

Priory Hospital Roehampton



Live your life

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Welcome to Priory Hospital Roehampton

Priory Hospital Roehampton, a registered hospital in London, is a welcoming and highly respected rehab facility, offering expert mental health and addiction treatment in a welcoming and supportive environment.

We support adults experiencing a wide range of mental health conditions, including depression and anxiety, offering personalised, evidence-based care tailored to individual needs. We also provide specialist addiction treatment for substance and behavioural addictions, including alcohol, drugs and gambling, with structured programmes designed to support safe recovery and long-term wellbeing. In addition, we offer outpatient eating disorder treatment for adults, delivering focused support while allowing people to continue with daily life.

For young people, Priory Hospital Roehampton offers dedicated mental health services delivered across two specialist inpatient wards – Richmond Court and Kingston Court – as well as a day hospital providing structured therapeutic support while young people continue living at home. We also offer private autism assessments for children.

At Roehampton, you'll be supported by a compassionate team of psychiatrists, psychologists, therapists, nurses and mental health professionals who are committed to your wellbeing. We take a personalised approach, using proven therapies to help you move forward with confidence and build a healthier, more fulfilling future.

Summary of our services:

- + Mental health treatment for adults
- + Addiction treatment for adults
- + Outpatient eating disorder treatment for adults
- + Young people's mental health service
- + Private autism assessments for children

Our environment

At Roehampton, we believe the treatment environment is just as important as the treatment itself when it comes to mental health treatment, addiction recovery and young people's support. Our beautiful Grade II listed building provides the perfect setting for you to focus on your health and wellbeing. Our private wards offer modern en-suite bedrooms, ensuring you feel comfortable and welcome.

The hospital also provides:

- + Landscaped grounds where you can relax and unwind
- + Peaceful and welcoming living areas
- + A patient lounge
- + An on-site restaurant
- + An on-site, air conditioned gym with personal trainers
- + High quality housekeeping
- + Very easy access from the M25, London's major airports and Central London
- + Richmond Park located within walking distance





How to find us

Located in London, Priory Hospital Roehampton has excellent links to motorways, trains, tubes, and buses. Our address is: Priory Hospital Roehampton, Priory Lane, Roehampton, London, SW15 5JJ.

You can reach us:

By car

We are close to the M4 motorway and located just off the A205. If you enter our postcode into a sat nav, this will bring you to us.

By bus

The numbers 33, 337 and 430 bus lines stop near to Priory Hospital Roehampton. The nearest bus stops to us are on Priory Lane or Upper Richmond Road.

By train

Our closest train station is Barnes station, operated by South Western Railway, which is approximately a 12 to 15-minute walk from the hospital. Our closest tube station is East Putney, which is approximately a 40-minute walk from the hospital or a short taxi journey.



Addiction treatment at Priory Hospital Roehampton

At Priory Hospital Roehampton, we provide expert, evidence-based treatment for people experiencing addiction. Our programmes are delivered in a supportive, healing environment and are tailored to individual needs, following National Institute for Health and Care Excellence (NICE) guidelines. We support a wide range of substance and behavioural addictions, including drugs, alcohol, gambling and internet addiction, helping you regain control and build a lasting recovery.

A free, no-obligation assessment

Our free, no-obligation addiction assessment provides an opportunity to:

- + Discuss your concerns and the impact they're having on your life
- + Gain an understanding of the background to your addictive behaviour
- + Talk through a proposed treatment plan
- + Ask any questions you may have about our addiction treatment programmes

The free assessment will take place over the phone with an experienced addiction therapist. They'll explore your current situation, lifestyle and experiences, and talk you through the options available. The aim of the assessment is to understand your needs and determine which type of support or treatment service is right for you.

Our addiction treatment services

We place you at the centre of your private addiction treatment programme, helping you tackle your concerns and achieve the best possible outcomes. Below is a list of the addiction treatment services available at Priory Hospital Roehampton.

Transform 28

Transform 28 is our most comprehensive inpatient addiction treatment programme.

We offer this structured 28-day programme to help you take meaningful steps towards recovery in a safe and supportive environment. You'll receive a medically assisted detox, if needed, and take part in regular one-to-one and group therapy sessions. You'll also be supported by a consultant psychiatrist and have access to a range of holistic wellbeing activities, designed to support both your mental and physical health.

We also provide family support throughout your stay, and once you leave, you'll benefit from 12 months of free aftercare to help you maintain your progress and stay connected.

Following treatment, you'll also receive free access to our digital support tool, Recovery 360. This combines a Bluetooth-enabled breathalyser with a smart tracking app, offering personalised support, real-time feedback and practical tools to help you stay on track.



Foundations 16

Foundations 16 is our blended inpatient detox and day care addiction treatment programme.

We offer this structured 4-week programme to support your recovery through a combination of inpatient support and group-based day care sessions. Your treatment begins with a 7 to 10-day medically assisted detox, followed by 9 structured day care sessions designed to help you develop practical strategies for long-term recovery.

You'll be supported by experienced therapists and benefit from specialist psychological input, weekly family support sessions, and 12 months of free aftercare to help you stay connected and maintain progress after your stay.

Reset 7/10

Reset 7/10 is our medically assisted detox programme.

Taking place over 7 to 10 days, depending on your individual needs, this inpatient programme is designed to help you safely withdraw from alcohol or drugs, with specialist support to manage withdrawal symptoms and keep you as comfortable as possible.

Detox takes place in a dedicated, therapeutic environment under the care of our experienced team. You'll receive continuous monitoring and personalised care to support your physical and emotional wellbeing throughout.

This focused, short-term stay helps to stabilise your health and prepare you for the next stage of your recovery.

Anchor 1:1

Anchor 1:1 is our flexible outpatient addiction therapy programme.

We offer one-to-one outpatient therapy sessions designed to help you manage the thoughts, emotions and behaviours linked to addiction. This personalised support gives you the space to explore challenges, build healthy coping strategies and work towards long-term recovery.

Sessions are usually delivered once a week and can take place either online or face-to-face – depending on what works best for you. With a format that fits around your life, Anchor 1:1 is ideal for people seeking ongoing support without a residential stay, or for anyone stepping down from more intensive treatment who would benefit from continued therapeutic input.

Group therapy

If group therapy forms part of your programme at Priory Hospital Roehampton, you'll attend structured, therapist-led sessions designed to support addiction recovery. These sessions offer a safe, supportive environment to share experiences, gain insight from others and build a sense of connection.

Group therapy helps build confidence, communication and coping skills. This is supported by workshops and consultant-led talks on topics such as trauma, relapse prevention and self-esteem, helping to support emotional growth and long-term recovery.





One-to-one therapy

If your programme at Priory Hospital Roehampton includes one-to-one therapy, you'll receive personalised sessions tailored to your recovery goals. Therapy focuses on understanding the root causes of addiction, addressing co-existing mental health conditions, and developing practical coping strategies to support lasting recovery beyond treatment.

Medically assisted detoxification

If your treatment programme includes a medically assisted detox, you'll receive safe, expert-led care in a calm and supportive environment. Before admission, you'll have a full assessment with a consultant to determine the level of support you need.

During detox, you'll receive 24-hour medical supervision, care tailored to your physical and emotional wellbeing. Our team follows national best-practice guidance to ensure your safety and comfort as you begin your recovery.

Aftercare for 12 months

If you complete the Transform 28 or Foundations 16 programme, you'll receive 12 months of free aftercare to support your ongoing recovery. Aftercare provides continued guidance, peer connection and encouragement, helping you build confidence and maintain progress after treatment.

If you need additional support at any stage, including further therapy or digital services, our team is available to help you explore the most appropriate next steps.

Supporting your wellbeing

Improving wellbeing is an important part of recovery and long-term health. If you stay at Priory Hospital Roehampton as an addiction inpatient, you'll have access to a range of facilities and activities designed to support your mental, physical and emotional wellbeing. These experiences help you build confidence and develop healthy routines that complement your therapeutic work.

- + Equine assisted psychotherapy - a specialist outdoor therapy delivered at nearby Richmond Park, using guided interaction with horses to support emotional insight, confidence and personal growth

- + Eye movement desensitisation and reprocessing (EMDR) - a structured therapy that helps reduce distress linked to traumatic or difficult memories through guided eye movements and focused attention

- + Holistic and creative therapies - a range of approaches including art therapy, drama therapy, creative movement psychotherapy, yoga and relaxation classes to support emotional expression and balance



Mental health treatment at Priory Hospital Roehampton

At Priory Hospital Roehampton, we provide high-quality, personalised mental health treatment for adults experiencing a wide range of conditions, including depression, anxiety, stress, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). Our programmes are designed to support people at different stages of their mental health journey, offering clarity, stability and a clear path forward.

Mental health difficulties can affect every aspect of daily life, from relationships and work to physical health and emotional wellbeing. Without the right support, challenges can intensify or lead to further difficulties. At Roehampton, we focus on early intervention, compassionate care and evidence-based treatment to help people regain control and move towards a healthier, more fulfilling future.

As a mental health patient at Roehampton, you'll benefit from:

- + An individually tailored treatment plan
- + Round-the-clock care in a safe and supportive environment
- + One-to-one and group therapy
- + Evidence-based approaches

Our aim is to help you build effective coping strategies that support long-term wellbeing and give you greater confidence in managing life beyond treatment.



Garden Wing

Garden Wing is Priory Hospital Roehampton's general acute mental health ward. Treatment is delivered by a highly experienced multidisciplinary team and includes a wide range of therapeutic and medical interventions, tailored to the needs of each individual.

Therapies available include:

- + Cognitive behavioural therapy (CBT)
- + Dialectical behaviour therapy (DBT)
- + Cognitive analytic therapy (CAT)
- + Emotion-focused therapy (EFT)
- + Mindfulness
- + EMDR

Patients also benefit from group therapy, family therapy where appropriate, and weekly one-to-one meetings with a designated nurse. Our flexible approach allows us to match patients with the most appropriate clinicians to support their recovery.

Eating disorder treatment

Priory Hospital Roehampton also offers a private eating disorder treatment programme for adults, on an outpatient basis. We provide specialist support for anorexia nervosa, bulimia nervosa, binge eating disorder (BED) and other specified feeding or eating disorders (OSFED), delivered by a skilled team with expertise in eating disorder care.

At Roehampton, we believe that no-one should face mental health challenges alone. With expert care, personalised treatment and a compassionate environment, we support each person to take meaningful steps towards recovery and a more positive future.

Young people's mental health inpatient service

Our dedicated young people's mental health inpatient service provides specialist support for young people across two wards: Richmond Court and Kingston Court. Our young people's inpatient service delivers evidence-based treatment for young people aged 12 to 17 in a nurturing and age-appropriate setting. Our aim is to empower young people to understand and manage their mental health needs during this important and transitional phase of their lives.

Service overview

- + A safe environment where one of our team's main aims is to build a rapport with each young person, to support them through treatment and recovery
- + Programmes specifically tailored for young people experiencing mental health issues
- + A specially developed programme delivered by our multidisciplinary team and headed up by experienced consultants
- + 24-hour medical and nursing care

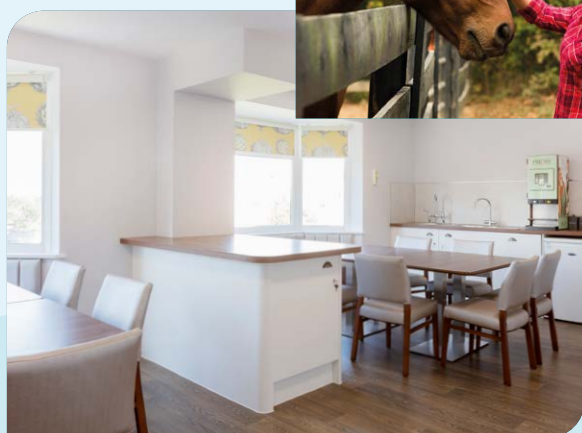
Treatment programme

Our programme offers a full 7-day activity timetable which can include education, stress management skills, CBT, DBT, coping skills development, physical health monitoring, as well as family therapy. Outcome measurement tools such as Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) are also used.

Patient profile

- + Young people aged 12 to 17 years
- + Referrals are accepted nationally, and we can facilitate international referrals if required
- + Young people may present with mental health difficulties, including:
 - Depression
 - Anxiety disorders
 - OCD
 - PTSD
 - Self-harm
 - Suicidal ideation
 - School phobia
 - School refusal
 - Mood disorders (including hypomania)
 - Prodromal psychosis (initial stages of psychosis)
 - Emotional dysregulation

Please note, our service isn't suitable for young people with a moderate to severe learning disability, aggression, disruptive behaviour, conduct disorder, substance abuse, or eating disorders that require naso-gastric feeding.





Activities

Young people are provided with access to a number of activities, including:

- + Pets as therapy (PAT)

- + Art therapy

- + Gym

- + Yoga

- + Relaxation

- + Visiting workshops, which focus on topics including music, debating and astronomy

- + Outreach activities, including theatre trips and visits to local parks

Education programme

Alongside intensive therapeutic support, young people have access to on-site education during term time. Teaching is delivered by specialist, understanding teachers in small, supportive groups, helping to maintain learning and build confidence.

- + Our school is Ofsted accredited

- + Each young person receives bespoke 1:1 tutoring

- + Each young person receives personal development sessions focused on areas such as career guidance and social and emotional skills, which are incorporated into schooling through group sessions

Step-down programme

Our step-down programme helps young people move smoothly from inpatient care back into everyday life. This short, structured 6-week course bridges the gap between hospital and community support, giving young people and their families the tools for a confident transition. What's included:

- + Weekly 1:1 therapy session – either online or face-to-face, as preferred

- + Online group sessions every Wednesday, 4pm-5.30pm

- + Family support group for parental guidance and advice

- + Ongoing psychiatric and nursing support

Weekly themes

- + Week 1 – understanding behaviour

- + Week 2 – managing anxiety

- + Week 3 – low mood

- + Week 4 – school-related challenges

- + Week 5 – navigating transitions

- + Week 6 – key relationships

By the end of the programme, young people will have developed practical coping strategies, improved confidence and a clearer understanding of their thoughts, feelings and behaviours. Parents and carers receive guidance and family sessions to help reinforce these skills and support their child's recovery at home.

Day hospital for young people at Priory Hospital Roehampton

As well as our inpatient offering for young people, we also offer a day hospital that provides structured therapeutic support for those who need a higher level of care than outpatient services but are able to continue living at home. Young people can attend on a full-day or half-day basis across the week, depending on their needs and circumstances.

The day hospital provides a comprehensive therapeutic timetable that may include:

- + Full-day or half-day attendance across 5 days a week
- + CBT
- + Stress management and coping skills development
- + Physical health monitoring

Education is embedded within the programme, with targeted support to help young people manage:

- + School attendance and reintegration
- + Academic pressures
- + Anxiety around exams and assessments

Care is delivered by a multidisciplinary team, with co-ordinated input from psychiatry, nursing and therapy staff. Treatment focuses on stabilisation, increasing emotional wellbeing and reducing mental distress, while helping young people build practical skills they can use in everyday life. Clear care planning supports smooth transitions into step-down services and ongoing community-based care.

We use recognised outcome measures, including HoNOSCA, to track progress and support continual improvement in wellbeing.



Our therapy groups



Priory Hospital Roehampton offers a range of specialist therapy groups available on an outpatient basis, designed to provide structured, evidence-based support for people experiencing a variety of mental health challenges. These programmes are led by experienced clinicians and delivered in a supportive, therapeutic environment, allowing you to work alongside others with similar experiences while developing practical skills and insight.

Group therapy can be particularly effective for building understanding, strengthening coping strategies and reducing feelings of isolation. Our team will help identify the most appropriate programme for your needs, ensuring the support you receive is aligned with your goals and circumstances.

You can find out more about Roehampton's day care programme here:

+ Priory Hospital Roehampton day care programme

We currently offer the following outpatient therapy programmes:

- + Promoting wellbeing programme
- + Acceptance and commitment therapy (ACT) programme
- + Interpersonal therapy programme
- + Trauma-informed programme
- + DBT programme
- + Radically open DBT (RO-DBT) programme

At Roehampton, we believe that no-one should face mental health challenges alone. With expert care, personalised treatment and a compassionate environment, we support each person to take meaningful steps towards recovery and a more positive future

Over the next pages, you can find more information on these therapy groups.



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Priory Hospital Roehampton

Acceptance and commitment therapy (ACT) pathway

Our ACT pathway runs over 6 full days across a 6-week period. It offers a safe, supportive space where you'll be introduced to ACT, an evidence-based approach known as a 'third-wave' therapy.

ACT focuses on helping you change how you relate to difficult or uncomfortable experiences linked to mental health challenges. Unlike traditional cognitive behavioural therapies, which often aim to reduce or eliminate symptoms, ACT helps you learn to make space for discomfort and respond to it differently. When you stop trying to push these very human experiences away, symptoms often reduce in both intensity and impact over time.

Before you begin, one of our clinicians will assess whether this pathway is right for you, giving you the information you need to decide whether you'd like to commit. The pathway takes place on 6 consecutive Wednesdays, excluding public holidays. It's an open pathway, so you can join at any point without waiting for a next start date.

You'll be allocated a keyworker who acts as your main point of contact and is available to support you with any questions about the pathway.

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 mental health conditions and other challenges.

Throughout the pathway, 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.

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Radically open DBT (RO-DBT) programme

Our trauma-informed treatment enables you to explore and understand your feelings of trauma.

Our 26-week support programme and social skills training will help you to manage your trauma and improve your quality of life.

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Day care programme

The day care programme at Priory Hospital Roehampton runs Monday to Thursday, offering a structured, supportive space to help you work through the challenges you're facing.

Following an initial assessment, you'll be guided towards the pathway(s) that best reflect your needs and goals. These include interpersonal therapy, promoting wellbeing, ACT and trauma-informed support.

You can attend the sessions that feel most relevant to you, whether that's one pathway or a combination, and you don't need to attend all 4 days. Each pathway offers a blend of therapeutic support, practical tools and shared experiences, helping you build confidence and make meaningful progress at your own pace.

Open pathways

Our open pathways run on Monday, Tuesday and Wednesday, allowing you to start without waiting for a set intake date.

These include our interpersonal, promoting wellbeing and ACT pathways. While there's flexibility in when you begin, you'll be supported to complete your chosen pathway, and encouraged to attend regularly to maintain progress and get the most from each session.

Closed pathway

Our trauma-informed pathway runs as a closed group on Thursdays, with set entry points. Once the programme begins, new participants cannot join mid-way. This helps create a safe, consistent environment where you can build trust and feel more comfortable sharing your experiences. If you miss an entry point, you'll be supported to join the next available cohort so you can fully engage from the start.

The power of the group

Our pathways take 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 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.



Day care schedule

- + **Monday:** interpersonal pathway. This pathway helps you strengthen your interpersonal relationships by developing your communication skills, learning how to be more assertive, setting clear boundaries, and understanding the difference between healthy and unhealthy relationship patterns.
- + **Tuesday:** promoting wellbeing pathway. This pathway focuses on supporting your overall mental and physical wellbeing, whether you're continuing your progress after inpatient support or looking for an alternative to admission. It brings together a range of practical and therapeutic approaches, including psychoeducation, stabilisation skills, mindfulness, creative therapies and relapse prevention planning, to help you feel more resilient and in control.
- + **Wednesday:** ACT pathway. This pathway is based on CBT and helps you learn how to handle difficult thoughts and feelings in a different way, so they don't hold you back from living the life you want. Rather than trying to get rid of discomfort, ACT focuses on helping you respond to it more effectively, while staying connected to what matters most to you. Through a mix of practical exercises, mindfulness, regular progress reviews and peer support, you'll build skills that can help you feel more grounded, focused and able to move forward with confidence.
- + **Thursday:** trauma-informed pathway. This pathway is designed to support people who have experienced trauma. You don't need a formal diagnosis of PTSD or complex PTSD (CPTSD) to take part, as it's suitable for anyone who feels their past experiences are still affecting them. Delivered as a closed group to support psychological safety, the pathway combines learning about trauma and recovery with a range of therapeutic approaches. Mornings focus on understanding trauma and post-traumatic growth, while afternoons include creative therapies such as art therapy and dance movement therapy, helping you explore and express experiences in different ways. There's also a strong focus on how trauma is held in the body, using movement-based techniques to support emotional release alongside more structured, talking-based approaches. As part of the pathway, you'll also receive individual trauma-informed therapy sessions to support your progress.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment.

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 and pricing

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 our day care pathways may not be suitable for everyone. If you're experiencing severe mental health difficulties, are at risk of suicide, or are currently struggling with significant substance use, a different level of support may be more appropriate.

If you're unsure, please get in touch with us and we'll be happy to talk through your situation and help you find the most suitable treatment option.

Each of our day care pathways costs £632 per day. They are 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.

Promoting wellbeing programme

Our promoting wellbeing programme consists of 8 full days taking place over an 8-week period. It is a structured, evidence-based programme informed by current research on how to improve and maintain holistic wellbeing.

The programme offers a comprehensive mix of psychoeducation, stabilisation work, processing and mindfulness practices. Throughout the pathway, participants build a clearer understanding of what wellbeing means for them personally, while exploring practical ways to support and strengthen it in everyday life.

This programme is often suitable for people who have already received some support through Priory, either as an inpatient or through outpatient services. It can act as a helpful step-down after an inpatient stay, or in some cases be offered as an alternative to admission at Priory Hospital Roehampton.

The pathway is transdiagnostic, which means you don't need to have a specific diagnosis to take part. However, it's not suitable for people who are currently experiencing active psychosis, mania or suicidal thoughts.

The promoting wellbeing programme consists of 8 consecutive Tuesdays (not including bank holidays). This pathway is an open pathway, which means you can start attending it any week and don't have to wait for an entry point.

As part of the pathway, you'll be assigned a keyworker who acts as your main point of contact for any questions about the pathway.

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 helping participants strengthen and maintain their wellbeing.

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.

What to expect

Each day of our promoting wellbeing programme consists of the following:

- + **9.30am-10.30am.** Psychoeducation module: this module helps you to learn about the different factors that influence both physical and mental health. During the sessions, the facilitator will explore a range of topics such as low mood, anxiety, self-compassion, diet, exercise, self-esteem and an introduction to trauma. The aim is to build understanding and provide practical insights that can support your overall wellbeing.
- + **11am-12pm.** Stabilisation group: this group focuses on building practical skills to help you manage common challenges in everyday life. Drawing on evidence-based approaches such as CBT and DBT, the sessions introduce helpful coping strategies that you can begin using straight away. Topics covered include distress tolerance, grounding techniques, recognising and changing unhelpful coping styles, improving sleep and setting achievable goals. The stabilisation group complements the psychoeducation module by focusing on practical tools and strategies, helping you put what you've learned into action.
- + **12pm-1pm.** Lunch: provided in our dining room.
- + **1pm-2pm.** Creative therapies: this module aims to use creative activities, such as writing, drawing and using creative images, to support emotional expression, self-awareness and overall

wellbeing. These approaches provide a different way to explore thoughts and feelings, especially when it can be difficult to put experiences into words. Creative therapies focus on the process of creating, rather than artistic skill, and there's no expectation to be 'good' at art. By taking part in creative activities in a supportive environment, you can reduce stress, build confidence, connect with others, and discover new ways to cope and express yourself.

+ 2.15pm-3.15pm. Mindfulness: mindfulness is the practice of intentionally paying attention to the present moment with openness and without judgement. This group helps you learn to focus on the present moment with awareness, developing healthier ways of responding to stress and difficult emotions. The goal of this group isn't to eliminate difficult thoughts or feelings, but to observe them with curiosity and acceptance. Practising mindfulness can help reduce stress, improve focus, increase emotional awareness and support healthier responses to challenging situations. Over time, it can help you feel more grounded, calm, and connected to your experiences.

+ 3.30pm-4.30pm. Progress review: this final group of the day gives you time to reflect on the past week and review your wellbeing. You'll have the opportunity to talk about what's gone well, any challenges you may have faced, and the skills or strategies you've tried to use. The group also includes time to work on a personal relapse prevention plan. Over the 8 weeks, you'll build a plan that helps you recognise early signs that your mental health may be slipping and identify practical steps you can take to support yourself.

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



Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for depression and anxiety. They have helped countless individuals like you to break free from the grip of depression and anxiety 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 and pricing

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, psychosis, mania, 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.

The promoting wellbeing programme costs £632 per day. It is available on both a self-pay basis and to those using 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.

ACT pathway

Our ACT pathway runs over 6 full days across a 6-week period. It offers a safe, supportive space where you'll be introduced to ACT, an evidence-based approach known as a 'third-wave' therapy.

ACT focuses on helping you change how you relate to difficult or uncomfortable experiences linked to mental health challenges. Unlike traditional cognitive behavioural therapies, which often aim to reduce or eliminate symptoms, ACT helps you learn to make space for discomfort and respond to it differently. When you stop trying to push these very human experiences away, symptoms often reduce in both intensity and impact over time.

Before you begin, one of our clinicians will assess whether this pathway is right for you, giving you the information you need to decide whether you'd like to commit. The pathway takes place on 6 consecutive Wednesdays, excluding public holidays. It's an open pathway, so you can join at any point without waiting for a set start date.

You'll also be allocated a keyworker who acts as your main point of contact and is available to support you with any questions about the pathway.

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 mental health conditions and other challenges.

Throughout the pathway, 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.



What to expect

Each day of our ACT pathway consists of the following:

- + **9.30am-10.30am.** ACT progress review: this session gives you the opportunity to revisit each core ACT component covered week by week. You'll reflect on what's been helpful and explore any barriers you've experienced when putting the ACT skills into practice, with space for discussion and shared learning.

- + **11am-12pm.** Mindfulness training: mindfulness is a core part of ACT and helps you notice your experiences without judgement, including thoughts, urges and emotions. By practising mindfulness regularly, you can become more intentional in how you respond to uncomfortable experiences, rather than reacting automatically. Automatic responses such as avoidance can often maintain or intensify discomfort. Mindfulness encourages you to simply notice what's happening, without judgement or avoidance.

- + **12pm-1pm.** Lunch: provided in our dining room

- + **1pm-3pm.** ACT experiential learning: this session helps you learn and practise the core principles of ACT and apply them to your own life. When these principles are brought together over the 6 weeks, you'll develop a strong understanding of how they can help you build a greater capacity to become comfortable with uncomfortable experiences that often accompany mental health difficulties. Each week focuses on a different component of the six core ACT processes.

- + **3pm-4pm.** Supportive psychotherapy: this provides an open space for you and your peers to reflect, share and explore emotions, and receive support from each other and the therapist who facilitates the process. Themes can develop through the group, depending on what people want to share, for example, what has brought you to treatment, how you've managed since last week and goals for the coming week.

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



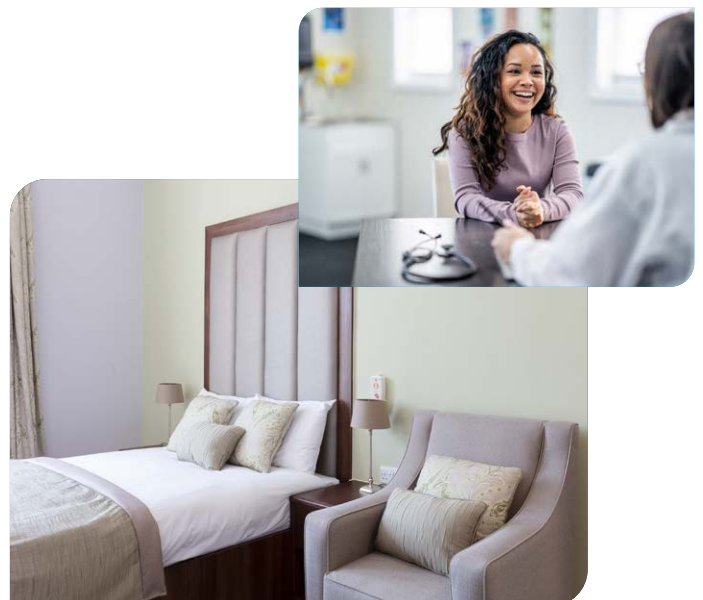
Further information and pricing

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 pathway. Please contact us if you would like to discuss alternative treatment programmes.

The ACT pathway costs £632 per day. It is available on both a self-pay basis and to those using 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.



Interpersonal pathway

Our interpersonal pathway consists of 6 full days taking place over an 6-week period. This evidence-based pathway provides a safe and supportive environment where you can gain helpful information and resources to help you explore, understand and manage your relationships, interactions and communication with others. By developing an awareness of the unhealthy patterns you might get into, you're able to make changes that will improve your current and future wellbeing.

You'll be assessed by one of our clinicians to determine if this pathway 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 interpersonal pathway consists of 6 consecutive Mondays (not including bank holidays). It's an open pathway, which means you can start attending it any week and don't have to wait for an entry point.

You'll be allocated a keyworker as a point of contact to discuss any queries you have about the pathway.

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 mental health conditions and other challenges.

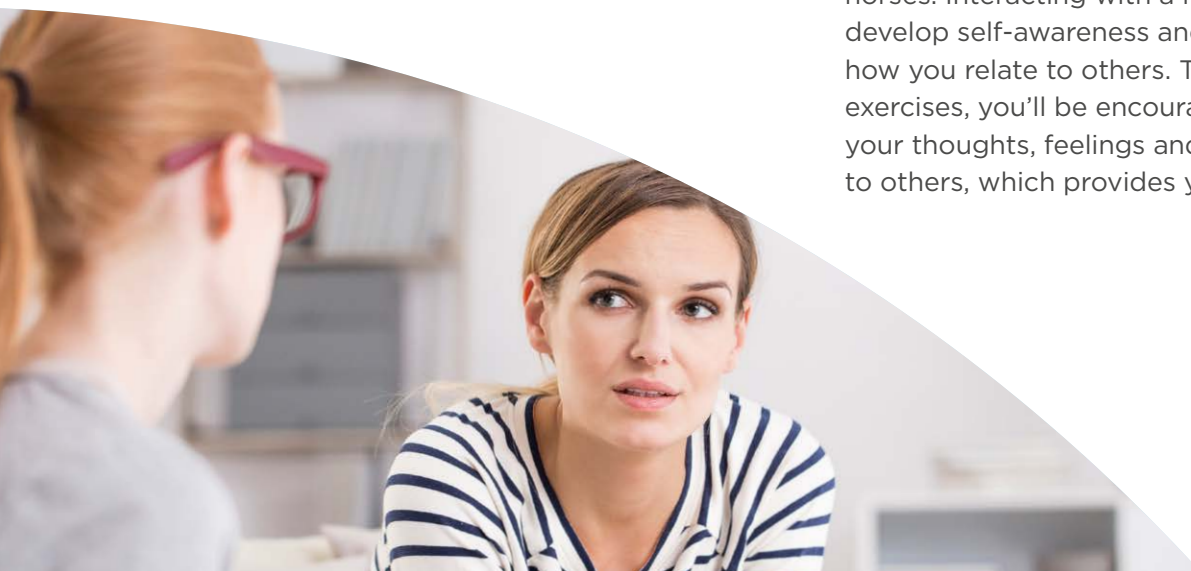
Throughout the pathway, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting space. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

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.

What to expect

Each day of our interpersonal pathway consists of the following:

- + **9.30am-10.30am.** Assertiveness: the assertiveness group helps you to explore the different communication styles you may use in different situations, as well as other people's communication styles. You'll learn:
 - The differences between assertive, passive, passive aggressive and aggressive behaviours
 - Skills to help you manage and express your emotions in a healthy and helpful way
 - To be able to set boundaries - how to say 'no' and how to negotiate and compromise
 - The skills you need for your 'toolkit' of honest and open communication
- + **11.15am-12.50pm.** Equine assisted therapy: equine assisted therapy is a type of therapy that involves horses. Interacting with a horse enables you to develop self-awareness and an understanding of how you relate to others. Through a sequence of exercises, you'll be encouraged to self-reflect on your thoughts, feelings and behaviours in relation to others, which provides you with a deeper



understanding of your sense of being and generates energy for change. Please note that no experience of horses is needed and there is no horse riding involved. While these sessions are run by an experienced external therapist, a member of our therapy team will accompany you and stay with you for the duration of the group. This group takes place off-site at nearby Richmond Park and we organise taxis to and from Richmond Park

+ **12.50pm-1.45pm.** Lunch: provided in our dining room

+ **1.45pm-3pm.** Understanding relationships: as human beings, we exist in relation to 'the other', whether that's a person (for example, a parent, child, partner, friend, boss or stranger) or a non-person (for example, substances, the environment, money, politics, trust, faith and love). Understanding the way you exist in the world helps you to have a degree of choice when making decisions about specific relationships. This group is informed by attachment theory and involves exploring the past and childhood to understand current relationships. The group draws on psychoeducation as well as exploratory/experiential approaches

+ **3.30pm-4.30pm.** Supportive psychotherapy: this provides an open space for you and your peers to reflect, share and explore emotions, and receive support from each other and the therapist who facilitates the process. Themes can develop through the group, depending on what people want to share, for example, what has brought you to treatment, how you've managed since last week and goals for the coming week

All of the groups, except our equine assisted therapy group, take place on-site at Priory Hospital Roehampton.



Further information and pricing

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 pathway. Please contact us if you would like to discuss alternative treatment programmes.

The interpersonal pathway costs £632 per day. It is available on both a self-pay basis and to those using 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.



Trauma-informed therapy pathway

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 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.

As part of the pathway, you'll also be offered eight sessions of individual therapy and assigned a keyworker who acts as your main point of contact for any questions about the pathway.

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.



What to expect

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

- + **9.30am-10.30am.** 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 NICE guidelines and World Health Organisation (WHO) evidence and research for PTSD and CPTSD recovery.
- + **11am-12pm.** Post-traumatic change: in this session, you'll develop an understanding of post-traumatic change and explore how trauma may have shaped your thoughts, emotions, relationships and behaviours. You'll identify both the challenges and the strengths that can emerge during recovery, with the group supporting awareness of personal growth, resilience and meaningful change. The session also normalises that healing looks different for everyone and rarely follows a straight line. Drawing on contemporary research, it helps you consider how you can take small, meaningful steps towards growth after traumatic experiences.
- + **12pm-1pm.** Lunch: provided in our dining room.
- + **1pm-2pm.** Creative psychotherapy (art): this session offers you a supportive space to express yourself and explore new ways forward through art. Each session is structured to support trauma recovery and aligns with the rest of the day's programme. You don't need any prior interest or experience in art to take part.
- + **2pm-3pm.** Creative psychotherapy (dance movement therapy): this session offers you an exploratory space that combines body and breath-based work. It aims to help you develop somatic resources that support downregulation and explore what it means to feel safe in your body.

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



Further information and pricing

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.

The trauma-informed programme costs £632 per day. It is available on both a self-pay basis and to those using 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.



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 individual session 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





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

Further information and pricing

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 PMI.

For further information, please contact us by emailing roehampton@priorygroup.com
For the most up to date information on our services, please visit our website.

RO-DBT

RO-DBT is a new, evidence-based treatment for people who struggle with emotional over-control. 'Self-control' is usually seen as a good thing, however, too much self-control can lead to challenges. Excessive self-control can result in social isolation and strained relationships. It can also contribute to mental health conditions like anorexia nervosa, OCD and depression.

Over-control is seen as a problem of emotional loneliness – it's not just about being around other people, but rather about feeling truly connected to them.

Our 26-week RO-DBT programme has been designed to support you in cultivating a more open and engaged life. This programme aims to enhance your emotional wellbeing and social interactions, particularly if you struggle with over-control. We're here to help you find a more fulfilling and connected way of living.

Do you often find yourself being overly dutiful, avoiding risks and new experiences, meticulously planning ahead, struggling to connect deeply with others, strictly following rules, feeling unappreciated, and finding it hard to relax and be playful? This course can help you to:

- + Become more receptive and open – embrace new experiences and emotions with ease
- + Develop flexibility – adapt more easily to life's changes and challenges
- + Enhance social connections – build deeper, more meaningful relationships and feel a stronger sense of belonging

The power of the group

We are social beings and we know that the three key components of emotional wellbeing are:

- + Being open to feedback – even when it's challenging, being receptive to feedback is essential
- + Flexibility in responses – adapting to changing situations is important for wellbeing
- + Expressing emotions – sharing our emotions helps build close and meaningful relationships

That's why our highly supportive group experience focuses on:

- + Learning to adapt to the demands of the moment
- + Emphasising the importance of expressing emotions to foster positive relationships
- + Reflecting on our typical responses and behaviours
- + Developing the ability to handle unexpected or challenging feedback constructively

The programme also includes written materials and homework tasks to be completed in between sessions.



Programme timetable

The programme will be delivered over 26 weeks, taking place on Fridays from 10.30am to 1pm. The group will take place online via Zoom. The group is an open group, which means that you can join the class at any time, and don't have to wait until the next entry point. The programme also includes suggestions for personal practice in between sessions to cultivate new habits in daily life.

- + **Session 1:** Flexible openness

- + **Session 2:** Understanding emotions

- + **Session 3:** Activating social safety

- + **Session 4:** Enhancing openness and social connection

- + **Session 5:** Engaging in novel behaviour

- + **Session 6:** How do emotions help us?

- + **Session 7:** Understanding over-controlled coping

- + **Session 8:** Tribe matters - understanding rejection

- + **Session 9:** Social signalling matters

- + **Session 10:** Using social signalling to live by your values

- + **Session 11:** Over-controlled states of mind

- + **Session 12:** 'What' skills

- + **Session 13:** 'How' skills with self-enquiry

- + **Session 14:** 'How' skills

- + **Session 15:** Interpersonal integrity - saying what we mean

- + **Session 16:** Interpersonal integrity - push backs and 'don't hurt me' responses

- + **Session 17:** Interpersonal effectiveness - kindness first and foremost

- + **Session 18:** Being assertive with an open mind

- + **Session 19:** Using validation to signal social inclusion

- + **Session 20:** Enhancing social connectedness 1

- + **Session 21:** Enhancing social connectedness 2

- + **Session 22:** Learning from corrective feedback

- + **Session 23:** States of mind and 'what' skills

- + **Session 24:** Self-enquiry and 'how' skills

- + **Session 25:** Envy, cynicism and resignation

- + **Session 26:** Learning to forgive

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 to discuss alternative treatment programmes.



Our specialists

Our RO-DBT specialists can help you to manage the difficulties you're experiencing, improve your quality of life and connect with others who understand what you're going through.

The course is facilitated by our highly qualified therapists, all of whom have extensive experience in supporting people who struggle with over-control.

In our supportive and confidential group sessions, we'll help you to develop practical skills and strategies to improve your wellbeing. You'll also have the opportunity to share your experiences, receive feedback, and connect with others who share your journey.

Further information and pricing

Our day care RO-DBT programme is available on both a self-pay basis and to people using PMI. Those using PMI should check eligibility criteria with their insurer.

The cost is £315 per class and £8,190 for the full 26 weeks.



Why Priory?

Choosing the right support is an important step in recovery. At Priory, we combine clinical expertise with compassionate, personalised care, focusing on quality, continuity and long-term outcomes. Everything we do is shaped around the needs and experiences of the people we support, helping them feel understood and confident in their care.

- + **Care and quality** - treatment is delivered in line with NICE guidelines, with safety, effectiveness and outcomes at the centre of care
- + **Expert clinicians** - our multidisciplinary teams include highly experienced psychiatrists, psychologists, therapists and nurses who specialise in their field
- + **Personalised treatment** - every care plan is tailored to the individual, recognising that no two people experience mental health challenges or addiction in the same way
- + **Continuity of care** - we create clear, supportive pathways to help people step down from inpatient treatment into day care, outpatient services or ongoing support
- + **Flexible access and funding** - we offer a range of payment options, including self-pay and PMI, helping people access treatment in a way that works for them
- + **Support beyond treatment** - aftercare and follow-on support are built into our approach, helping people maintain progress and feel supported as they move forward

What our patients say

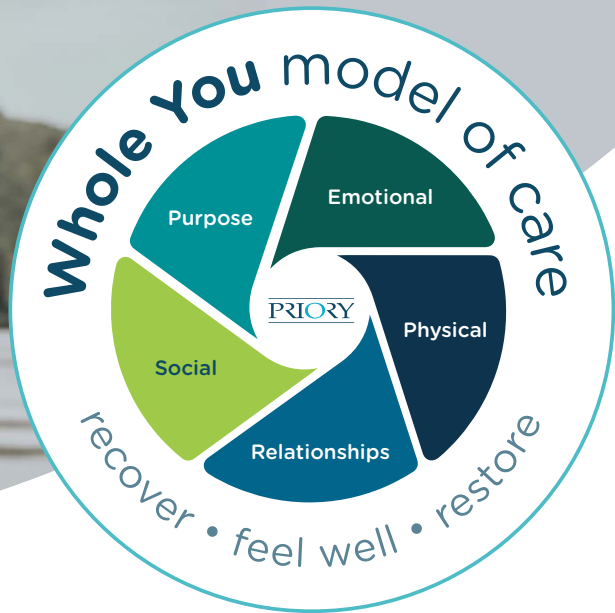
At Roehampton, the experience of the people we support is central to the delivery of our services, and the ongoing focus of our team.

95% would recommend our addiction service to a friend

92% feel the support offered has helped their recovery

94% feel that staff are caring and supportive

92% of addiction patients said staff took time to listen to their needs



Priory's Whole You model of care

At Priory, we understand that recovery is a personal journey. Our Whole You model of care for mental health and addiction supports you every step of the way.

Our holistic approach ensures that every aspect of your health and wellbeing is addressed, providing personalised care that supports your physical, emotional and mental health.

Our Whole You model of care

Priory supports the Whole You. We believe in treating you as a whole person, not just your symptoms.

Mental health conditions and addiction affect many parts of your life and the lives of your loved ones. We understand the different challenges that you may be facing, and we have practical approaches for helping you to recover.

Everything we do is backed by evidence, led by highly trained, registered and accredited professionals, and we have more locations across the country than any other independent mental health provider.

People who have had treatment with us show consistent improvement – as measured by both clinician and patient-rated tools.





PRIORY

PRIVATE
HEALTHCARE

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

Priory Head Office, 7th Floor, 3 Shortlands, London, W6 8DA.
Company Registration Number: 09057543