

Priory Hospital Woking

Emotion Regulation Skills group

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 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 initial 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.



Group overview

Woking's emotion regulation group will follow the below structure:

1. Begin with check-in process
2. Each session will start with a mindfulness exercise
3. This will be followed by feedback regarding the previous week's homework
4. Diary cards will then be discussed
5. This will be followed by a 15 minute comfort break
6. After the break the new skill will be presented and explained
7. Worksheets and homework for the following week will be given
8. Check out at end of session

How does the course work?

- + This 16-week course, made up of 3 - 8 patients, starts on 21st March and will run as a closed group for the duration
- + The groups will take place on Thursdays from 13:30 - 15:30 and will be held at the hospital's therapy centre - The Lodge
- + Each group will run for 2 hours (with a 15 minute comfort break)

There will be a discounted cost of £2,992 for self-funding patients. This will include access to homework tasks, to be completed each week.

Who is the group for?

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

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



Contact us

For further information or to book your place on the course, please contact Theresa Paler or Sabrina Coxon on **01483 485 127** or email **woking@priorygroup.com**

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