

Reducing the stigma of addictions – the power of group work

Are you worried you might have an addiction? Do you know someone who might be suffering from an addiction but won't let you help?

In 2019, there is still a large proportion of addicts who refuse to seek help due to being stigmatised or even vilified. Yet it is so important those struggling with an addiction receive the right treatment as early as possible, to get on the right path to recovery.

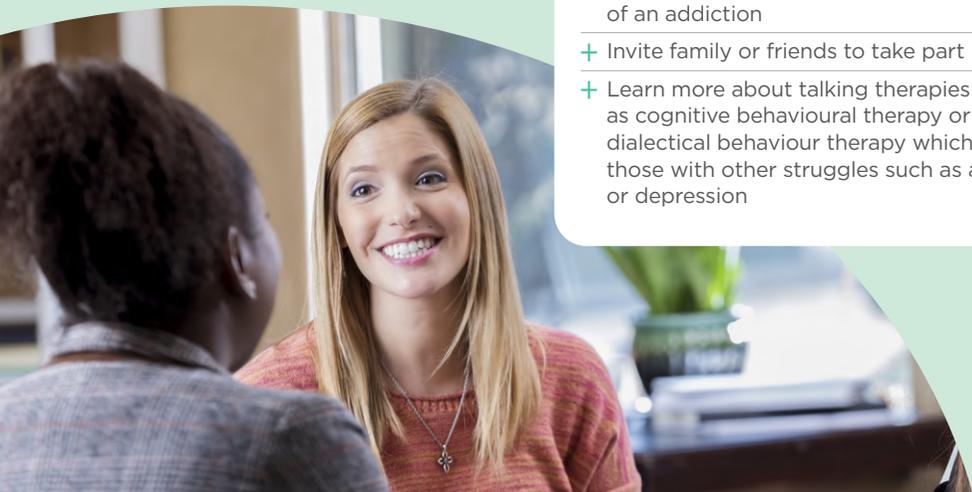
Ask your GP about group therapy – you are not alone.

The power of attending group therapy

Receiving treatment in a group setting is a great way to reduce feelings of shame. It is a way to interact with those going through a similar experience and participants quickly realise they are not alone.

Other benefits include:

- + Gain a sense of identity
- + Learn off participants who might be further down the recovery journey
- + Gain strength and hope in realising recovery is possible
- + Talk to people who won't judge
- + Take part in psychoeducational workshops which provide the tools to understand addictive thinking and behaviours
- + Gain education around the neuroscience of an addiction
- + Invite family or friends to take part
- + Learn more about talking therapies such as cognitive behavioural therapy or dialectical behaviour therapy which help those with other struggles such as anxiety or depression





What can Priory offer?

We can offer patients bespoke one-to-one and group therapy in an inpatient, outpatient, secondary care and daycare setting.

Our specialised inpatient addiction treatment programmes are available to those who may need a more intensive treatment option. Priory's 28-day programme helps break any psychological dependency and temptation, as well as providing medically assisted detox and a wide range of group therapy options.



Priory outpatient packages

Priory offers a range of tailored face-to-face outpatient therapy packages which are unique to Priory Wellbeing Centres. Our packages offer certainty of price for initial treatment, with discounted rates, and also offer clarity over the amount of treatment that may be needed. The amount of sessions that we recommend within each package is based on national guidelines and follows robust regulation, both in terms of our specialist teams and the treatment delivered.



Enquiries and further information

Priory offers personalised and accessibly-priced treatment for individuals who are looking to self-pay for treatment. We are also an approved provider for all of the UK's leading private medical insurers.

To make an enquiry, you can call our 24/7 enquiry line on **0808 115 8082** or email us on **info@priorygroup.com**

You can find out more information by visiting our website at **www.priorygroup.com/enquiry**

