



# Priory Hospital Altrincham

## Cognitive behavioural group therapy for bipolar disorder

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

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 regarding onset and causes of bipolar disorder
- + Assessing individual characteristics of depressed, stable and manic states
- + Identifying early, mid and late warning signs of changing mood states and making action plans to manage these, including a crisis management plan
- + Cognitive and behavioural strategies to cope with depression and mania
- + Robust relapse prevention planning
- + Two friend or family sessions to offer guidance to your support network and look at how they can better help you manage your bipolar



## Meet our team

Claire Baker joined Altrincham's outpatient therapy team in 2020. She is now the Lead Therapist for our bipolar outpatient group and wrote the programme for the hospital.

Claire is a well-rounded practitioner, with over 15 years' postgraduate experience working alongside children and adults with a range of mental and emotional health problems as both a Registered Mental Health Nurse and a Therapist, she is also a qualified Complementary Therapist with a keen interest in holistic care.

Claire is registered and fully accredited with both the British Association for Behavioural and Cognitive Psychotherapists and the Nursing and Midwifery Council.

Claire maintains an impressive portfolio of training-including topics such:

- + Transactional analysis
- + Social learning theory
- + Mindfulness based cognitive behavioural therapy
- + Working with victims of domestic abuse, honour based violence, FGM, radicalisation/PREVENT strategy
- + Safeguarding both children and adults level 4

## What to expect

- + 2 hour group sessions
- + Wellness groups
- + Consultant psychiatrist appointments scheduled separately if needed
- + Practical and learning-based curriculum



## 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](mailto:AltrinchamTherapy@priorygroup.com)**