



Positive and stable mental health

An outpatient therapy group dedicated to young people, aged 14 to 18.

Priory Hospital Chelmsford's cognitive behavioural therapy (CBT) for mindfulness group will help young people to understand their personality traits and behaviour, and learn effective coping mechanisms to help them manage their mental health in daily life.

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 we 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 with disturbing behaviours such as emotional instability, personality traits and anxiety.

The programme provides:

- + Support for young people and their families to develop skills in managing personality disorders, and to increase self-worth and confidence
- + 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 mixed-gender group will follow dialectical behaviour therapy (DBT) concepts:

- + Non-judgemental
- + Honesty
- + Validation
- + Responsibility

It will provide continuity and stability for those attending.

The pathway starts with an individual assessment, followed by:

- + Half day pre-treatment introduction
- + 12-week intensive 'CBT for mindfulness' course runs every other week and each session lasts for 30 minutes

Group programme (rolling)

- + Weeks 1-4. Tuesday, 4pm-6.30pm
- + Weeks 5-8. Tuesday, 4pm-6.30pm
- + Weeks 9-12. Tuesday, 4pm-6.30pm

New members are able to join on week 1 of each module.

Family support group

The family support group enables families to learn about the skills and techniques discussed in therapy sessions, helping to extend the benefits of treatment when patients return home.

The family support group runs on the last Thursday of each month, from 6pm to 7pm.

Meet our team

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

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

Costs and more information

The teen CBT for mindfulness group can be accessed following an initial assessment with a consultant psychiatrist, who will confirm the personality traits and recommend the group, if deemed suitable. This initial assessment will cost around £350, depending on your chosen consultant.

Each group will have a maximum of 8 participants, with each of the 12 sessions costing **£334 (a total therapy package of £4,008)**. Patients wishing to access the group through their private medical insurer should check their policy details with their provider.

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 teen CBT for mindfulness will benefit from the support of leading specialists in young people's mental health.



Contact us

If you would like to find out more, or to reserve a place on the programme, you can contact us on **01245 345 345** or email **chelmsford@priorygroup.com**

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

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