

Priory Hospital Barnt Green

Day care treatment – Beacon Ward



What is day care?

Our day care programmes consist of attending Barnt Green across a set number of full or half-days each week to undergo therapy for mental health challenges.

Day care can be used in the treatment of a wide array of mental health problems, including addictions, eating disorders and mental health conditions such as anxiety, depression and stress, and is particularly useful for individuals who do not need intensive 24-hour care for their mental health concerns, but still require some level of structured, ongoing support.

What we offer

Priory Hospital Barnt Green runs an intensive programme of day care treatment, conducted by our highly qualified therapists, Monday and Wednesday each week. You can choose to access a half day or a full day of therapy to best suit your needs.

TIME	MONDAY	WEDNESDAY		
09:30 - 10:30	Process group	Process group	Half day £290	Full day £500
11:00 - 12:30	Understanding anxiety	DBT skills		
Lunch: 12:30 - 13:30				
13:30 - 14:45	Understanding self-esteem	Person-centred supportive psychotherapy	Half day £290	
15:00 - 16:00	Person-centred supportive psychotherapy	Sleep hygiene		
16:15 - 16:45	Mindfulness MBCT informed	Mindfulness MBCT informed		
Evening meal: 17:30 - 18:30				

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