



Priory Hospital Hayes Grove

Anxiety therapy group

Anxiety can affect anyone at any time. When we feel very anxious, we tend to magnify what we perceive as a threat and underestimate our ability to deal with it. The fight or flight adrenaline response, which is the body's reaction to physical danger, is then triggered and creates many different physical and emotional changes.

This group has been designed using clear and helpful acceptance and mindfulness-based exercises and values-based exposure tasks, to help clients step out of their avoidance-guided comfort zone and trust themselves in coping with their anxiety.

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For someone like myself, who had never experienced mental health issues before and being of a generation where we didn't talk about our issues, the course broke down how and why I was feeling like I was and gave me techniques to use in everyday life to get better. Undoubtedly, the course has helped my mental health and wellbeing greatly.

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Overview

- + Based on cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT)
- + Designed to allow clients to be psychologically flexible around anxiety
- + Use of metaphorical and experiential exercises in the group
- + Participants learn to de-activate the fight or flight response in cognitive and emotive ways

This all enables participants to better understand how the mind works and how they can learn new methods to change the way they relate to their anxious feelings.

The group can be useful for people who experience panic attacks but not for those with moderate or severe obsessive compulsive disorder (OCD), as this requires more in-depth focused work.

Programme details

The anxiety group is a 6-week, closed setting that runs for 2.5 hours every Tuesday, on a face-to-face basis.

Meet our team

Christos Papalekas is a registered counselling psychologist, CBT and eye movement desensitisation and reprocessing (EMDR) psychotherapist who has over 10 years' experience at Hayes Grove, helping people suffering from mild to severe psychological difficulties.

Christos is also passionate about ACT and is always looking at ways to refresh and modernise the group programmes he delivers, using his wealth of knowledge of the field to do this.

“My ultimate goal is to help clients adopt a workable and self-compassionate stance towards their anxiety and their anxiety-related thoughts. Through this group, patients will learn to re-interpret an emotion-eliciting situation in a way that alters its meaning and changes its emotional impact.

“All interventions are guided by solid research-based methods and my own experience in what helps the clients to move forward in their lives, and not to be paralysed by their anxiety.”



This group has just worked for me; the knowledge and ability that the therapists here have to help me understand and find ways to cope with my illness. It has been literally life-saving for me. I have spent years trying to improve my mental health and since coming here, it finally has.



About Priory Hospital Hayes Grove

Priory Hospital Hayes Grove, located in Bromley, Kent, is one of the UK's leading hospitals for the treatment of a range of conditions including addictions, depression, anxiety and stress.

Our comprehensive, recovery-focused treatment programmes are devised and delivered by specialist psychiatrists, psychologists, therapists and mental health nurses, who work together to create a strong and highly effective support network for patients.

More information

Insured and self-paying patients are both welcome. If you have private medical insurance, you should check the cover of your individual policy.

Free day care assessments are readily available, and patients wishing to attend will be invited to a one-off assessment with a qualified therapist, prior to joining the programme.

For more information on costing, to discuss all therapy options, or to book a free day care assessment, please contact Priory Hospital Hayes Grove:

Tel: 020 8462 7722

Email: hayesgrove@priorygroup.com

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

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