



# Wimbledon Park Clinic

## Overcoming depression course

**Our overcoming depression course has been specifically designed to help you understand your depression and develop effective coping mechanisms for the future. By setting clear and achievable therapeutic goals, we can support you every step of the way towards overcoming your difficulties and leading a more meaningful life.**

The eight-session course will take place online as part of a group, and will be delivered using cognitive behavioural therapy (CBT). It will be available to people over the age of 18, who are currently struggling with depression. In our experience, many people feel isolated when they are depressed, which is why group therapy is ideal for promoting mental health.

### Course overview

A highly supportive online group experience focusing on:

- + Understanding what depression is and how your symptoms relate
- + Learning how to overcome fears
- + Understanding how your avoidances and fears can be a barrier
- + Challenging negative thoughts
- + Changing behaviours which aren't helping
- + Verbalising emotions and feelings
- + Nurturing the self
- + Developing a robust relapse prevention plan using the strategies learned, to maintain goals and promote wellness

## The power of the group

The course takes place online 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.

Throughout the course, 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 online 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 online 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.

## Course timetable

The programme will be delivered over 8 weeks, taking place on Thursdays from 10am to 12pm. The group will take place online via Zoom. The group is a closed group, meaning that all clients start on the same date and complete the group together, finishing at the same time.

- + **Session 1:** Understanding depression and introduction to CBT
- + **Session 2 and 3:** Behavioural changes and interventions
- + **Session 4 and 5:** Thoughts and cognitive tools and techniques
- + **Session 6:** Assertiveness and behavioural change techniques
- + **Session 7:** Problem solving and social skills training
- + **Session 8:** Long-term management and relapse prevention

Please note that anyone with a severe psychiatric disorder, a risk of suicide 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 therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for depression. They have helped countless individuals like you to break free from the grip of depression and achieve a more fulfilling life.

In our online 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 overcoming depression outpatient group costs £250 per session. 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 Wimbledon Park Clinic on **0330 056 6020** or by emailing [wimbledonpark@priorygroup.com](mailto:wimbledonpark@priorygroup.com).

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