



Priory Hospital Roehampton

Interpersonal pathway

Our interpersonal 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 explore, understand and manage your relationships, interactions and communication with others. By developing an awareness of the unhealthy patterns you might get into, you're able to make changes that will improve your current and future 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 interpersonal pathway consists of 8 consecutive Mondays (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.

What to expect

Each day of our interpersonal pathway consists of the following:

- + **9.30am-10.30am.** Assertiveness: the assertiveness group helps you to explore the different communication styles you may use in different situations, as well as other people's communication styles. You'll learn:
 - The differences between assertive, passive, passive aggressive and aggressive behaviours
 - Skills to help you manage and express your emotions in a healthy and helpful way
 - To be able to set boundaries - how to say 'no' and how to negotiate and compromise
 - The skills you need for your 'toolkit' of honest and open communication
- + **11am-12.30pm.** Equine assisted therapy: equine assisted therapy is a type of therapy that involves horses. Interacting with a horse enables you to develop self-awareness and an understanding of how you relate to others. Through a sequence of exercises, you'll be encouraged to self-reflect on your thoughts, feelings and behaviours in relation to others, which provides you with a deeper understanding of your sense of being and generates energy for change. Please note that no experience of horses is needed and there is no horse riding involved. While these sessions are run by an experienced external therapist, a member of our therapy team will accompany you and stay with you for the duration of the group. This group takes place off-site at nearby Richmond Park and we organise taxis to and from Richmond Park
- + **12.45pm-1.30pm.** Lunch: provided in our dining room
- + **1.30pm-3pm.** Relationships: as human beings, we exist in relation to 'the other', whether that's a person (for example, a parent, child, partner, friend, boss or stranger) or a non-person (for example, substances, the environment, money, politics, trust, faith and love). Understanding the way you exist in the world helps you to have a degree of choice when making decisions about specific relationships. This group is informed by attachment theory and involves exploring the past and childhood to understand current relationships. The group draws on psychoeducation as well as exploratory/experiential approaches
- + **3.15pm-4.15pm.** Support group: 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, reflections on the groups earlier in the day, how you've managed since last week and goals for the coming week

All of the groups, except our equine assisted therapy group, take place on-site at Priory Hospital Roehampton.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based support. They have helped countless individuals like you to 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 support 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 challenges 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.

Further information and pricing

The interpersonal 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.