



Priory Hospital Roehampton

Trauma-informed programme

Our trauma-informed programme consists of 8 full days taking place over an 8-week period. This evidence-based structured programme is based on the very latest research on post-traumatic stress disorder (PTSD) treatment and recovery. We offer a safe and supportive environment where you can gain helpful information and resources to help you explore and understand what you're experiencing, with the support of other people who understand what you're going through.

The programme is designed to offer a comprehensive treatment package, including psychoeducation, stabilisation, processing and grounding, which will help you to understand and manage your experiences and symptoms of trauma, and develop an improved sense of wellbeing. Experiencing trauma can be a very isolating experience. The group experience enables you to develop a sense of support and community, helping to reduce feelings of isolation.

You'll be assessed by one of our clinicians to determine if this programme would be helpful for you, so you can decide whether you'd like to commit to it. There are also other options for treatment, which we will be happy to discuss with you.

The trauma-informed programme consists of 8 consecutive Thursdays (not including bank holidays). Due to the nature of trauma, this is a closed programme. This means that you and your peers will all start and finish at the same time, and no-one new will join the group during this time. This helps to ensure that the group offers a safe and supportive environment, where trust can develop.

The power of the group

The course takes place face-to-face with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of trauma and other mental health challenges.

Throughout the programme, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting space. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we'll ensure that you're given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps people to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for PTSD. They have helped countless individuals like you to break free from the grip of trauma and achieve a more fulfilling life.

In our group sessions, you'll receive personalised attention and support from our therapists, who will work with you to identify your unique needs and tailor the support to your specific situation.

Our highly trained and experienced therapists will provide you with:

- + A safe and confidential space to share your experiences and feelings
- + Opportunities to learn from others who understand what you're going through
- + Evidence-based strategies to manage your challenges and build resilience
- + A community of support and encouragement to help you stay on track

We understand that reaching out for support can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists.

Further information

If you wish to receive individual therapy as well as group therapy, this can be arranged. We will be happy to discuss alternative options with you.

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us if you would like to discuss alternative treatment programmes.

Further information and pricing

The trauma-informed programme costs £632 per day. It is available on both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

For more information, please contact Priory Hospital Roehampton on **020 8876 8261** or by emailing **roehampton@priorygroup.com**.

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

What to expect

Each day of our trauma-informed programme consists of the following:

- + **10.30am-12pm.** Understanding trauma: this is a psychoeducational group that helps you to understand, manage and learn to regulate PTSD symptoms, such as flashbacks, shame and guilt, sleeping difficulties, anxiety, panic, low mood and anger. The group helps you to gain awareness, understanding and coping skills for what's happening to you, which can help you feel more in control. This is based on National Institute for Health and Care Excellence (NICE) guidelines and World Health Organisation (WHO) evidence and research for PTSD and complex PTSD (CPTSD) recovery.
- + **12pm-1pm.** Lunch: provided in our dining room.
- + **1pm-2.30pm.** Creative psychotherapy: this provides an opportunity to explore trauma-related themes through creative methods/art, to find new ways forward. No previous artistic experience is needed. Examples of the themes we'll look at include safety, self-care and survival. The group adapts to meet everyone's needs and each group ends with a 5-minute body scan and meditation practice.
- + **2.45pm-3.45pm.** Mindfulness: in this group, you'll learn techniques that will help to bring your attention gently back to noticing what's happening in the present moment, without judgement. Very often, our thoughts can cause us to ruminate about the past or worry about the future. With mindfulness, you'll develop the skills to be able to ground yourself in the 'here and now', accepting and improving your sense of wellbeing, which is important in managing PTSD. This mindfulness group is specifically trauma-informed and helps to ground you at the end of your day with us, and prepare you for leaving.

All groups take place on-site at Priory Hospital Roehampton.