



Priory Hospital Hayes Grove

Cognitive behavioural therapy with psychodrama techniques

Priory Hospital Hayes Grove is one of the UK's leading centres for the treatment of depression, anxiety and addictions. Our specialist team are experts in making assessments and advising on the best treatment approaches, devising individual programmes which achieve consistently positive outcomes.



Psychodrama

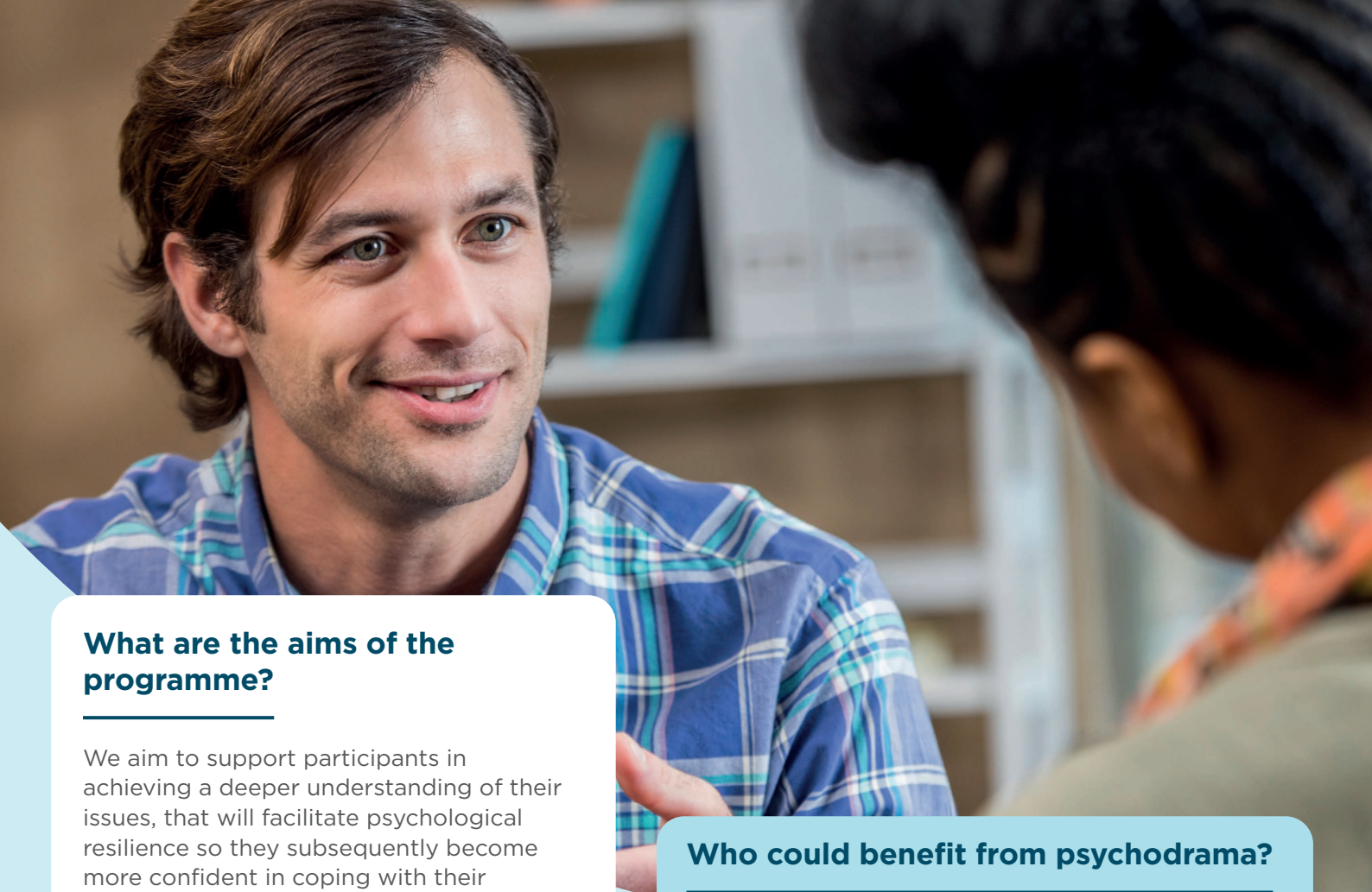
Psychodrama is a method of psychotherapy in which clients are encouraged to examine problems or issues through 'guided dramatic action'.

Such therapy can support individuals with their issues in an experiential and cognitive way. Action methods are used to enable past, present and future life events to be explored with the view to possible solutions. Any challenges like marital issues, financial issues, house moving, career changes and relationship conflicts can also be enacted.

People who take part in psychodrama can achieve a deeper understanding of their issues, that will facilitate psychological resilience so that they become confident in coping with their thoughts, feelings, urges and memories.

Benefits of the programme

The method has been clinically proven to be beneficial as it facilitates insight, personal growth and integration on cognitive, affective and behavioural levels.



What are the aims of the programme?

We aim to support participants in achieving a deeper understanding of their issues, that will facilitate psychological resilience so they subsequently become more confident in coping with their thoughts, feelings, urges and memories. Individuals who are willing to explore, learn and reflect, will see positive benefits.

How does the programme work?

The programme at Hayes Grove is delivered in an empathetic, succinct and directional way. Commitment to the six week long group, and being open to work on a psychological level, is paramount to a positive outcome. The size of the group is between three to five people and rules include empathy and confidentiality.

This is a closed group* based in the Cedar Therapy Centre at Priory Hospital Hayes Grove and it runs on a rolling system basis as full days, between 10am - 12:30pm and 1:30pm to 3pm.

Who could benefit from psychodrama?

The group is suitable for outpatients aged 18 and above, with a mixed diagnosis, from any socio-economic background.



Referral process

A previous referral is preferred, but not necessary.

For further details please contact the hospital directly at hayesgrove@priorygroup.com or on **020 8462 7722**.

For the most up to date information on our services, please visit our website – www.priorygroup.com