

# Managing dual diagnosis in recovery

**Priory's managing dual diagnosis in recovery group has been designed for adults who have completed an inpatient addiction treatment programme, but have an additional mental health diagnosis that they're trying to navigate as part of their addiction recovery. People within this group don't need to have received their primary addiction treatment with Priory; they just need to be abstinent and engaging with an addiction aftercare programme.**

The programme will be delivered using cognitive behavioural therapy (CBT) and is informed by National Institute for Health and Care Excellence (NICE) and the British Association for Behavioural and Cognitive Psychotherapies (BABCP) guidelines.



## Programme overview

A highly supportive group experience focusing on:

- + Ongoing psychoeducation around substance misuse
- + Onset, causes and individual characteristics of low mood and anxiety
- + Skills for managing emotional distress
- + Skills for managing healthy boundaries and communication
- + Robust consolidation plan to maintain wellness in the future

## Programme timetable

The programme will be delivered over 6 weeks, taking place on Friday mornings from 10am to 12pm.

### + Session 1:

- Programme introduction
- What are the aims of the programme?
- Setting personal goals
- Psychoeducation around mood and addiction
- Patterns in coping styles

### + Session 2:

- Behavioural techniques to manage depression
- Sleep management and circadian rhythm
- Skill: body care, achieve, connect, enjoy (BACE) planner

### + Session 3:

- Psychoeducation around anxiety and the fight/flight/freeze response
- Maintaining factors for anxiety
- How to cope with anger
- Maladaptive coping styles linked with rigid beliefs
- Skill: abdominal breathing exercise

### + Session 4:

- Helpful and unhelpful support for people with dual diagnosis
- Healthy vs unhealthy boundaries and communication
- Managing expectations towards recovery discussion with family
- How to deal with conflict
- Skill: assertiveness and effective communication

### + Session 5:

- Coping with emotional distress
- Introducing threat, drive and soothe systems
- Coping with guilt and shame
- Building resilience
- Skill: delay reaction when emotionally activated
- Skill: self-compassion, self-soothing and urge surfing

### + Session 6:

- Lapse vs relapse
- Obstacles in recovery
- Problem solving
- How to deal with setbacks
- Consolidation plan

You will also receive 2 individual key working sessions that will take place in the middle and at the end of the 6-week programme.

Please note that anyone with a severe psychiatric disorder, a risk of suicide or those actively using substances and/or alcohol, will not be able to enter the programme. Please contact us if you would like to discuss alternative treatment programmes.

Prior to starting the group, you'll receive a brief assessment with a psychotherapist, to check that it is suitable for you. If you need an appointment with a consultant psychiatrist, this can be arranged and conducted separately.

## Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based support for addiction and dual diagnosis. They have helped countless individuals like you to overcome their mental health concerns and achieve recovery.

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 seeking help can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists.

## Further information and pricing

The managing dual diagnosis in recovery 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. You will need a GP referral to access the programme, unless your referral comes from a consultant psychiatrist.

The cost for the group is from £160 per session.

## Enquiries and further information

For more information, please contact Priory Hospital Altrincham on **0161 904 0050** or by emailing [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com).

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