



# Reducing the stigma of addictions – the power of group work

**Are you worried you might have an addiction? Do you know someone who might be suffering from an addiction but won't let you help?**

There is still a large proportion of addicts who refuse to seek help due to being stigmatised or even vilified. Yet it is so important that those struggling with an addiction receive the right treatment as early as possible, to get on the right path to recovery.

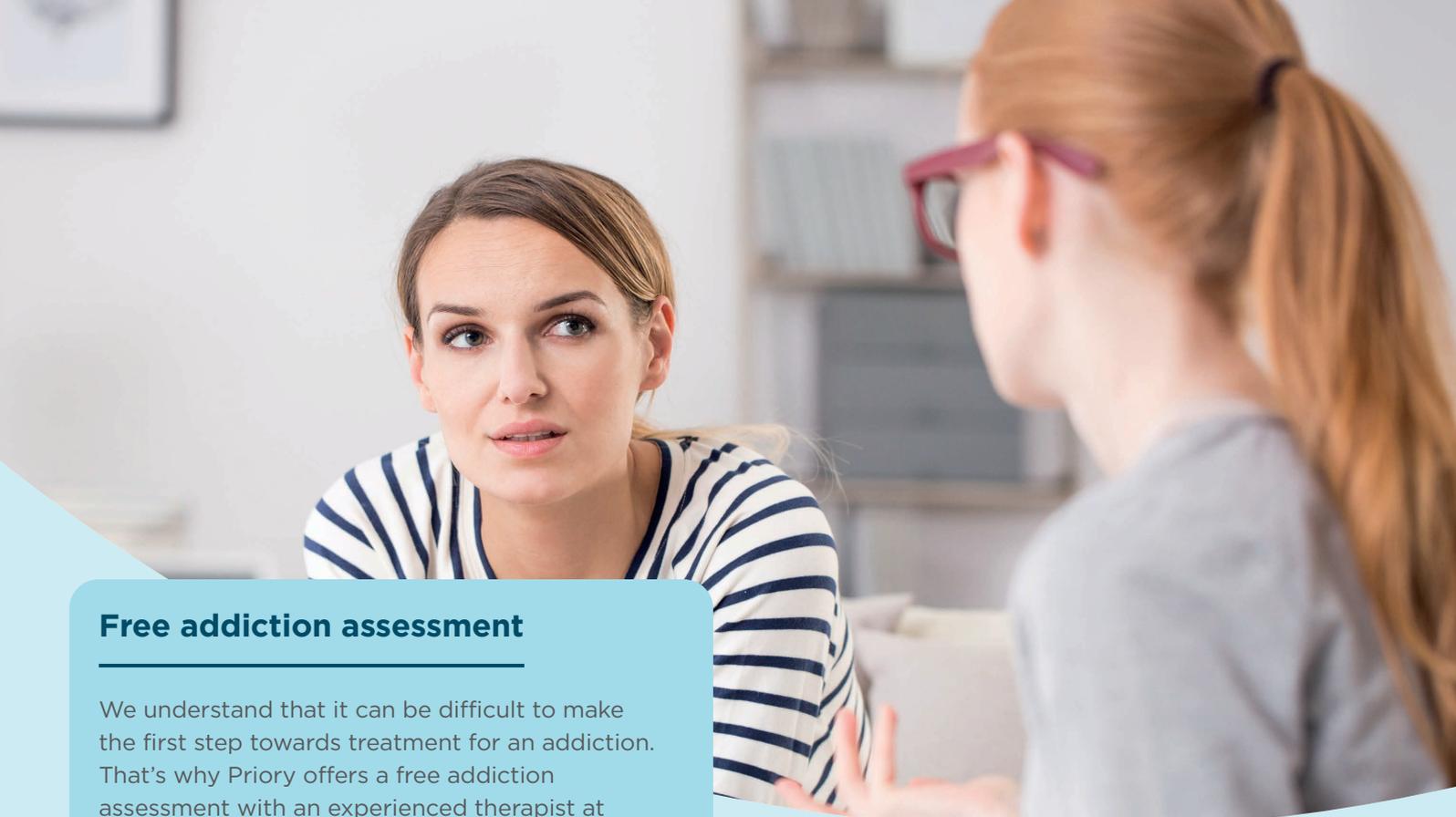
Ask your GP about group therapy – you are not alone.

## The power of attending group therapy

Receiving treatment in a group setting is a great way to reduce feelings of shame. It is a way to interact with those going through a similar experience and participants quickly realise they are not alone.

Other benefits include:

- + Gain a sense of identity
- + Learn off participants who might be further down the recovery journey
- + Gain strength and hope in realising recovery is possible
- + Talk to people who won't judge
- + Take part in psycho-educational workshops that provide the tools to understand addictive thinking and behaviours
- + Gain education around the neuroscience of an addiction
- + Invite family or friends to take part
- + Learn more about talking therapies such as cognitive behavioural therapy (CBT) or dialectical behaviour therapy (DBT), which help those with other struggles such as anxiety or depression



## Free addiction assessment

We understand that it can be difficult to make the first step towards treatment for an addiction. That's why Priory offers a free addiction assessment with an experienced therapist at your nearest Priory hospital.

## What can Priory offer?

We can offer patients one-to-one and group therapy in an inpatient, outpatient, secondary care and day care settings.

Our specialised inpatient addiction treatment programmes are available to those who may need a more intensive treatment option. Priory's 28-day programme helps break any psychological dependency and temptation, as well as providing medically assisted detox and a wide range of group therapy options.



## Enquiries and further information

Priory offers personalised and accessibly-priced treatment for individuals who are looking to self-pay for treatment. We are also an approved provider for all of the UK's leading private medical insurers.

To make an enquiry, or to arrange your free assessment, you can call our 24/7 enquiry line on **0800 840 3219** or email us on **info@priorygroup.com**

You can find out more information by visiting our website at **www.priorygroup.com/enquiry**

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

