



Priory Hospital Bristol

Group therapy programme

Group therapy helps people explore and practise techniques designed to promote positive mental health and build confidence and self-esteem. Groups range from structured, skills-based groups, to reflective psychotherapeutic groups. Facilitators encourage participants to share thoughts and experiences within the framework of a specific therapy model. They also aim to provide a safe and supportive environment in which to do so.



Our groups

Supportive psychotherapy

In this group, you are encouraged to explore your feelings, whilst allowing other members to provide feedback using their own life experiences, insights and understanding of therapy. The facilitator encourages a safe and non-judgemental space in which you can listen to and develop your own voice.

Positive psychology

Drawing on elements from cognitive behavioural therapy (CBT) and positive psychology, this is the one group where you leave your problems at the door. Here, you are taught how to focus on the good things in life and the things that have gone well for you. You'll learn how to laugh more, rediscover your strengths and values, and even use your body language to lift your mood.

Live your life

Managing emotions

In this group, you will look at your relationship with your emotions, how you express them and how you cope when you are in distress. You will look in depth at specific emotions, such as fear and anger, and learn how to understand them better. You will also learn how to balance your rational and emotional thinking.

Food and mood

Here, we explore the relationship with food and how our diet can affect the way we feel. We look at how we can support our treatment and recovery through making positive choices.

Introduction CBT

Introduction to CBT is a structured group that gives you the tools to manage psychological conditions differently and more effectively. The skills-based CBT group will enhance your understanding of the nature of mental health conditions. It introduces you to several cognitive behavioural interventions to help you manage the physiological, emotional and psychological symptoms of mental health challenges.



Improving self-esteem

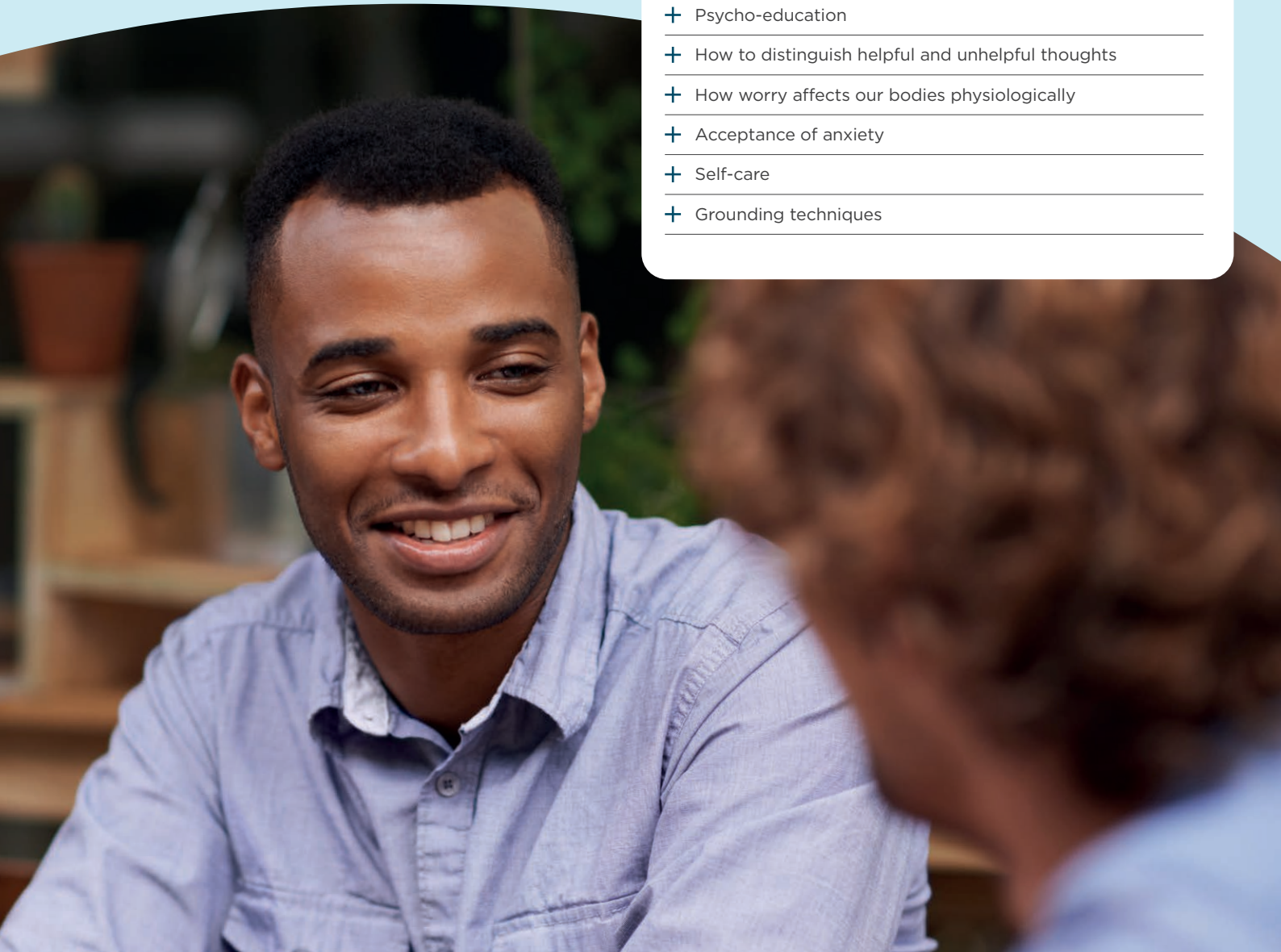
Self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. This group is designed to enable you to raise awareness of, and challenge, unhelpful thinking and behaviours that may contribute to a low opinion of yourself, thus improving your confidence levels.

Working with anxiety

The aim of this group is to normalise anxiety, understand its origins and learn techniques for how we can manage it on a daily basis.

It has a CBT approach, combining:

- + Psycho-education
- + How to distinguish helpful and unhelpful thoughts
- + How worry affects our bodies physiologically
- + Acceptance of anxiety
- + Self-care
- + Grounding techniques





Nutrition

In this group, a nutrition specialist will guide you through the importance and impact of nutrition on our physical and mental wellbeing. We will explore positive nutrition to support physical and emotional wellbeing, and look at many areas, including the immune system and digestive health.

Understanding trauma

A gentle group which will look at the effects of trauma on our bodies. Trauma can be a complex area and in this group, you will explore what trauma looks like, how it can affect us physically and mentally, and what we can do about it. A supportive and exploratory group, you will not be opening up any trauma in this session.

Therapeutic creative writing

This group offers space to reflect, process and express how you are using written words. Describing and communicating our experiences and thoughts through writing can help to make things clearer. Sharing our words and hearing others can be hugely rewarding and validate our experience, and often our own story is reflected in others.

Yoga

Our experienced yoga practitioner guides you through exercises for the body and mind.

Compassion-focused therapy (CFT)

Using CFT, this group explores your relationship with an inner voice which may be your harshest critic. We will aim to equip you with tools and techniques that support you in being kinder to yourself, and more accepting and compassionate. This may reduce symptoms of anxiety, depression and anger, and help you to challenge your internal and external critics.

Review the week

This is a space to explore the time you've spent with your peers, share your experiences and learn from each other with the safety of a confidential therapeutic space.

Individual therapy sessions

As well as groups, we offer individual sessions for each patient, to allow for reflection and also the more specific issues that may have been highlighted during group sessions. This is your space to explore what may have brought you to enter therapy, working with one of our skilled and experienced therapists.





Self-compassion

This group explores what self-compassion truly means and why it plays such a vital role in our emotional wellbeing. You'll learn how to recognise your own struggles and respond to them with kindness rather than self-criticism. Through guided discussion and reflection, the group will support you in developing a more nurturing, caring attitude towards yourself – especially during difficult times.

Positive mind

Inspired by principles of dialectical behaviour therapy (DBT), this group focuses on the theme of acceptance and change. You'll be introduced to practical skills designed to help you manage and regulate your emotions, while also building more effective and balanced relationships. The group offers a supportive space to explore new ways of thinking and responding that can enhance your overall emotional wellbeing.

Dance movement psychotherapy

This group helps you connect mind and body, offering a sense of freedom and inner awareness. Using movement as a form of expression, it provides a safe space to explore your thoughts and emotions without relying solely on words. You'll be encouraged to discover your own unique way of moving, listening to your body and allowing it to express what you're feeling. This personal and creative process can support deeper self-understanding and a stronger connection to your inner world.

Reiki

Reiki is a one-to-one holistic therapy, originating in Japan, that supports relaxation and balance across mind, body and spirit. Using gentle, non-invasive touch (fully clothed), Reiki can help to reduce stress, promote deep relaxation, calm the mind, improve sleep quality and naturally boost your energy and sense of wellbeing.

Understanding group therapy

This group introduces you to the experience of group therapy and helps you reflect on what you hope to gain while you're with us. You'll also be invited to explore the role of groups in your wider life – such as family, friends or colleagues – and how you communicate within them. It's an opportunity to consider how you relate to others and how group dynamics shape your experiences.

Resilience

This group invites you to explore what resilience means to you and how it can change over time. You'll consider the factors that influence your resilience, such as stress levels, life experiences and self-care habits. Through discussion and reflection, the group will look at ways to manage stress, build coping strategies and strengthen your personal resilience. It's also a chance to reflect on your own strengths and values, and how these can support you through life's challenges.

Addiction treatment groups

These groups will be offered to those who have been admitted as part of an addiction programme.

Motivations and repercussions

This group will help you to differentiate the discrepancy between the motives (motivations) for acting out addictively and the actual reality (repercussions) of your actions. It will also help you to relate to the similarities within the addictive relationships people have with substances and/or behaviours. This new evidence will come via examples from your own experiences, as well as from others. The shift to gaining insight and awareness in a way that had previously been hidden will create further momentum for recovery.

Relapse workshop

In this group, you will be given the opportunity to look at the relapse process as a process and not as an event that happens in an instance of time. Often, the misconception is that a relapse 'just happens'. In order to overcome the danger of relapse, it is necessary to understand in more detail the process that actually leads to it. By gaining understanding of what leads to relapse, it becomes possible to challenge and alter negative and self-defeating behaviour that leads to it.

Aftercare/family support group

As part of our addiction treatment programme, we offer 12 months of support for those that have completed the 28-day inpatient stay. Held on a Thursday night, the option is open for you to continue your care and treatment to support the best chance of recovery.

Running at the same time, we also offer a support group to family members who may also welcome the opportunity to explore their own feelings and how they may support themselves and others in the process.

Enquiries and further information

To find out further information or to make a referral into Priory Hospital Bristol, please contact our dedicated 24/7 enquiry helpdesk:

Telephone: 0117 952 5255

Email: bristoltherapyadmin@priorygroup.com

Visit: www.priorygroup.com/Bristol

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

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