

Priory Hospital Ticehurst House

Dialectical behaviour therapy group

Priory Hospital Ticehurst House is set within beautiful landscaped gardens, in a small and tranquil village in East Sussex. Our calm and reflective location allows us to provide a highly therapeutic environment, making us the perfect place for individuals to receive specialist treatment for a range of mental health challenges, including depression, anxiety and stress, as well as outpatient support for addictions.

Since every person is unique, we aim to deliver a bespoke and personalised treatment programme, designed and tailored to meet individual needs. This is reflected in the hospital's new dialectical behaviour therapy (DBT) programme.

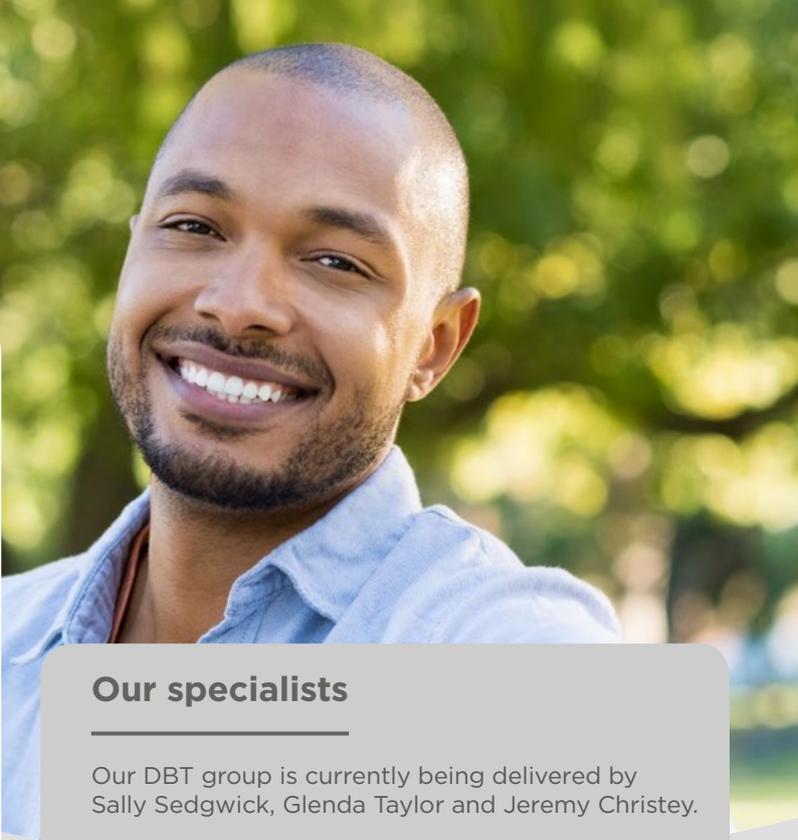


What are the aims of the programme?

This programme aims to teach evidenced-based methods which will help participants stabilise mood, regulate behaviours and reduce impulsive and harmful patterns of interacting.

Mindfulness approaches offer containing ways to tolerate distress and cope more effectively with negative thoughts and injurious habits. Needs to be made.





How does the course work?

This programme is a 20-week course with each week offering a new evidence-based method for recovery. This includes:

- + Introduction to DBT
- + Mindfulness
- + Distress tolerance
- + Emotional regulation
- + Interpersonal effectiveness

The sessions will be:

- + Led by 3 expert and accredited therapists
- + 2.5 hours per session
- + Suitable for those already receiving treatment at Ticehurst House
- + Small intimate groups

Sessions listed above will include:

- + Attendance expectations setting
- + Education and practice of each method
- + Setting of goals and homework
- + Review of homework tasks
- + Development of skills including self-soothing practice, reducing vulnerability and problem-solving
- + Discussion of what has been learned

The total cost for each session, based on the participant using private medical insurance, is £334.

Those wishing to self-fund will pay £5000 altogether, which can be paid across four installments.

Our specialists

Our DBT group is currently being delivered by Sally Sedgwick, Glenda Taylor and Jeremy Christey.

Sally is an intensively trained DBT specialist with 20 years' experience in this field. Glenda will be supporting Sally, who is a BABCP accredited cognitive behavioural therapist and also a Level 4 EMDR practitioner. Jeremy is our HCPC registered psychologist and accredited cognitive behavioural therapist. They all have the necessary training in DBT.



Contact us

If you are interested in discussing this course further, please email ticehurstdaycare@priorygroup.com or call **01580 849 357**.

The Priory Group is a registered and approved provider for all of the UK's leading private medical insurers, including Bupa, Vitality, Aviva, Cigna, WPA and AXA PPP. Please check with your provider for what is covered.

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