

Starting
3rd
October
2018

Overcoming anxiety

An outpatient therapy group dedicated to young people, aged 13-16

Priory Hospital Chelmsford's anxiety therapy group will help young people to understand their anxiety more and learn effective coping mechanisms to help them manage their condition in daily life.

We will help those attending to realise they are not alone with their anxiety, and assist them in building a support network with others experiencing the same challenges.



Programme overview

The six-week programme has been developed to support young people with their anxiety, with an aim of reducing symptoms, such as self-harming behaviours.

The programme provides:

- + Support for young people and their families, to develop skills in managing anxiety and avoidance, and to increase self-worth and confidence
- + A person-centred approach, tailored to the ages of the young people and their individual needs
- + 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, closed group will provide continuity and stability for those attending. Each of the six sessions will last 90 minutes.

Programme timetable

Week 1	Wednesday 3rd October 5.30pm-7pm: Introduction: What is anxiety and why do we have it?
Week 2	Wednesday 10th October 5.30pm-7pm: Anxiety and behaviour
Week 3	Wednesday 17th October 5.30pm-7pm: Anxiety and thoughts
Week 4	Wednesday 24th October 5.30pm-7pm: Challenging anxious thoughts
Week 5	Wednesday 31st October 5.30pm-7pm: Getting rid of your worries
Week 6	Wednesday 7th November 5.30pm-7pm: Final session - relapse prevention

Meet our team

Hannah Power Child and Adolescent Therapist

Hannah has a background in youth work and has been practicing as a qualified counsellor since 2004. Hannah has a postgraduate diploma counselling teenagers and psychotherapy. She has worked in a number of different settings including education, in the community working for a charity and in the private sector.

Pauline Martin Child and Adolescent Nurse Specialist

Pauline has nine years' experience as a qualified mental health nurse, working with children and adolescents in community settings and hospitals. She has been an eye movement desensitisation and reprocessing (EMDR) therapist for four years, working within the community.

Costs and more information

The anxiety therapy group can be accessed following an initial assessment with a consultant psychiatrist, who will confirm the anxiety diagnosis 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 8-10 participants, with each of the six sessions costing **£165.00**. Patients wishing to access the group through their private medical insurer should check their policy details with their provider.

If you would like to find out more or to reserve a place on the programme, you can contact Priory Hospital Chelmsford's therapy department on **01245 244720** or **email chelmsford@priorygroup.com**

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 the anxiety therapy group will benefit from the support of leading specialists in young people's mental health.

