

**Free
assessment
available**

Priory Hospital Hayes Grove

Group Trauma Episode Programme

We know how distressing it can be to go through some form of trauma or difficult life event. A traumatic event or series of traumatic experiences can happen to anyone, at any time. It could be physically, emotionally, or psychologically damaging - or all of these at once. If the trauma isn't properly processed, it can have a long-lasting impact on your mental health.

If you've been affected by trauma or a distressing life event, Priory can help. Our Group Traumatic Episode Protocol (G-TEP) programme is designed to help people struggling with the initial fallout of trauma using eye movement desensitisation and reprocessing (EMDR) treatment. This is a therapy method used to treat a variety of mental health conditions including trauma, addiction and anxiety as well as other emotional conditions.

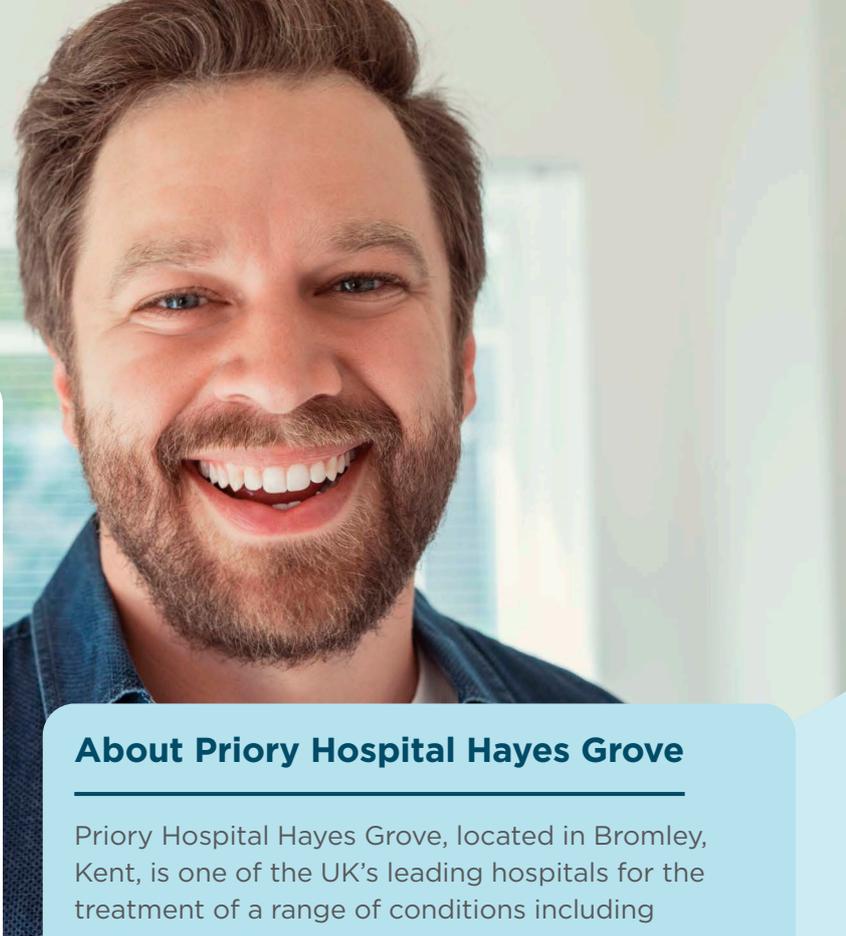
Our highly accredited mental health specialists have a wealth of experience in helping people through trauma, through the delivery of EMDR therapy. They can help you to move on from your past, find inner peace and restore calm and control to your day-to-day life.

Overview

- + G-TEP is used worldwide in the treatment of trauma, including and extending elements of EMDR
- + Since 2020, it has been particularly effective in helping those affected by acute and ongoing trauma around the COVID-19 pandemic
- + The G-TEP programme can help to address traumatic events and reduce the ongoing psychological, physiological and emotional symptoms
- + G-TEP is a gentle but powerful therapy. It aims to help you deal with your next challenge, specifically considering any events that may create ongoing uncertainty

Free assessment

Your first session will be an individual assessment, meeting with one of the group therapists to determine whether G-TEP is appropriate for your needs.



Programme detail

- + This 6-week, closed-setting group allows a maximum of six members to take the recovery journey together, sharing experiences and supporting each other throughout the process
- + No discussion of the traumatic event, or any associated events, will take place during the therapy process. You will retain complete control of what you do or don't share
- + Each session lasts for 2.5 hours and follows all relevant COVID-secure guidelines

The outline of the G-TOP sessions will run as follows:

- + The initial 1 or 2 sessions look to equip you with stabilisation techniques and containment
- + In sessions 3 to 5, you will be guided to focus on traumatic memories or memory fragments, called 'points of disturbance' (PODS)
- + The final session will focus on consolidation of learning and relapse prevention. You will then be offered a follow-up individual session, 3 weeks after the end of the group

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

If you would like to find out more about G-TOP, contact us on **020 8462 7722** or fill in an enquiry form. We offer a **free assessment** to help determine suitability for the programme.

You can access the group via self-referral.
We are also happy to accept GP or Consultant referrals.

Tel: 0800 691 1066

Email: hayesgrove@priorygroup.com

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