



Priory Hospital Altrincham

Cognitive behavioural group therapy for depression

Priory Hospital Altrincham's cognitive behavioural therapy (CBT) group is designed to support and treat individuals diagnosed with depression.

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:

- + Building motivation and combating hopelessness around making change
- + Education about onset and causes of depression
- + Behavioural theories to begin breaking cycles of unhelpful coping
- + Recognising values, goals, self-soothing mechanisms, and scheduling activities to incorporate these
- + Behavioural experiments and problem solving techniques
- + Healthy coping strategies
- + Cognitive theories to identify and challenge negative automatic thoughts and thinking biases
- + Identifying and modifying underlying unhelpful core beliefs and assumptions
- + Recognising early, mid and late warning signs of changing mood states and making action plans to manage these, including a crisis management plan
- + Developing a prevention plan to maintain wellness in the future

What to expect

- + Hands on, intensive, learning-based curriculum
- + Sessions Monday and Thursday
- + Led by senior and expert CBT therapists at site
- + Includes wellness group sessions, CBT for depression and regular reviews
- + Consultant psychiatrist appointments scheduled separately if needed

Meet our team

Kinga Oldham

Kinga is a Senior Therapist specialising in CBT, schema therapy and its applications in complex presentations. She works with adolescents and adults and her main field of interest is in the transformative power of working with emotions, particularly anger management. She's been delivering the CBT group for depression since 2018.

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 and dates, please contact our daycare administration team, Gail Needham or Joanne Hawkins, on **0161 904 5611** (ext 1573) or email **AltrinchamTherapy@priorygroup.com**