

# Priory Hospital Roehampton

## General Psychiatry Programme

### Example Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:45	10:00-11:00	10:00-10:45	10:00-11:00	10:00-10:45	10:00-11:45
I/P Support group	D/P Support group	Gender Support	D/P Support group	I/P Support group	I/P Support group
10:00-11:00	10:00-11:00	10:00-11:00	11:30-13:00	10:00-11:00	10:00-11:00
D/P Support group	CBT for OCD	D/P Support group	Bereavement	D/P Support group	D/P Support group
10:00-11:00	11:30-13:00	11:30-13:00	11:15-13:00	10:00-11:00	12:00-13:00
Coping Strategies	CBT Depression	Self Acceptance	Stress Management	Bi Polar Support	D/P CBT Skills Ed
11:30-13:00	11:00-13:00	11:00-13:00	11:00-13:00	11:30-13:00	13:00-14:00
CBT Anxiety	Solution Focused	Transactional Analysis	Drama Therapy	CBT social Anxiety	LUNCH
11:15-13:00	13:00-14:00	13:00-14:00	13:00-14:00	11:30-13:00	14:00-13:15
Art Therapy	LUNCH	LUNCH	LUNCH	Self Esteem	D/P CBT Behaviours & Exposure
13:00-14:00	14:00-16:00	14:00-15:30	14:00-15:30	13:00-14:00	15:30-16:00
LUNCH	Assertiveness	CBT Formulation	Relationships	LUNCH	Relaxation
14:00-15:30	16:00-16:45	17:30-20:00	14:00-16:00	14:00-15:30	
Movement	Relaxation	Family Programme	CBT Tools	Health & Wellbeing	
		17:30-18:30	16:00-17:00	14:00-15:00	
		Psych Educational	Yoga	Mindfulness	
		19:00-20:00			
		Psychodynamic Support			

Our programmes are tailored to the individual and treatment will be offered according to need.