



Priory Hospital Roehampton

Depression pathway

Our depression pathway consists of 8 full days taking place over an 8-week period. This evidence-based pathway provides a safe and supportive environment where you can gain helpful information and resources to help you understand, manage and reduce your depression symptoms. Depression can be a very isolating experience. Attending this pathway enables you to see that you're not alone and while everyone is different, there can be common themes. The sense of community you'll experience by attending our depression pathway can help to reduce your feelings of isolation and give you tools to improve your wellbeing.

You'll be assessed by one of our clinicians to determine if this pathway would be helpful for you, so you can decide whether you'd like to commit to it. There are also other options for treatment, which we will be happy to discuss with you.

The depression pathway consists of 8 consecutive Tuesdays (not including bank holidays). It's an open pathway, which means you can start attending it any week and don't have to wait for an entry point.

The power of the group

The course takes place face-to-face with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of mental health conditions and other challenges.

Throughout the pathway, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting space. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we'll ensure that you're given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps people to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



What to expect

Each day of our depression pathway consists of the following:

- + **9.30am-10.30am.** Supportive psychotherapy: this provides an open space for you and your peers to reflect, share and explore emotions, and receive support from each other and the therapist who facilitates the process. Themes can develop through the group, depending on what people want to share, for example, what has brought you to treatment, how you've managed since last week and goals for the coming week
- + **10.45am-12.15pm.** Emotional resilience: this group explores how different stressors can impact your mood. Sessions are designed to enable you to manage the impact of stressful situations and underlying emotions more effectively by adapting your approach and expanding the resources you utilise and engage in. You'll learn that emotional resilience is a trait that can be developed, and in doing so, develop commitment and motivation towards what's important and unique to you, as well as learn more about yourself
- + **12.15pm-1pm.** Lunch: provided in our dining room
- + **1pm-2.30pm.** Cognitive behavioural therapy (CBT) for depression: using the CBT model, this group teaches you practical techniques to increase your understanding of depression and how it impacts on you. It teaches you effective coping mechanisms for the present and future, and how to reduce your symptoms. Examples of the techniques that you'll learn include challenging negative thoughts, changing behaviours that may be maintaining your depression, and relapse prevention
- + **2.45pm-3.45pm.** Mindfulness: in this group, you'll learn techniques that will help to bring your attention gently back to noticing what's happening in the present moment, without judgement. Very often, our thoughts can cause us to ruminate about the past or worry about the future. With mindfulness, you'll develop the skills to be able to ground yourself in the 'here and now', accepting and improving your sense of wellbeing

All groups take place on-site at Priory Hospital Roehampton.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for depression. They have helped countless individuals like you to break free from the grip of depression and achieve a more fulfilling life.

In our group sessions, you'll receive personalised attention and support from our therapists, who will work with you to identify your unique needs and tailor the support to your specific situation.

Our highly trained and experienced therapists will provide you with:

- + **A safe and confidential space to share your experiences and feelings**
- + **Opportunities to learn from others who understand what you're going through**
- + **Evidence-based strategies to manage your challenges and build resilience**
- + **A community of support and encouragement to help you stay on track**

We understand that reaching out for support can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists.

Further information

If you wish to receive individual therapy as well as group therapy, this can be arranged. We will be happy to discuss alternative options with you.

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the pathway. Please contact us if you would like to discuss alternative treatment programmes.

Further information and pricing

The depression pathway costs £632 per day. It is available on both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

For more information, please contact Priory Hospital Roehampton on **020 8876 8261** or by emailing **roehampton@priorygroup.com**.

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