

South London and Maudsley NHS Foundation Trust

Developing a psychology group

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Why a group?

- Increased access to specific psychosocial interventions and role of interventions in crisis management
- Evidence for groups in other acute settings

Two birds, one stone and something extra?

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What we did

- We wanted our group sessions to focus on increasing resilience and wellbeing, problem-solving, stress management, relapse prevention and crisis planning, as well as promoting social inclusion.
- We developed 4 separate sessions that could be attended either individually or as part of a programme
- Each session focuses on increasing understanding of mental health, becoming aware of triggers and early warning signs, and teaching effective coping strategies

- 1) Understanding and managing low mood and depression
- 2) Understanding and managing stress and worry
- 3) Coping with really strong emotions and tolerating distress
- 4) Crisis and safety planning

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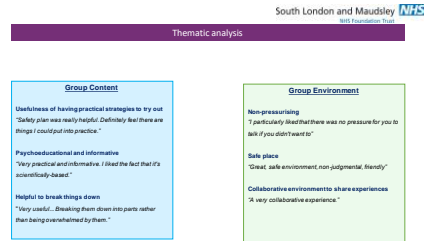
Service demographics

% of primary diagnoses

Diagnosis	Percentage
Depression	58%
Anxiety Disorders	20%
Psychotic illnesses	11%
Personality disorder	11%

Number of people in attendance

Group	Number of people in attendance
Depression group	10
Anxiety/worry group	8
Distress/tolerance group	8
Crisis planning group	10



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- Where we are now & future directions
- Feedback seems promising. People are finding it helpful.
 - Main limitation is lack of numbers. Thinking of ways to encourage more attendance.
 - New groups starting in Lewisham
 - Further limitation, as fed back by clients, is around the practicalities of using newly-learned strategies.
 - **Future directions:**
 - Possibly a carers group so that carers can support their loved ones in implementing these interventions

Thank you for listening!

Any questions?

British Psychological Society. (2008). Briefing Paper: The role of psychologists working in Crisis Resolution Home Treatment (CRHT) Teams.

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