

WHERE TO FIND US!

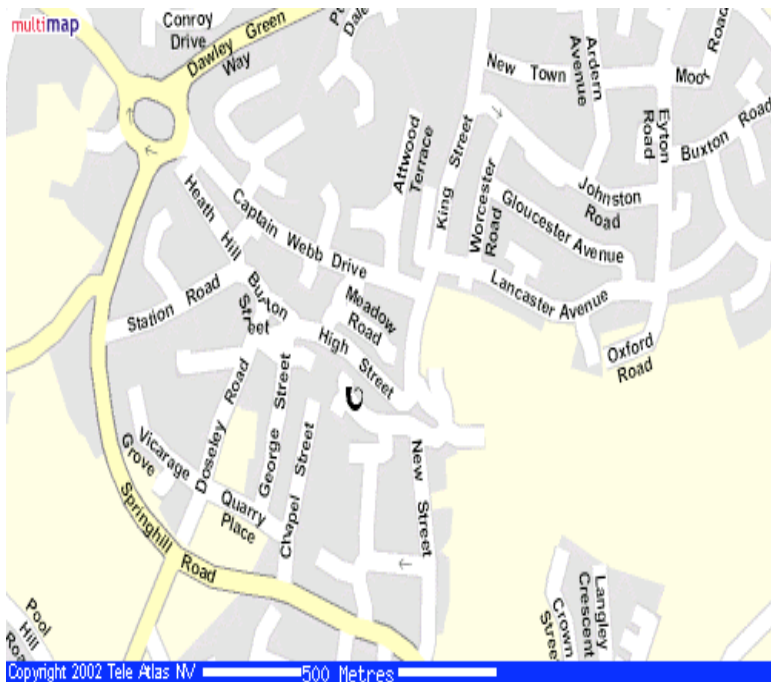
South Staffordshire and Shropshire Healthcare **NHS**
NHS Foundation Trust

The Dawley Centre for Psychological Therapies

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FOR FURTHER INFORMATION ABOUT
THE DAWLEY CENTRE FOR
PSYCHOLOGICAL THERAPIES

PLEASE CONTACT:

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(ADMINISTRATOR)

THE DAWLEY CENTRE FOR PSYCHOLOGICAL THERAPIES

What is on offer?

Individual Work:

- Cognitive Behavioural Therapy
- Specialised Counselling
(ie: Sexual Abuse. Bereavement)
- Psychoanalytical Therapy
- One-to-one Counselling

If your GP has a Counsellor in place, you will be directed there first as their waiting list is shorter.

Group Work:

- Art Therapy – referrals being sent through to Shrewsbury
- Women's Group - (referral only)
- Assertiveness Training - (referral only)
- Anxiety Management - (referral only)
- Anger Management – **(Self Referral)**
- Couples counselling – (referral only)
- Hearing Voices Support Group – 1st Friday every month
- (open group, but would like professional to provide a name of who is going to attend)

Most Groups have 2 facilitators and on occasions a Student may be present.

Waiting list for groups: - **about 3 months.**

Referrals: - to the Department either by other Professionals – (self-referral – please check above))

For further information: www.shropsych.org

We are talking therapies and we are happy to try and help people to talk about things.

Hearing Voices Support Group

For voice hearers, carers, family/friends and anyone interested.

Aims of the Group

The aims of this group are that the members will experience: - +

- a reduction of persistent positive symptoms
- increased control over their experiences and increased coping skills
- increased knowledge and understanding
- improvement of self-image
- decrease in feelings of hopelessness
- reduction in distress, anxiety or depression caused by symptoms

When the group becomes available they are invited to the specific group, where the group is explained and they also meet the group facilitators.

Women's Group

This is a closed group, which runs every Friday morning for one and half-hours. Clients are assessed prior to joining the group and there are places for 8 women.

The overall aim of the group is to focus on specific concerns to women. It is hoped that the group encourages communication, increases individual awareness and understanding of self and others. Women within the group also have the opportunity to explore personal issues, both current and past in a safe and supportive environment.

Anger Management – (Self-referral)

Anger is a normal human reaction, which can help people to express their feelings, often helps to keep us safe, and can motivate us to take action against things that we feel are wrong. However, sometimes anger becomes a problem when it becomes destructive, especially when it 'takes over' and we feel we have no control over it.

- The group runs three times a year for 6 weeks and lasts for one and half hours. We can have a maximum of 10 people per group plus staff. The group will look at the following issues:
- Recognising and challenging the thoughts that feed anger
- Recognising and challenging 'old records' from the past that might feed anger
- Controlling the physical symptoms of anger
- Developing assertive behaviour as an alternative to anger
- Increasing problem solving skills

Anxiety Management Group

This is a referred, closed group and runs for 6 sessions. Strategies for dealing with anxiety are explained and patients are expected to practice at home. Strategies are taught include understanding anxiety, identifying and challenging negative thoughts, problem solving, exploring irrational thoughts and beliefs, exploring feelings and relaxation training.

Art Therapy

What sort of problems can Art Therapy help with?

Art Therapy has been shown to be of help for a wide range of people, including those who are not helped by more traditional approaches, e.g. verbal psychotherapy.

Art Therapy can help with: · Lack of clear identity · Low self-esteem/self-image · Lack of purpose · Symptoms such as depression and anxiety · Out of touch with feelings · Inability to express feelings · Difficulty controlling emotions · Relationship difficulties, e.g. getting close to partner, child, friend or family member

No artistic skills are needed

The focus of Art Therapy is the image and involves talking between yourself (the creator), the image and the therapist. This can help clarify feelings to a conscious level. These feelings are made manageable by using art materials to illuminate and contain the process. Therefore, many people find that engaging in Art Therapy gives them a chance to express difficult or unacceptable feelings in a safer way. It is sometimes easier to relate to a therapist through an art form, which as a personal statement can provide a focus for talking and self-evaluation.

Assertiveness Training

This group runs in three distinct phases, which become progressively less structured.

- Phase 1 could be termed as 'knowledge' phase where the aim is to impart the basic concepts of assertion.
- Phase 2 can be seen as the 'attitude' or 'cognitive' phase where people are encouraged to explore the beliefs that prevent them from applying assertive behaviour.
- Phase 3 explores specific situations encountered by the groups and focuses on applying the skills they have learnt in these situations.

The course consists of 10 sessions, which includes the pre-group and the follow up sessions.

Cognitive Behavioural Therapy

Psychological therapists in the Cognitive Behaviour Therapy Service use a variety of ideas and techniques for addressing thinking and behaviour patterns in order to understand, manage and overcome psychological problems.

Cognitive Behaviour Therapy (CBT) can be effective for those experiencing problems such as:

Anxiety, panic and obsessive compulsive disorder. Phobias, post traumatic stress, chronic fatigue syndrome and compulsive difficulties such as gambling.

Non acute psychosis and bi-polar disorder.
(Bi-polar diagnosis)

In addition to individual therapy, the CBT service offers psycho-educational group work courses for people with depression and non-acute phase psychosis and bi-polar disorder. CBT is a practical therapeutic approach, in which clients and therapists work together to identify and reach a shared understanding of problems in terms of the relationship between thoughts, feelings and behaviour. The focus of therapy is on addressing present difficulties rather than exploring the past, and involves learning and practicing specific cognitive and behavioural strategies, both within the sessions and in everyday life, to help clients generate more helpful solutions to manage their difficulties.

Psychoanalytic Psychotherapy

Psychoanalytic psychotherapy is a talking therapy which draws on the theories and practice of psychoanalysis.

The aim is to help people resolve their difficulties by increasing their understanding of the underlying internal conflicts which often lie at the root of their problems; psychoanalytic psychotherapy can enable people to understand more about themselves and the ways in which they relate to others.

The therapist does not give advice but listens to the person's experiences; the therapist will explore connections between present feelings and actions and past events and may listen to dreams as these may reveal the underlying conflicts at the root of the person's difficulties.

The relationship with the therapist is at the core of the therapeutic process as past or current habitual ways of relating to others, which have contributed to the person's difficulties in frequently repeat themselves in the therapeutic relationship; this provides a context in which the individual can begin to understand themselves and their ways of relating. With insight comes the possibility to change.

Psychoanalytic psychotherapy can help people get to know themselves better and improve their relationships. It can be particularly useful in helping people with long term or recurring problems get to the roots of their difficulties.