



Priory Hospital Hayes Grove

Young people: managing change therapy group

Priory Hospital Hayes Grove's managing change therapy group has been specifically designed to support young people, between the ages of 10 and 12, in working through secondary school transition.



Programme overview

The programme will be delivered face-to-face using cognitive behavioural therapy (CBT) and person-centred approaches, offering a combination of problem solving, interpersonal and anxiety-reduction skills. Each group will have four to six participants, offering young people the chance to explore their experiences with the support of others.

Our six-week managing change group will commence in February 2023 and will take place at Priory Hospital Hayes Grove. It is open to young people between the ages of 10 and 12, who are due to, or have recently, transitioned from primary school to secondary school and need some extra support when it comes to managing this change.

The programme offers a highly supportive group experience focusing on:

- + Skills, strategies and resources to help participants manage change and reduce anxiety
- + Personal development tasks
- + Sharing experience and feedback with the group

Programme timetable

The programme will be delivered over six weeks, taking place on Saturdays between 2pm and 3.30pm. Each session will include a 15-minute break in a private, young person-only area. Attendance at all sessions is required.

Before they join the managing change group programme, each young person will have a one-to-one session with a therapist to support their learning and understand any specific concerns. In addition, a risk assessment and stay safe plan will be completed and reviewed with each participant, and a copy will always be shared with their parent(s)/carer(s).

- + **Session 1:** My support – thinking about who helps me and how
- + **Session 2:** Personal strengths – my strengths and how to use them
- + **Session 3:** Feelings – knowing how my feelings guide me
- + **Session 4:** Coping – ways of getting through difficult times
- + **Session 5:** Tool-kit – putting my new skills together
- + **Session 6:** Remember – I can do this

In each session, the young people will be encouraged to work individually, in pairs and as a whole group. In addition, we will also complete the Young Person's Clinical Outcomes in Routine Evaluation (YP-CORE) and Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) at the start of each session, so we can continuously measure each young person's mental health and wellbeing.

Each participant will be issued a workbook to journal their time in the group, which can be taken home upon completion of the programme, together with a certificate of achievement.

Please note that any young person 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.

Further information and pricing

The cost of the managing change therapy group is £1,056 for the six-week programme.

The 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 the young person has already been referred by a consultant psychiatrist.

For more information on costing, to discuss all therapy options, or to book a free day care assessment, please contact Priory Hospital Hayes Grove on 020 8462 7722 or by emailing hayesgrove@priorygroup.com.

For the most up to date information on our services, please visit our website – www.priorygroup.com

Our team

Priory Hospital Hayes Grove's managing change group will be co-facilitated by Ruth Lee and Willis Atherley-Bourne, who are two of our British Association of Counselling and Psychotherapy (BACP) accredited therapists.

Ruth Lee

Ruth is a BACP accredited integrative counsellor, which allows flexibility within her therapeutic approach. She is able to integrate different therapeutic ideas and tools to work with individuals in a way that is appropriate to their needs, and what they would like to gain from therapy.

Before joining Priory, Ruth worked within a variety of settings with both adults and young people. She spent a significant amount of time working within education, and supporting people with issues relating to abuse, trauma and bereavement.

Ruth joined Priory in 2018 as a child and adolescent mental health therapist. Her role has since grown to incorporate working with adults.

Willis Atherley-Bourne

Willis is an integrative psychotherapist, registered with BACP and based at Priory Hospital Hayes Grove. He has extensive experience working with both children and adults, and has been with Priory since August 2021.

His work is informed by training in specific approaches and concepts, to assist clients in making sense of their thoughts and feelings. Sometimes, thoughts and feelings may be difficult to put into words, so he uses creative-expressive techniques to support clients to gain understanding and/or change.