



**Starting  
January 2023**

Delivered in the  
evening over



# Online social anxiety therapy group

**Priory's social anxiety group will help people to understand their anxiety and learn effective coping mechanisms to support them manage their condition in daily life. We will help those attending to realise they are not alone with their anxiety, and assist them in building a support network with others experiencing the same challenges.**

The programme will be delivered using Cognitive Behavioural Therapy (CBT). It enables people to access market leading mental health support in an area which is impacting many people, particularly driven by the COVID pandemic.

The programme is delivered over zoom in the evening, meaning people can join outside of working hours from anywhere in the country, in the comfort of their home.



## Programme overview

A highly supportive group experience focusing on:

- + Identifying social anxiety provoking triggers, and how to develop an alternative coping strategy
- + Learning how to overcome fears and lead a more meaningful life
- + Understanding how your avoidances and fears can be a barrier
- + Setting clear and achievable therapeutic goals
- + Outlining fears, avoidance hierarchy and the specific impact of these
- + Understanding unhelpful safety behaviours
- + Using Exposure Therapy and thought challenging, to develop a plan to face, rather than avoid, anxiety provoking situations
- + Developing a robust relapse prevention plan using the strategies learned, to maintain goals and promote wellness

## Programme Timetable

The programme will be delivered over 8 weeks, taking place on Tuesday evenings from 5.30pm-8pm.

- + **Session 1:** Shyness & Social Anxiety Education
- + **Session 2:** Cognitive Therapy
- + **Session 3:** Exposure Therapy
- + **Session 4:** Skill Building (Part 1): Listening & Non-verbal
- + **Session 5:** Skill Building (Part 2): Having Conversations
- + **Session 6:** Skill Building (Part 3): Assertiveness Skills
- + **Session 7:** Skill Building (Part 4): Specific Skills
- + **Session 8:** Beginning the Journey: Planning for the Future

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us if you would like to discuss alternative treatment programmes.

## Meet our team

Elizabeth Gough has 15 years of experience in mental health, and has worked in a number of different settings including education, in the community, working for Samaritans and in the private sector.



She aims to use her expertise in helping you explore your challenges and to support you building a stronger foundation for your future. She firmly believes in the therapeutic relationship and the importance of feeling safe with those whom you trust.

Elizabeth has an impressive portfolio of therapies: CBT, Schema Therapy, Compassion Focused Therapy, Dialectic Behavioural Therapy as well as Acceptance and Commitment Therapy.

## Enquiries and further information

The programme is delivered by the team at Priory Hospital Altrincham, but given it is over Zoom, can be accessed by anyone within the UK. For more information, please:

**Call: 0161 904 0050 Ext. 1573**

**Email: [AltrinchamTherapy@priorygroup.com](mailto:AltrinchamTherapy@priorygroup.com)**

**PRIORY** PRIVATE  
HEALTHCARE

## Further Information and pricing

The Social Anxiety group is available on both a self-pay basis and to those using Private Medical Insurance (PMI). Those using PMI should check eligibility criteria with their insurer. A GP referral is required to access the programme, unless your referral comes from a Consultant Psychiatrist.

Each session consists of:

- + **Two hours of CBT for social anxiety**
- + **Thirty minutes of wellness activity**

All participants will receive a review every three sessions that they attend.

The cost for the group is from £250 per session.

