



# Priory Hospital Hayes Grove

## Relationship therapy group

As humans, we are social beings, made to interact with each other from the cradle to the grave. For some, social interaction of all kinds appears to be easy and stress-free. However, for the vast majority of us, this interaction can at times either be or become problematic, whether at home, at work, or in the community at large.

This group aims to ease these pressures and would benefit those who are struggling to maintain relationships for various reasons, struggling to communicate confidently with colleagues, experiencing conflict with children or for those struggling with socialising and keeping friendly relationships with peers.

**70%**  
of those in their  
20s and 30s admit  
lockdown has taken  
its toll on their  
relationships

### Overview

- + Based on transactional analysis and emotion-focused therapy
- + Role play and vignettes of relational situations
- + Appropriate use of selves in the group; confidentiality contract agreed with all members
- + Participants deepen their understanding of the skills of communicating and relating to others

Transactional analysis helps us to consider how we are in relation to others and whether we wish to make some changes in our communication styles. Emotion-focused therapy, a well-researched way of working with both couples and individuals, assists us to identify our unhelpful cycles of interaction and to consider the deeper emotions driving these cycles.

## Programme detail

This is a six-week, closed-setting group, that runs for 2.5 hours every Monday, on a face-to-face basis.

The group is held in accordance with relevant COVID-secure guidelines and social distancing is adhered to at all times. In the event of a national lockdown or other tightening of COVID-19 restrictions, the group will be held remotely via Zoom.

The maximum number of participants is limited to six at any one time.

## Meet our team

Jenny Hughes is a psychotherapist at Priory Hospital Hayes Grove, helping people of all ages suffering from mild to moderate psychological difficulties. She is a BACP registered and accredited practitioner and has experience with a leading relationship counselling charity, working as a trainer, supervisor and therapist. She has worked with groups preparing for marriage in the UK and the Middle East, and now works with couples and individuals experiencing relationship difficulties.

She is currently writing a self-help book for couples experiencing difficulties in their relationships:

“My relatively recent training and current ongoing learning in emotion-focused therapy has inspired me to continue to refresh my knowledge and understanding of the different ways in which we can help people to work towards more emotionally-satisfying ways of interacting with others around us.”



New research reveals more than a quarter feel their relationship has deteriorated during the pandemic



## About Priory Hospital Hayes Grove

Priory Hospital Hayes Grove, located in Bromley, Kent, is one of the UK's leading hospitals for the treatment of a range of conditions including addictions, depression, anxiety, and stress.

Our comprehensive, recovery-focused treatment programmes are devised and delivered by specialist psychiatrists, psychologists, therapists and mental health nurses, who work together to create a strong and highly effective support network for patients.

## More information

Insured and self-paying patients are both welcome. If you have private medical insurance, you should check the cover of your individual policy.

For more information on costing, to discuss all therapy options, or to book a free daycare assessment, please contact Priory Hospital Hayes Grove by:

**Tel: 020 8315 8820**

**Email: [hayesgrove@priorygroup.com](mailto:hayesgrove@priorygroup.com)**

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