



Priory Hospital Glasgow

Group therapy



About our therapy programme

We understand that coming into hospital can be daunting, and that you will want the very best treatment available in order to overcome your illness as soon as possible. For this reason, we have provided some detailed information about the content of our group therapy modules within a typical week at Priory Hospital Glasgow. We hope that you will be able to use this information to familiarise yourself with the type of activities you will be undertaking as an inpatient staying with us, or as a day or outpatient coming into the hospital.

These sessions are designed to provide individuals with the coping strategies to recognise and, in time, overcome their condition, which may include:

- + Anxiety
- + Depression
- + Obsessive compulsive disorder (OCD)
- + Post-traumatic stress disorder (PTSD)
- + Stress

What is group therapy?

Group therapy is recognised as an opportunity for you to:

- + Experience a welcoming environment, which is safe and non-judgemental
- + Understand that you are not alone
- + Hear the experiences of others in their own recovery journeys
- + Experience and learn to develop a structured routine
- + Develop confidence interacting with others
- + Receive support from others within your peer group



Group therapy programme timetable example

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:30-10:30	09:30-10:30	09:30-10:30	09:30-10:30	09:30-10:30
Solution focus	CBT for self-esteem	Behavioural activation	Assertiveness/art therapy	CBT for depression
10:30-11:00	10:30-11:00	10:30-11:00	10:30-11:00	10:30-11:00
BREAK	BREAK	BREAK	BREAK	BREAK
11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00
Solution focus	CBT for self-esteem	Behavioural activation	Assertiveness/art therapy	CBT for depression
12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00	13:00-14:00
CBT for depression	CBT for anxiety	Agenda	CBT for confidence and wellbeing	Relapse prevention
14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30
BREAK	BREAK	BREAK	BREAK	BREAK
14:30-15:30	14:30-15:30	14:30-15:30	14:30-15:30	14:30-15:30
CBT for depression	CBT for anxiety	Agenda	CBT for confidence and wellbeing	Relapse prevention
15:30-15:45	15:30-15:45	15:30-15:45	15:30-15:45	15:30-15:45
BREAK	BREAK	BREAK	BREAK	BREAK
15:45-16:45	15:45-16:45	15:45-16:45	15:45-16:45	15:45-16:45
Relaxation	Relaxation	Tai chi/relaxation	Relaxation	Relaxation
		18:00-19:30		
		Support group		

Enquiries and further information

For more information, please contact Priory Hospital Glasgow:

Visit: www.priorygroup.com/glasgow

Call: 0141 636 6116

Email: info@priorygroup.com

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

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