



Priory Hospital Roehampton

Anxiety pathway

Our anxiety pathway consists of 8 full days taking place over an 8-week period. This evidence-based pathway provides a safe and supportive environment where you can gain helpful information and resources to help you understand, manage and reduce your anxiety symptoms. Anxiety can be a very isolating experience. Attending this pathway enables you to see that you're not alone and while everyone is different, there can be common themes. The sense of community you'll experience by attending our anxiety pathway can help to reduce your feelings of isolation and give you tools to improve your wellbeing.

You'll be assessed by one of our clinicians to determine if this pathway would be helpful for you, so you can decide whether you'd like to commit to it. There are also other options for treatment, which we will be happy to discuss with you.

The anxiety pathway consists of 8 consecutive Wednesdays (not including bank holidays). It's an open pathway, which means you can start attending it any week and don't have to wait for an entry point.

The power of the group

The course takes place face-to-face with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of mental health conditions and other challenges.

Throughout the pathway, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting space. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we'll ensure that you're given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps people to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for anxiety. They have helped countless individuals like you to break free from the grip of anxiety and achieve a more fulfilling life.

In our group sessions, you'll receive personalised attention and support from our therapists, who will work with you to identify your unique needs and tailor the treatment to your specific situation.

Our highly trained and experienced therapists will provide you with:

- + A safe and confidential space to share your experiences and feelings
- + Opportunities to learn from others who understand what you're going through
- + Evidence-based strategies to manage your symptoms and build resilience
- + A community of support and encouragement to help you stay on track

We understand that reaching out for support can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists.

Further information

If you wish to receive individual therapy as well as group therapy, this can be arranged. We will be happy to discuss alternative options with you.

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

What to expect

Each day of our anxiety pathway consists of the following:

- + **9.30am-10.30am.** Supportive psychotherapy: this provides an open space for you and your peers to reflect, share and explore emotions, and receive support from each other and the therapist who facilitates the process. Themes can develop through the group, depending on what people want to share, for example, what has brought you to treatment, how you've managed since last week and goals for the coming week
- + **10.45am-12.15pm.** Rational emotive behaviour therapy (REBT): this is a form of psychotherapy that helps you to change beliefs and emotional responses to situations, and to understand the underlying beliefs that can cause psychological distress. It helps you to challenge absolute beliefs, such as 'I must' or 'I can't' statements, so you can develop a more accepting and self-compassionate way of being
- + **12.15pm-1pm.** Lunch: provided in our dining room
- + **1pm-2.30pm.** Cognitive behavioural therapy (CBT) for anxiety: using the CBT model, this group teaches you practical techniques to increase your understanding of anxiety and how it impacts on you. It teaches you techniques that help you to manage your anxiety and reduce your symptoms. Examples of the techniques that you'll learn include challenging negative thoughts and worries, changing behaviours that may be maintaining your anxiety, and relapse prevention
- + **2.45pm-3.45pm.** Creative psychotherapy: this session takes place at the end of the day and will help you to ground yourself and prepare for leaving the site. It helps you to gently process your experiences through different techniques, such as movement, writing or art. These processes can offer a form of communication, helping you to convey your true feelings where words aren't enough. This can increase your feelings of wellbeing. Please note that you don't need any experience of creative processes to take part in this group

All of our groups take place on-site at Priory Hospital Roehampton.

Further information and pricing

The anxiety pathway costs £632 per day. It 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.

For more information, please contact Priory Hospital Roehampton on **020 8876 8261** or by emailing **roehampton@priorygroup.com**.

For the most up to date information on our services, please visit our website.