



# Priory Wellbeing Centre Fenchurch Street

## Interpersonal group therapy

**Fenchurch Street's interpersonal therapy group aims to help participants practice being relational, in a safe and non-judgmental environment. Participants will be encouraged to share their thoughts, fears and insecurities to help them appreciate that they can be vulnerable in front of others. They will learn to recognise unhelpful thought patterns such as mind reading and projection and be able to check their reality with others, as well as learn how others experience them.**

This female-only group will serve as a practice ground for those who have been having individual sessions and need to take the next step to put what they have learned in treatment into action.



### Programme overview

The programme has been developed to support females\* aged between 18 and 75 years who are already engaged in therapy but would benefit from a closed-group setting, where they can build upon the concerns already identified.

The group will benefit those suffering from anxiety, depression or complex PTSD, but also those who need help managing people pleasing behaviours or paranoia.

The programme aims to:

- + Create a sense of connection
- + Provide a better understanding of how others see us and how clients see others
- + Promote listening to others and ourselves
- + Allow clients to express themselves and to practice mindfulness
- + Allow clients to recognise assumptions they make about themselves and others
- + Help participants see how others influence how they feel
- + Have clients feel supported and heard
- + Encourage participants to feel more confident, particularly in a group setting

The group will also introduce clients to psychological education around their relationship styles, fears, maladaptive processes and communication errors. Clients will be encouraged to set themselves goals and challenges both inside and outside of group and be given insight and tasks to help them identify their patterns and blocks, as well as ways to communicate their emotions effectively.

## What to expect

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### Week 1-10

- + We have a multidisciplinary team of specialists in the full spectrum of mental health conditions related to interpersonal difficulties
- + We tailor treatment to the needs of each individual wherever possible
- + Close liaison between consultants and therapists will prepare clients for their suitability for group
- + Sessions fit around work or childcare for example, with easy access in central London
- + Group already established and successful at Priory Wellbeing Centre Harley Street

## Meet our team

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### Charlotte Parkin, Psychotherapist

Charlotte has a wealth of experience in acute mental health and addictions. In all fields she aims to uncover the emotional difficulties behind any maladaptive behaviour.

Working across both Priory Wellbeing Centre Harley Street and Fenchurch Street, she also treats conditions such as anxiety, depression and developmental trauma.

Her passion is to help her clients find their place in the world and have meaningful relationships in it. For this group, she will incorporate therapeutic styles which use 'real time' processing and also introduce mentalisation-based therapy (MBT).

## About Priory Wellbeing Centre Fenchurch Street

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Priory Wellbeing Centre Fenchurch Street is conveniently located right in the heart of London, offering access to high quality outpatient treatment for a range of mental health conditions, including depression, anxiety, stress, addictions and eating disorders, as well as a dedicated young people's service. We also offer high quality business solutions which provide private mental health support in the workplace.

Our flexible outpatient appointments mean that you are able to access the expert support that you need, at a time to suit you, and in a way that fits in with your work and other commitments. We provide a discreet, confidential, and highly therapeutic environment, empowering you to address any mental health concerns that are impacting on your quality of life, and achieve a full and lasting recovery.

## Costs and more information

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The interpersonal therapy group can be accessed following an initial, free assessment to confirm suitability.

This initial assessment will also be provided to those who are self-referring. Each group will be made up of a minimum of 6 participants, and a package of 12 sessions will be at a cost of £1091 in total.

If you would like to find out more or to reserve a place on the programme, you can contact Charlotte Parkin at Priory Wellbeing Centre Fenchurch Street by calling **0808 149 6807** or emailing **fenchurch@priorygroup.com**

\*A mixed group of interpersonal therapy is available at Priory Wellbeing Centre Harley Street.