



# Priory Hospital Altrincham

## DBT skills informed group

**Priory Hospital Altrincham is offering a new evidence-based method for recovery. This includes introduction to dialectical behaviour therapy (DBT), mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.**



### Programme overview

We will aim to teach you methods to help you stabilise mood, regulate behaviours and reduce impulsive and harmful patterns of interacting.

Mindfulness approaches offer learnings around how to tolerate distress and cope more effectively with negative thoughts and injurious habits.

### Who is this suitable for?

- + Adults
- + Those with a borderline personality disorder
- + Those seeking support for emotion dysregulation
- + Sufferers of anxiety
- + Clients with a major depressive disorder
- + People with a comorbidity of ADHD
- + Those struggling with trauma related difficulties



## What to expect

- + 2.5 hour sessions
- + 30 week programme
- + 24 weeks of group work
- + Led by senior and expert DBT therapists at site
- + Bespoke programme tailored to your needs
- + An environment suited to recovery

## About Priory Hospital Altrincham

Set within a beautifully-appointed manor house, Priory Hospital Altrincham is located in a tranquil Cheshire setting, complete with landscaped gardens. The hospital provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges.

Our therapists are committed to listening to your concerns with patience and understanding, and working with you in a collaborative way to address your unique challenges, improve your wellbeing and pave the way towards lifelong recovery.



## More information

This group accepts self-funding individuals or those using private medical insurance. For further information on costs please contact our daycare administration team, Gail Needham or Joanne Hawkins, on **0161 904 5611** (ext 1573) or email **[AltrinchamTherapy@priorygroup.com](mailto:AltrinchamTherapy@priorygroup.com)**

For the most up to date information on our services, please visit our website - [www.priorygroup.com](http://www.priorygroup.com)