



Dialectical behaviour therapy (DBT) informed programme

Priory's comprehensive, 26-week standardised framework offers access to essential DBT skills and support. The treatment pathway can also be offered remotely and the programme aims to improve self-awareness and support participants to manage emotions. In turn, this will help improve quality of relationships, to create a life worth living.

Treatment is provided by highly skilled, 'British Isles' trained clinicians.



Programme overview

- + Includes a free pre-group assessment and commitment session to determine suitability for the group
- + Behavioural skills training - 2 hours 30 minutes per week
- + There are four modules taught in the group:
 - Core mindfulness skills
 - Interpersonal effectiveness skills
 - Emotion regulation skills
 - Distress tolerance skills
- + Patients will have a regular key worker, or individual sessions, to discuss their progress and experience of the programme
- + DBT therapists meet once per week to ensure good communication between group skills trainers and individual therapists

1.



Mental health assessment by consultant psychiatrist

2.



Referral into therapy (assessment and commitment sessions completed)

3.



Therapy-led programme, including weekly 2 ½ hour skills group

4.



Regular follow-up sessions will take place with a consultant

Group targets

DBT addresses four main areas of importance:

1. Reducing suicidal and self-harming behaviours
2. Reducing behaviours that interfere with the process of therapy
3. Reducing behaviours that seriously interfere with quality of life, such as frequent hospitalisation, interpersonal problems and drug abuse
4. Increasing specific skills to cope more effectively

Commitment to working towards these targets is made before entering the programme.



Who will this group benefit?

The skills learnt in this group are proven to be effective for the following mental health issues:

- + History of and/or current suicidal ideation and attempts
- + History of and/or current self-harm behaviour
- + Anxiety
- + Impulsivity
- + Poor emotional regulation and high reactivity/mood swings
- + Interpersonal and relationship difficulties
- + Anger outbursts
- + Substance misuse
- + Eating disorders



Enquiries and further information

The programme is costed at £8,995 for the full 26-week course. Initial mental health assessment is costed by the consultant, and pre-commitment sessions are included in the main programme cost. Therapy can be self-funded or we accept private medical insurance (PMI).

For further information, please contact us by emailing chelmsford@priorygroup.com

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

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