



Cygnet Hospital Stevenage

Psychology



OVERVIEW

The psychology group programme at Cygnet Hospital Stevenage is led by a consultant clinical psychologist. The benefits of this service include:

- A safe environment for patients to express themselves confidentially and challenge one another
- The opportunity for new skills to be learned and practiced with others in a social setting
- Less able patients can benefit from modelling and social skills learning

Clinical psychology treatment and therapy is conducted on an individual and group basis. Therapy follows well-researched and evaluated therapeutic treatments as recommended by the NICE guidelines. Cognitive Behavioural Therapy is used during individual and group sessions.

Our psychology programme has a central role in the assessment of mental health, cognition, personality, psychopathy and risk (HCR-20). It also plays an active part in the longer term assessment and therapy of individual patients. Specific treatment, based on patients' needs, aims to increase insight, change problem behaviours and reduce risk.

Groups run with three facilitators per group. This allows skills sharing and multi-disciplinary learning.

Management of Behaviour Groups

- **Anger Management:** A CBT-based group that examines the causes of anger. The group also explains the physical and cognitive processes involved and explores ways to cope.
- **Offending Behaviour:** Looks at a variety of strategies that can help reduce and stop offending behaviours. This incorporates many of the enhanced thinking skills programmes conducted in prison (ETS).
- **Sex Offender Treatment Programme (SOTP):** A comprehensive programme that looks at patients' attitudes towards sex and sets up a comprehensive set of behavioural, cognitive and lifestyle strategies that are likely to reduce sex offending.



Drug and Alcohol Groups

- **Pre-contemplative:** Assisting patients in reducing or stopping the abuse of drugs and alcohol.
- **Relapse Prevention:** Promoting a long-term commitment to stop abusing drugs and alcohol; and providing skills to achieve this.

Mental Health Groups

- **Mental Health Awareness:** The aim is to educate patients who have difficulty in accepting their diagnosis or treatment and increase their perceived control in managing this.
- **Hearing Voices:** The group explores the content and nature of voices and specific strategies to reduce these or be better able to cope with them.

- **Borderline Personality Disorder:** Based on the principles of DBT, this group assists patients who self-harm by focusing on managing self-harm, coping with volatile emotions, managing crises and relationship instability.

General Groups

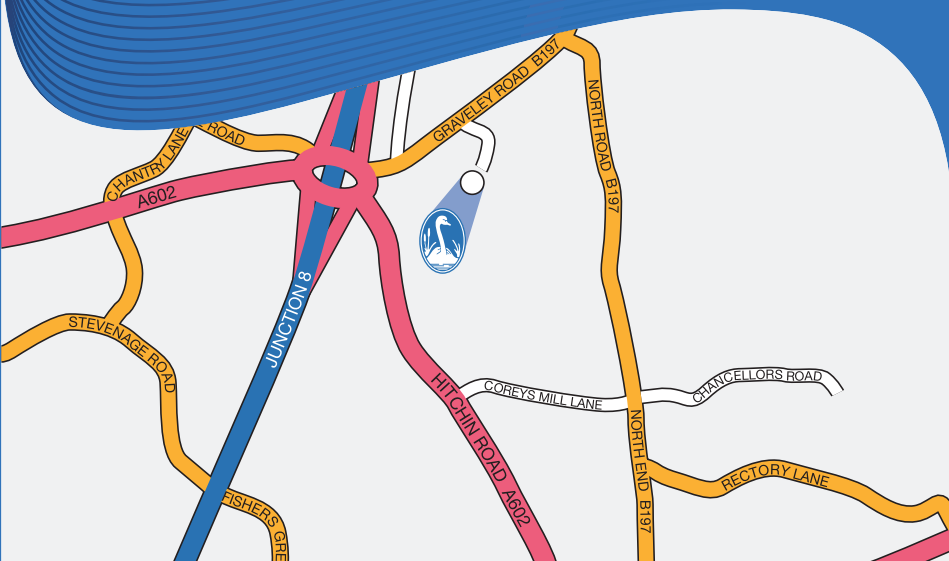
- **Open Therapeutic:** A weekly group attended by all patients and staff from a ward with the aim of allowing patients to discuss issues that are important to them.
- **User-Involvement:** Allows patients to have a say in their own care, discuss relevant issues and raise these with senior ward staff. Benefits are that this increases the confidence of individuals, and makes patients' views a central part of the therapeutic programme.

- **Staff Supervision / Support:** The group is aimed at allowing practitioners to discuss ward issues that are stressful, problem-solve and congratulate one another when things go well.



Cygnets Hospital Stevenage

Cygnets Hospital Stevenage is part of Cygnets Health Care, a leading independent provider of psychiatric care and addiction detoxification services.



How to find us

By car

Cygnets Hospital Stevenage is located off the A1(M).

From the South: Exit the A1(M) at Junction 8. Follow the slip road and at the roundabout take the fourth exit signposted B197 Graveley. Travel down this road approximately 200m then turn right at the sign post for Victoria & Elizabeth Court. Follow this road to the end where you will see signage for the hospital.

From the North: Exit the A1(M) at Junction 8. Follow the slip road and at the roundabout take the first exit signposted B197 Graveley. Travel down this road approximately 200m then turn right at the sign post for Victoria & Elizabeth Court. Follow this road to the end where you will see signage for the hospital.

By train

The hospital is serviced well by mainline trains from Kings Cross station. Journey time is 17 minutes to Stevenage. From the station you will need to take a taxi to the hospital which will take approximately 5 minutes and cost around £4.50.

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