

# The Priory Hospital - North London DBT Skills Group

**Catchment area:** Open to anyone

**Project contact details:**

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**Accessibility:**

Physically accessible? YES
Language interpreter available? Yes for some languages
BSL interpreter available? NO

**What does the project offer?**

Dialectical Behavioural Therapy Skills group

**What kind of support or involvement activity is offered?**

Two half days of **DBT (dialectical behavioural therapy)** skills groups. Individuals may also be able to join other groups to supplement this such as, womens' group, assertiveness, self esteem etc

**Who does the organisation aim to provide a service for?**

Individuals with a diagnosis of personality disorder or the traits associated with that diagnosis.

**Who can and who can't access it i.e. inclusion/exclusion criteria ?**

Who can access?	Who's excluded?
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Anyone with difficulties linked to personality disorder	None
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**Are there any barriers to new people joining?**

Private service – individuals must be able to pay fees

**How can people access it?**

Via G.P. referral

**How does the process start?**

Individual would ask their GP to refer them to the Priory Hospital. GP would then write a letter to consultant at The Priory who would then make an appointment for an assessment.

**Are there any conditions to joining?**

No

**Are there any opportunities for service users to have an informal chat/meeting with someone before joining?**

No

**What makes it different from mainstream mental health services?**

It is quicker.

**Who runs the organisation/project?**

The Priory is a group of private hospitals

**Service User and Carer Involvement**

**Service User Involvement**

- Individuals are involved in their own treatment and would need to engage with that process. No other service user involvement.

**Carer Involvement**

- None.