



Priory Hospital Woking

Emotion regulation skills group

Set within a beautiful country house in the tranquil Surrey village of Knaphill, Priory Hospital Woking is one of the country's leading centres for the treatment of a wide range of mental health conditions.

Our emotion regulation skills group, based at the Lodge Therapy Centre, focuses on a number of subjects, including an introduction to dialectics, mindfulness, distress tolerance skills and interpersonal effectiveness skills.



What are the aims of the course?

This group is based around dialectical behaviour therapy (DBT) skills, which are specifically designed to address emotional dysregulation and the maladaptive consequences of this.

Benefits of DBT skills

DBT is a third wave cognitive behavioural treatment, developed following research into suicidal behaviours. Multiple clinical trials have demonstrated its effectiveness for a wide range of disorders and problems, including both under control and over control of emotions and associated cognitive and behavioural problems.

Furthermore, an increasing number of studies have proven that skills training is the most effective element of DBT.

The overall goal of DBT skills training is to help individuals change their behaviours, emotions, thinking and patterns associated with problems in living, for the better.

Group overview

Woking's emotion regulation skills group will follow the format below:

1. Each session will start with a mindfulness exercise
2. Followed by feedback regarding the previous week's homework
3. Next, the diary cards will be discussed
4. We will then make a start on learning the DBT skills for the week
5. Lunch break
6. Resume learning the DBT skills presented
7. Worksheets and homework for the following week will be given
8. Session ends

How does the course work?

- + This 16-week programme runs as a closed group, with a maximum of 11 group members
- + The groups will take place on Thursdays from 11am to 3pm and will be held at the Lodge Therapy Centre
- + Each group will run for 2.5 hours (with a 1.5 hours lunch break)

The fee for those who are self-funding is £300 per session (total £4,800) or a discounted price of £4,320 if full payment is made in advance.

Who is the group for?

Patients suitable for this group include those with a diagnosis/traits of emotionally unstable personality disorder (EUPD) or anxiety. It will also benefit those with a history of/current self-harming behaviour, suicidal ideation and attempts, impulsivity, poor emotional regulation, high reactivity/mood swings, anger outbursts, and interpersonal/relationship difficulties.

Patients not suitable for this group include anyone engaging in active addiction, those who have a diagnosis of bipolar disorder and patients in active psychosis.



Contact us

For further information or to book an assessment appointment, please contact us on **01483 489 211** or email **woking@priorygroup.com**

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

Priory is a registered and approved provider for all of the UK's leading private medical insurers, including Bupa, Vitality, Aviva, Cigna, WPA and AXA Health. Please check with your provider for what is covered.

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