self-esteem. Groups range from structured, skills-based groups, to reflective psychotherapeutic groups. Facilitators encourage participants to share thoughts and experiences within the framework of a specific therapy model. They also aim to provide a safe and supportive environment in which to do so.

Shortly after admission to Priory Hospital Bristol, and within 48 hours, a member of our therapy team will arrange to visit you on the ward. They will talk to you about your psychological needs and collaboratively agree a tailored programme to meet your needs. Your programme may be different to others on the ward, and can be reviewed at any time.



Our groups

Supportive psychotherapy

In this group, you are encouraged to explore your feelings, whilst allowing other members to provide feedback using their own life experiences, insights and understanding of therapy. The facilitator encourages a safe and non-judgemental space in which you can listen to and develop your own voice.

Improving assertiveness

This group explores the blocks to assertive behaviour. It looks at the links between assertiveness and self-esteem and explores various communication styles and how they can improve relationships. An important element of the work here involves finding ways to identify needs and how using different skills can help to facilitate dialogue in an open, equal, honest and direct way.

Positive psychology

Drawing on elements from cognitive behavioural therapy (CBT) and positive psychology, this group encourages you to leave your problems at the door. Here, you are taught how to focus on the good things in life and the things that have gone well for you. You will learn how to laugh more, rediscover your strengths and values and, even use your body language to lift your mood.

Managing emotions

In this group, you will look at your relationship with your emotions, how you express them and how you cope when you are in distress. You will look in depth at specific emotions, such as fear and anger, and learn how to understand them better. You will also learn how to balance your rational and emotional thinking.

Food and mood

Here, we explore the relationship with food and how our diet can affect the way we feel. We look at how we can support our treatment and recovery through making positive choices.

Life skills

Using a dialectical behaviour therapy (DBT) informed approach, we explore our ways of being. The different skills within DBT can support you to stabilise and instruct simultaneously, offering the possibility of increasing your sense of resilience. DBT seeks to strike a balance between managing current crises and learning new ways of doing things, learning both how to change what is and accept what is.

Rational emotive behavioural therapy

Rational emotive behaviour therapy (REBT) is a form of CBT. It follows the philosophy that it is not the events in life that disturb you, but your unhealthy beliefs about those events. Each week, you learn how to challenge those beliefs and develop more helpful language in the face of life's adversities. This is a highly structured programme with handouts and homework each week.

CBT for anxiety

Anxiety is a mood disorder that has many different types and variations. It has different triggers and often needs treatment through both therapy and medication. CBT for anxiety is a structured group that gives you the tools to manage this debilitating psychological condition and help you to manage differently, and more effectively. The skills-based CBT group will enhance your understanding of the nature of anxiety. It introduces you to several cognitive behavioural interventions to help you manage the physiological, emotional and psychological symptoms of anxiety.

Improving self-esteem

Self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. This group is designed to enable you to raise awareness of, and challenge, unhelpful thinking and behaviours that may contribute to a low opinion of yourself, thus improving your confidence levels.

Working with anxiety

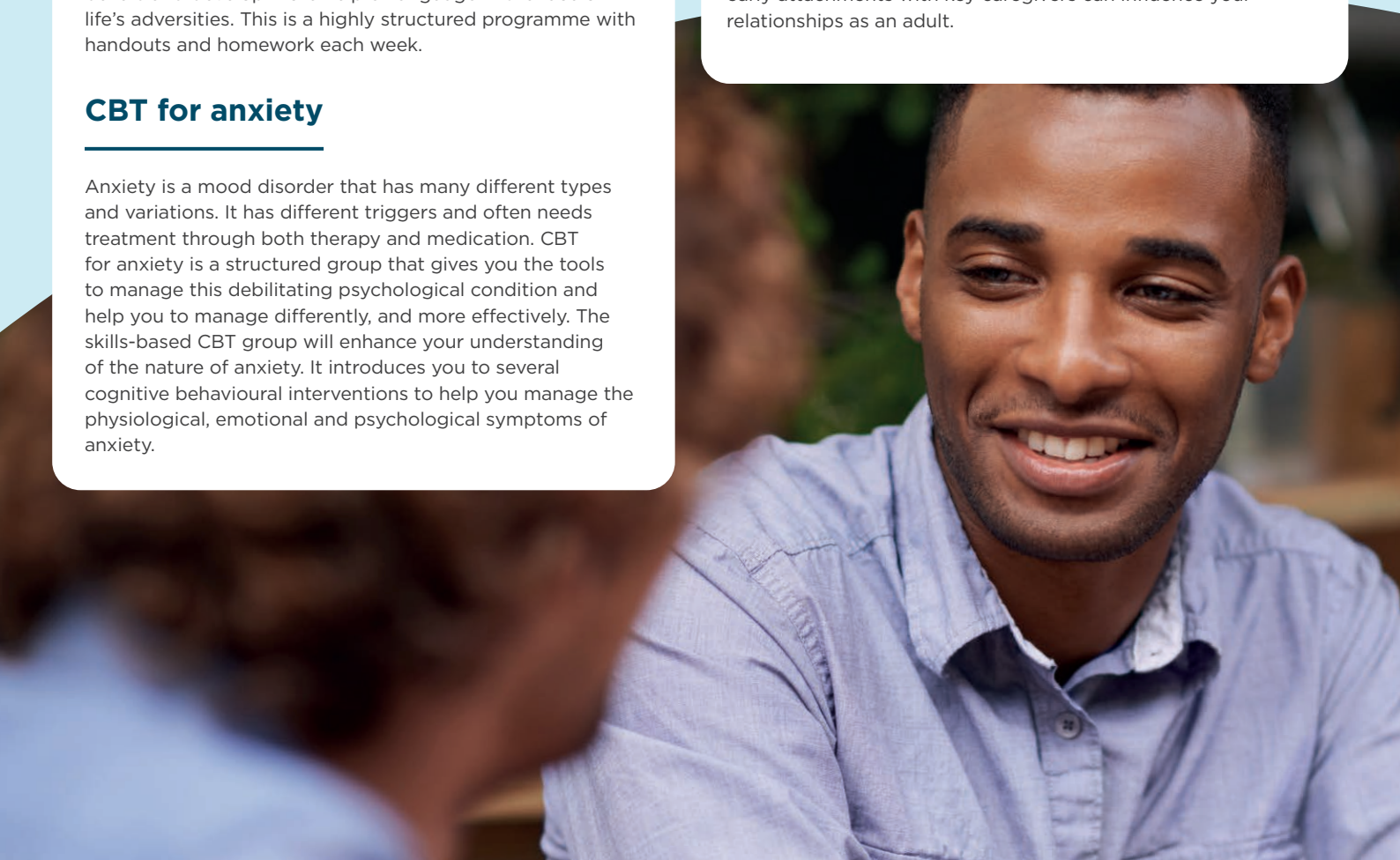
The aim of this group is to normalise anxiety, understand its origins and learn techniques for how we can manage it on a daily basis.

It has a CBT approach, combining:

- + Psycho-education
- + How to distinguish helpful and unhelpful thoughts
- + How worry affects our bodies physiologically
- + Acceptance of anxiety
- + Self-care
- + Grounding techniques

Transactional analysis for relationships

This group explores the theory of transactional analysis and explores how we have learnt to communicate with others through our parent, adult and child 'ego' states. You will be invited to explore how you are in relation to others around you. We will also look at attachment theory and how your early attachments with key caregivers can influence your relationships as an adult.



Mindfulness

In mindful meditation, you learn how to attend to the present moment, without judgement or evaluation. Practising mindfulness can help you to focus on one thing at a time, helping you to choose the most skilful response to any difficult thoughts, feelings, or situations that may arise.

Distress tolerance

In this group, you will learn the core elements of DBT. You will be introduced to DBT as a therapeutic model, and the skills associated with it. We will look at the core elements, including mindfulness skills, interpersonal effectiveness skills, emotional regulation skills and distress tolerance skills.

We will focus on the specific element – distress tolerance. You will look at how you cope with distress and explore the coping strategies you have developed. We will explore different and perhaps alternative coping strategies to cope with distress, and measure the outcomes.



Process group

This group is an opportunity for patients to discuss their ongoing treatment in a safe, supportive and confidential environment. There is no agenda to these groups, other than a willingness to speak, be heard and engage with the similarities (and differences) of the other group members. Interpersonal group therapy is a learning environment where effective communication styles and healthy behaviour are explored by the group. As these more effective patterns are learned, a group member receives increasingly positive feedback from others in the group and this feedback increases self-esteem.

Nutrition

In this group, a nutrition specialist will guide you through the importance and impact of nutrition on our physical and mental wellbeing. We will explore positive nutrition to support physical and emotional wellbeing, and look at many areas, including the immune system and digestive health.

Understanding trauma

A gentle group which will look at the effects of trauma on our bodies. Trauma can be a complex area and in this group, you will explore what trauma looks like, how it can affect us physically and mentally, and what we can do about it. A supportive and exploratory group, you will not be opening up any trauma in this session.

Art psychotherapy

In this group, you will be invited to reflect on your psychological journey and challenges through different creative mediums. Facilitated by a trained art psychotherapist, you will be offered a range of materials and the group will decide what topic will be the focus for that session.





Addiction treatment groups

These groups will be offered to those who have been admitted as part of an addiction programme.

Peer support

This group will give you the opportunity to relate to others, who will likely relate to you. The process of receiving and gaining understanding will reduce isolated feelings and behaviours. It will also help you to begin to regain some belief in yourself. Isolation and addictive behaviour go hand in hand, so any changes that facilitate a shift from this will aid recovery. As this process takes place, the opportunity to improve insight and awareness will also give rise to further potential for healthy recovery.

Motivations and repercussions

This group will help you to differentiate the discrepancy between the motives (motivations) for acting out addictively and the actual reality (repercussions) of your actions. It will also help you to relate to the similarities within the addictive relationships people have with substances and/or behaviours. This new evidence will come via examples from your own experiences, as well as from others. The shift to gaining insight and awareness in a way that had previously been hidden will create further momentum for recovery.

Motivational interviewing

Using the principles of motivational interviewing, this group helps you to look into areas of your life where positive change brought about by collaboration can be a starting point for recovery. By interacting, discussing, reflecting, summarising and genuinely looking for advice, you can find new ways to begin to bring about positive change.

Relapse workshop

In this group, you will be given the opportunity to look at the relapse process as a process and not as an event that happens in an instance of time. Often, the misconception is that a relapse 'just happens'. In order to overcome the danger of relapse, it is necessary to understand in more detail the process that actually leads to it. By gaining understanding of what leads to relapse, it becomes possible to challenge and alter negative and self-defeating behaviour that leads to it.

Aftercare/family support group

As part of our addiction treatment programme, we offer 12 months of support for those that have completed the 28-day inpatient stay. Held on a Thursday night, the option is open for you to continue your care and treatment to support the best chance of recovery.

Running at the same time, we also offer a support group to family members who may also welcome the opportunity to explore their own feelings and how they may support themselves and others in the process.

Yoga

Our experienced yoga practitioner guides you through exercises for the body and mind.

Holistic therapies

During this time, our trained holistic therapist will offer you one of three treatments, between seated acupressure massage, Indian head massage or reflexology. This will be a time for relaxation and repair.

Compassion focused therapy

Using compassion focused therapy (CFT), this group explores your relationship with an inner voice which may be your harshest critic. We will aim to equip you with tools and techniques that support you in being kinder to yourself, and more accepting and compassionate. This may reduce symptoms of anxiety, depression and anger, and help you to challenge your internal and external critics.

Review the week

This is a space to explore the time you've spent with your peers, share your experiences and learn from each other with the safety of a confidential therapeutic space.

Individual therapy sessions

As well as groups, we offer individual sessions for each patient, to allow for reflection and also the more specific issues that may have been highlighted during group sessions. This is your space to explore what may have brought you to enter therapy, working with one of our skilled and experienced therapists.

Enquiries and further information

To find out further information or to make a referral into Priory Hospital Bristol, please contact our dedicated 24/7 enquiry helpdesk:

Telephone: 0117 952 5255

Email: bristol@priorygroup.com

Visit: www.priorygroup.com/Bristol

For the most up to date information on our services, please visit our website.

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