



Priory Hospital Glasgow

Group therapy



About our therapy programme

We understand that coming into hospital can be a daunting process, and that you will want the very best treatment available in order to overcome your illness as soon as possible. For this reason, we have provided some detailed information about the content of our group therapy modules within a typical week at Priory Hospital Glasgow. We hope that you will be able to use this information to familiarise yourself with the type of activities you will be undertaking as an inpatient staying with us, or as a day or outpatient coming into the hospital.

These sessions are designed to provide individuals with the coping strategies to recognise and, in time, overcome their condition, which may include:

- + Anxiety
- + Depression
- + Obsessive compulsive disorder (OCD)
- + Post-traumatic stress disorder (PTSD)
- + Stress

What is group therapy

Group therapy is recognised as an opportunity for you to:

- + Experience a welcoming environment, which is safe and non-judgemental
- + Understand that you are not alone
- + Hear the experiences of others in their own recovery journeys
- + Experience and learn to develop a structured routine
- + Develop confidence interacting with others
- + Receive support from others within your peer group



Group therapy programme timetable example

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---------------------|------------------------|----------------------------------|--------------------|
| 09:30-10:30 | 09:30-10:30 | 09:30-10:30 | 09:30-10:30 | 09:30-10:30 |
| Solution focus | CBT for self-esteem | Behavioural activation | Assertiveness/art therapy | CBT for depression |
| 10:30-11:00 | 10:30-11:00 | 10:30-11:00 | 10:30-11:00 | 10:30-11:00 |
| BREAK | BREAK | BREAK | BREAK | BREAK |
| 11:00-12:00 | 11:00-12:00 | 11:00-12:00 | 11:00-12:00 | 11:00-12:00 |
| Solution focus | CBT for self-esteem | Behavioural activation | Assertiveness/art therapy | CBT for depression |
| 12:00-13:00 | 12:00-13:00 | 12:00-13:00 | 12:00-13:00 | 12:00-13:00 |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 13:00-14:00 | 13:00-14:00 | 13:00-14:00 | 13:00-14:00 | 13:00-14:00 |
| CBT for depression | CBT for anxiety | Agenda | CBT for confidence and wellbeing | Relapse prevention |
| 14:00-14:30 | 14:00-14:30 | 14:00-14:30 | 14:00-14:30 | 14:00-14:30 |
| BREAK | BREAK | BREAK | BREAK | BREAK |
| 14:30-15:00 | 14:30-15:00 | 14:30-15:00 | 14:30-15:00 | 14:30-15:00 |
| CBT for depression | CBT for anxiety | Agenda | CBT for confidence and wellbeing | Relapse prevention |
| 15:30-15:45 | 15:30-15:45 | 15:30-15:45 | 15:30-15:45 | 15:30-15:45 |
| BREAK | BREAK | BREAK | BREAK | BREAK |
| 15:45-16:45 | 15:45-16:45 | 15:45-16:45 | 15:45-16:45 | 15:45-16:45 |
| Relaxation | Relaxation | Tai chi/relaxation | Relaxation | Relaxation |
| | | 18:00-19:30 | | |
| | | Support group | | |

Enquiries and further information

For more information, please contact Priory Hospital Glasgow:

Visit: www.priorygroup.com

Call: 0808 840 3219

Email: info@priorygroup.com

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