



Priory Hospital Chelmsford

Positive and stable mental health

Priory Hospital Chelmsford's teen dialectical behaviour therapy (DBT) for mindfulness group will help young people to understand their anxiety more and learn effective coping mechanisms to help them manage their condition in daily life. This new outpatient therapy group is dedicated to supporting young people aged 14 to 17.

We will help those attending to manage their emotions, cope with stressful situations and handle interpersonal relationships, through a structured therapy programme.

We help attendees to realise they are not alone in their difficulties, and assist them in building a support network with others experiencing the same challenges, as well as family support.



Programme overview

The 12-week programme has been developed to support young people experiencing anxiety and emotional instability. By supporting young people to better understand and feel empowered over their own mental health, our aim is symptom reduction, specifically looking at reducing harmful behaviours such as self-harming.

The mixed gender, closed group provides:

- + Support for young people and their families, to develop skills in managing personality disorders, and to increase self-worth and confidence
- + A person-centred, dialectical approach, tailored to the ages of the young people and their individual needs
- + Activities to help demonstrate how coping skills can be applied to real life situations
- + An interactive and structured programme, with homework to be completed weekly
- + The group will provide continuity and stability for those attending



Programme timetable

The pathway starts with an individual assessment followed by:

- + Half-day pre-treatment introduction
- + 12-week intensive DBT for mindfulness course with weekly group and an individual therapy programme

Group programme

The group programme is a rolling timetable and can be joined on the first week of each module.

- + **Weeks 1-4, Tuesday, 4pm-6.30pm**
Mindfulness and emotion regulation
- + **Weeks 5-8, Tuesday, 4pm-6.30pm**
Mindfulness and interpersonal effectiveness
- + **Weeks 9-12, Tuesday, 4pm-6.30pm**
Mindfulness and distress tolerance

Additional support

Where appropriate, the therapy team can provide details of additional support, including a teen step-down programme and family support.

Meet our team

Our skilled team has a broad range of experience in delivering child and adolescent counselling psychotherapy and DBT.

Further details on the therapists can be found here: www.priorygroup.com/consultants

Our team includes:

- + Sarah Turner
- + Melissa Bizier
- + Janette Rodriguez

About Priory Hospital Chelmsford

Located just outside London, we are set within a beautiful Grade II listed, 19th century building, complete with three acres of private gardens. The hospital first opened in 1992 and since then, has established an excellent reputation for providing high standards of treatment for a diverse range of mental health difficulties.

There is easy access from the A12, Stansted Airport, Central London, and we are close to excellent transport links to other neighbouring areas including Essex, Cambridgeshire, Suffolk and Norfolk.

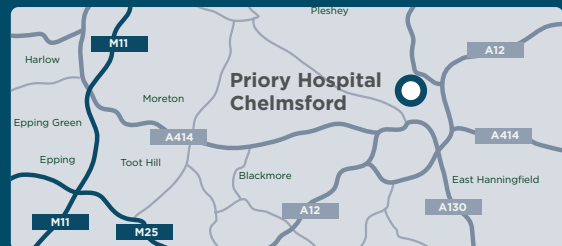
Those accessing the teen DBT group will benefit from the support of leading specialists in young people's mental health.

For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Web: www.priorygroup.com/chelmsford



Priory Hospital Chelmsford is easily accessible from local train stations and major motorway links.

Costs and how to book

The teen DBT for mindfulness therapy group can be accessed following an initial assessment with a consultant psychiatrist, who will confirm the personality disorder diagnosis and recommend the group, if deemed suitable. Patients will need a referral from their GP.

The 12 sessions will cost **£334.00 per session, totalling £4,008 for the programme.** Patients wishing to access the group through their private medical insurer should check their policy details with their provider.

Enquiries and further information

For more information, please contact Priory Hospital Chelmsford:

Visit: www.priorygroup.com/chelmsford

Call: 01245 345 345

Email: chelmsford@priorygroup.com

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

