



Interpersonal group therapy

Harley Street's interpersonal therapy group aims to support individuals in developing a healthy sense of identity, by growing their self-awareness in a group setting. By seeing oneself from the outside in, attendees will learn to recognise when insecure attachments and maladaptive behaviours are triggered.

Individuals will be encouraged to share their thoughts, fears and insecurities to help them appreciate that they can be vulnerable in front of others. They will learn to recognise unhelpful thought patterns, check their reality with others and learn how others experience them.



Programme overview

The programme has been developed to support adults aged between 18 and 75 years who are already engaged in therapy but would benefit from a closed-group setting.

The programme provides:

- + A safe and non-judgmental environment in which to practice being 'relational'
- + Activities which will allow the participant to identify inter-relational concerns such as people pleasing and paranoia
- + Loose themes and homework tasks to help participants engage with day-to-day life, including themes such as control, intimacy, honesty and anger
- + Therapeutic principles to give hope to participants, showing them they are not alone and they can talk about their feelings and concerns

Each of the 12 sessions will last 75 minutes and will take place on Wednesday evenings between 7.00 and 8.30pm. We can also offer sessions on Saturday mornings.

What to expect

Week 1-10

- + Introduction/summary of previous week
- + Relational obstacle - what would you like us to help you think about?
- + Discussion of theme/development of identity for group involvement
- + Exploration of theme
- + Homework-reflection and reporting of self from others, based on key interactions in their week, using prompts of needs, desires feelings, beliefs, goals, purposes and reasons

Week 11-12

- + Discussion of outcomes
- + Group end and opportunity to feedback

Meet our team

Charlotte Parkin, Psychotherapist

Charlotte has a wealth of experience in acute mental health and addictions. In all fields she aims to uncover the emotional difficulties behind any maladaptive behaviour.

Working across both Priory Wellbeing Centre Harley Street and Fenchurch Street, she also treats conditions such as anxiety, depression and developmental trauma.

Her passion is to help her clients find their place in the world and have meaningful relationships in it. For this group, she will incorporate therapeutic styles which use 'real time' processing and also introduce mentalisation-based therapy (MBT).

About Priory Wellbeing Centre Harley Street

Located right in the heart of London's prestigious medical district, Priory Wellbeing Centre Harley Street is one of the UK's leading outpatient treatment centres, specialising in delivering expert mental health support.

41 Harley Street is ideally situated in the heart of central London, in the city's thriving West End, ensuring that our centre is highly accessible to busy city residents or commuters, but still remains exclusive and private to our visitors.

Our dedicated team work together seamlessly to ensure that our patients receive individually tailored mental health treatment from the most appropriate specialist for their needs.

Costs and more information

The interpersonal therapy group can be accessed following an initial, free assessment to confirm suitability.

This initial assessment will also be provided to those who are self-referring. Each group will be made up of 6-8 participants, and a package of 12 sessions will be at a cost of £1037 in total.

If you would like to find out more or to reserve a place on the programme, you can contact Charlotte Parkin at Priory Wellbeing Centre Harley Street by calling **020 7079 0555** or emailing harleystreet@priorygroup.com

