



## Priory Hospital Dorking

# Maureen's story

**Maureen\* arrived at Dorking with schizo-affective disorder, complicated by personality difficulties and violence towards others.\***

At first, Maureen was reluctant to take part in any treatment, however after some time spent with Dorking's supportive and dedicated team, her behaviour improved drastically, leading to positive discharge planning.

She talks of her journey and experiences below:

"When I arrived at Dorking I hated the thought of staying in a hospital environment and I thought that no-one would be able to help me.

I didn't want to attend any therapy as I felt extremely anxious.

The team here were supportive and patient with me and offered me the chance to participate in dialectical behaviour therapy (DBT) every day, until finally, I realised it would be beneficial to me if I gave it a go.



I took part in the DBT sessions for 10 months and throughout this time, I learnt a lot of useful skills in how to understand my emotions and keep my negative behaviour under the control.

My behaviour and struggles started to improve quickly which led to me having unescorted leave; I was able to go out for lunch on my own and this helped with my confidence and self-esteem.

For the first time in a very long time, I was feeling positive about my situation and I was informed that I would soon be discharged back into the community. I am feeling happy about my future and I am planning on going back to study. I also want to get a job which I will be supported with by Dorking."