

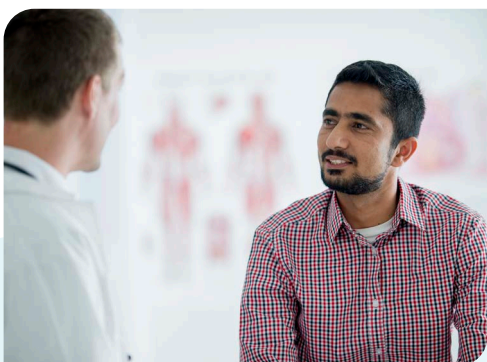


Wimbledon Park Clinic

Generalised anxiety disorder (GAD) therapy group

Our generalised anxiety disorder (GAD) online group will help you to understand your anxiety and learn effective coping mechanisms to support you to manage your condition in daily life. We will help people attending to realise they are not alone with their anxiety, and assist them in building a support network with others experiencing the same challenges.

The 6-week programme will be delivered online using cognitive behavioural therapy (CBT), which is an evidence-based technique. Our structured weekly sessions will help you to manage and reduce your anxiety symptoms, and change your behaviours to help you cope better in daily life.



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 Wednesdays 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 GAD and introduction to CBT
- + **Session 2:** Thoughts and cognitive tools and techniques
- + **Session 3:** Anxiety and stress management
- + **Session 4:** Behavioural changes tools and techniques
- + **Session 5:** Implementing learning and behavioural experiments
- + **Session 6:** 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 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 both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

Each session consists of 2 hours of CBT for GAD.

The cost for the group is £250 per session.



Enquiries and further information

For more information, please contact Wimbledon Park Clinic on **0330 056 6020** or by emailing **wimbledonpark@priorygroup.com**.

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

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