



# Priory Hospital Altrincham

## Cognitive behavioural group therapy

**Priory Hospital Altrincham's cognitive behavioural therapy (CBT) group is designed to support and treat individuals diagnosed with an anxiety disorder such as generalised anxiety disorder, health anxiety or social anxiety.**

Participants will be introduced to the CBT model of care which will outline the programme but also explain how more positive behaviours can be maintained in future.



### Programme overview

The programme includes:

- + Setting clear and achievable therapeutic goals
- + Outlining fears and understanding specific consequences of these fears
- + Learning how to overcome fears and lead a more meaningful life
- + Understanding unhelpful safety behaviours
- + Identifying anxiety provoking triggers
- + Learning how to develop more helpful coping strategies
- + Understanding the concept of observing thoughts with mindful awareness and specific strategies to challenge them
- + Combining exposure therapy and thought challenging, whilst utilising acceptance strategies
- + Developing a robust relapse prevention plan

For patients with additional diagnosis of depression, we would recommend our depression outpatient group as a first line treatment.



## What to expect

- + This is a 6 week course
- + Takes place every Friday, 9am – 3.30pm
- + Led by senior and expert CBT therapists at site
- + Includes wellness group sessions, CBT for anxiety and regular reviews
- + Consultant psychiatrist appointments scheduled separately if needed

## Meet our team

Melissa Batty has worked for Priory in a number of different roles since 2014, and began working as a CBT therapist in 2017.

This group is also led by expert CBT therapist Elizabeth Gough. Both therapists are registered with the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

## About Priory Hospital Altrincham

Set within a beautifully-appointed manor house, Priory Hospital Altrincham is located in a tranquil Cheshire setting, complete with landscaped gardens. The hospital provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges.

Our therapists are committed to listening to your concerns with patience and understanding, and working with you in a collaborative way to address your unique challenges, improve your wellbeing and pave the way towards lifelong recovery.



## More information

This group accepts self-funding individuals or those using private medical insurance. For further information on costs please contact our daycare administration team, Gail Needham or Joanne Hawkins, on **0161 904 5611** or email **[AltrinchamTherapy@priorygroup.com](mailto:AltrinchamTherapy@priorygroup.com)**