Set within a beautiful country house in the tranquil Surrey village of Knaphill, Priory Hospital Woking is one of the country’s leading centres for the treatment of a wide range of mental health conditions.

The new emotion regulation skills group based at the Lodge Therapy Centre focuses on a number of subjects including an introduction to dialectics, mindfulness, distress tolerance skills and interpersonal effectiveness skills.

What are the aims of the course?

This group is based around dialectical behaviour therapy (DBT) skills which are specifically designed to address emotional dysregulation and the maladaptive consequences of this.

Benefits of DBT skills

DBT is a third wave cognitive behavioural treatment born out of research into suicidal behaviours. Multiple clinical trials have demonstrated its effectiveness for a wide range of disorders and problems, including both under control and over control of emotions and associated cognitive and behavioural problems.

Furthermore, an increasing number of studies have proven that skills training is the most effective element of DBT.

The overall goal of DBT skills training is to help individuals change their behaviours, emotions, thinking, and patterns associated with problems in living, for the better.
How does the course work?

This 16-week programme starts on Thursday 19th September and will run as a closed group, with a maximum of 11 group members.

The groups will take place on Thursdays from 11:00-15:00 and will be held at the hospital’s therapy centre – The Lodge.

Each group will run for 2.5 hours (with a 1.5 hours lunch break)

The fee for those who are self-funding is £300 per group (total £4,800) or a discounted price of £4,320 if full payment is made in advance.

Who is the group for?

Patients suitable for this group include those with a diagnosis/traits of emotionally unstable personality disorder (EUPD) or anxiety. It will also benefit those with a history of/current self-harming behaviour, suicidal ideation and attempts, impulsivity, poor emotional regulation, high reactivity/mood swings, anger outbursts, and interpersonal/relationship difficulties.

Patients not suitable for this group include anyone engaging in active addiction, those who have a diagnosis of bipolar disorder and patients in active psychosis.

Contact us

For further information or to book an assessment appointment, please contact Theresa Paler on 01483 485127 or email theresapaler@priorygroup.com.

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