



Wimbledon Park Clinic

Generalised anxiety disorder (GAD) therapy group

Our generalised anxiety disorder (GAD) group is a supportive 6-week programme designed to help you better understand your anxiety and develop practical coping strategies for everyday life. GAD involves ongoing worry about a wide range of future-based or hypothetical scenarios, which can often feel overwhelming and difficult to manage. This can lead to restlessness, irritability and avoidance. Our group sessions aim to break that cycle by helping you explore and challenge anxious thoughts and behaviours in a safe, confidential space.

Delivered in-person at Wimbledon Park Clinic, the programme uses cognitive behavioural therapy (CBT) – a proven and effective approach for managing anxiety. With guidance from experienced CBT practitioners, you'll build skills to reduce symptoms, connect with others facing similar challenges and feel reassured that you're not alone.



Programme overview

A highly supportive group experience focusing on:

- + Identifying anxiety provoking triggers, and how to develop alternative coping strategies
- + 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 6 weeks, taking place on Thursdays from 10.30am to 12pm.

+ Session 1: Introduction to CBT and GAD

- Introduction to CBT model and how it applies to GAD
- Psychoeducation on worry and its function
- Introduction to worry logs
- Collaborative formulation of individual experiences
- Introduction and rationale for homework
- Goal setting for therapy

+ Session 2: Physiology and distress tolerance

- Psychoeducation on the physiological symptoms of anxiety
- Understanding the fight/flight/freeze response
- How the brain responds to stress
- Introduction to distress tolerance skills
- Skills practice: grounding and breathing techniques
- Homework: physiology practice and continued worry logs

+ Session 3: Working with cognitions

- Identifying common thinking styles
- Psychoeducation on cognitive biases
- Introduction to thought challenging techniques
- Introduction to thought diffusion strategies
- Attention training (for example, mundane task focusing, basic mindfulness)
- Continuing work on worry logs

+ Session 4: Intolerance of uncertainty and worry management

- Exploring intolerance of uncertainty and its impact on anxiety
- Differentiating between hypothetical and real worries
- Introduction to the worry tree technique
- Using 'worry time' as a containment strategy
- Homework based on applying new strategies to worries

+ Session 5: Behavioural strategies

- Identifying common anxiety maintenance cycles
- Understanding the role of avoidance
- Introduction to exposure techniques
- Planning and reviewing behavioural experiments
- Discussion of experiences with exposure tasks

+ Session 6: Consolidation and planning for the future

- Review of behavioural experiments
- Creating a therapy blueprint
- Reviewing initial goals and progress
- Identifying potential future obstacles
- Development of a personalised anxiety management plan

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

Our specialists

Our anxiety specialists can help you to manage your symptoms, improve your quality of life and connect with others who understand what you're going through.

The course is facilitated by our highly qualified therapists, all of whom have extensive experience with individuals with GAD.

We use evidence-based techniques to help you challenge your anxious thoughts and behaviours, and regain control of your life.

In our supportive and confidential group sessions, we'll support you to develop practical skills and strategies to manage your GAD, reduce your distress and improve your wellbeing. You'll also have the opportunity to share your experiences, receive feedback, and connect with others who share your journey.

Further Information and pricing

Our outpatient GAD group is available on a self-pay basis or through private medical insurance (PMI). For those using PMI, each session will be counted as 1 hour of funding. Those using PMI should check eligibility criteria with their insurer.

The cost for the group is £155 per session.



Enquiries and further information

For more information, please contact Wimbledon Park Clinic on **0208 971 9660** or by emailing **wimbledonpark@priorygroup.com**.

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