



# Priory Hospital Altrincham

## Cognitive behavioural group therapy for anxiety

**Priory Hospital Altrincham's cognitive behavioural therapy (CBT) group is designed to support and treat individuals diagnosed with an anxiety disorder, such as generalised anxiety disorder (GAD), health anxiety or social anxiety.**

Participants will be introduced to the CBT model of care which will outline the programme, but also explain how more positive behaviours can be maintained in future.



### Programme overview

The programme includes:

- + Setting clear and achievable therapeutic goals
- + Outlining fears and understanding specific consequences of these fears
- + Learning how to overcome fears and lead a more meaningful life
- + Understanding unhelpful safety behaviours
- + Identifying anxiety provoking triggers
- + Learning how to develop more helpful coping strategies
- + Understanding the concept of observing thoughts with mindful awareness and specific strategies to challenge them
- + Combining exposure therapy and thought challenging, whilst utilising acceptance strategies
- + Developing a robust relapse prevention plan

For patients with an additional diagnosis of depression, we would recommend our depression outpatient group as a first line treatment.



## What to expect

---

- + This is a 6-week course
- + Takes place every Friday, 9am to 3.30pm
- + Led by senior and expert CBT therapists at site
- + Includes wellness group sessions, CBT for anxiety and regular reviews
- + Consultant psychiatrist appointments scheduled separately, if needed

## Meet our team

---

Justin is a CBT and eye movement desensitisation and reprocessing (EMDR) therapist with extensive experience in treating children and adults. He believes in building a foundation of a strong rapport and working to achieve goals collaboratively.

This group is also led by expert CBT therapist, Elizabeth Gough. Both therapists are registered with the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

## 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, please contact us on **0161 904 0050** or email **[altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)**

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