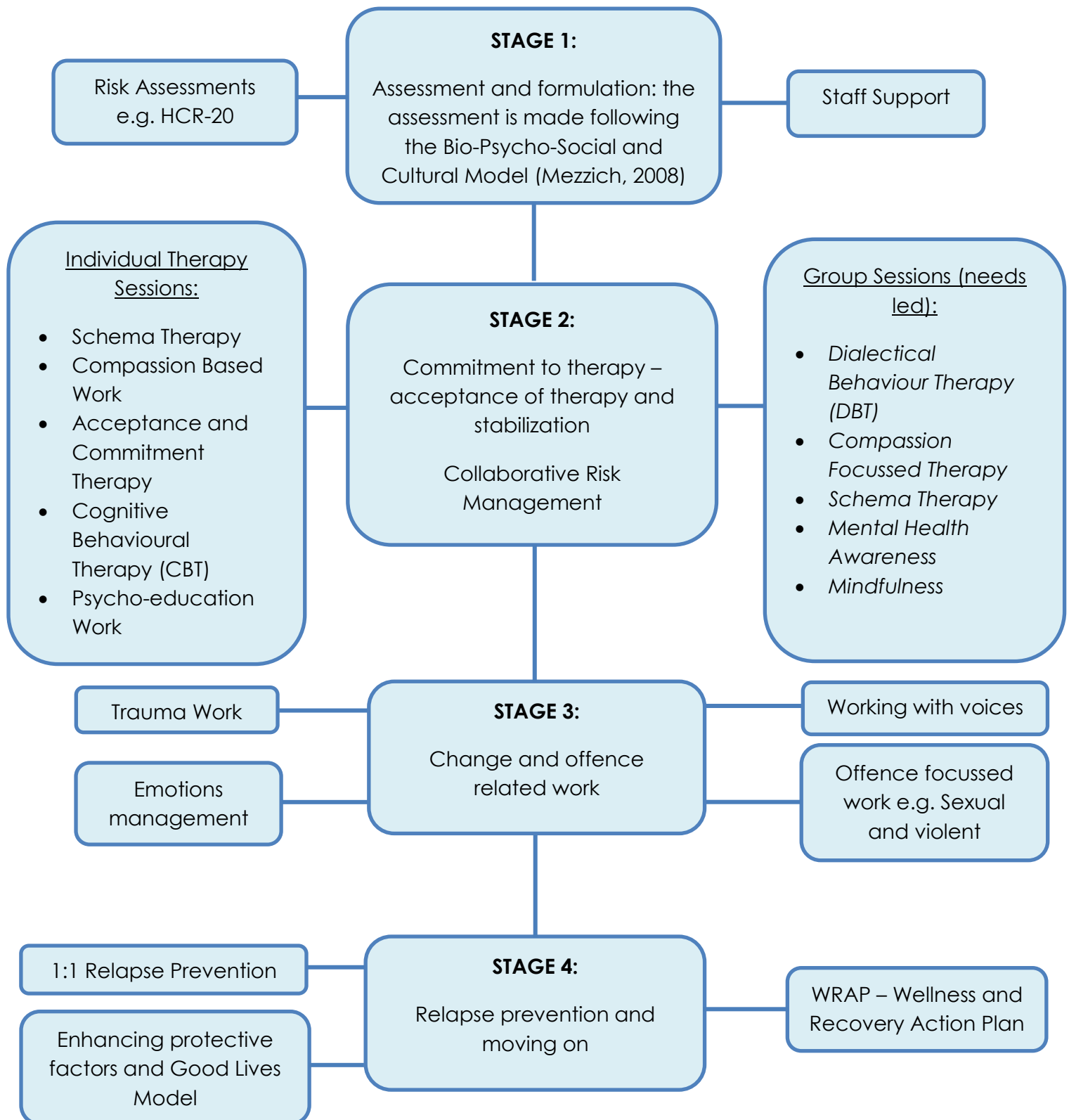


Cygnet Hospital Derby

Psychological Therapy Programme



Cygnet Hospital Derby: Psychological Therapy Programme

Cygnet Hospital Derby provides a comprehensive psychological therapy programme across three distinct areas of service provision: Low Secure Female Personality (Alvaston Ward), Low Secure Male (Litchurch Ward) and Male Locked Rehabilitation (Wyvern Ward). Forensic, Clinical, and Assistant Psychologists offer a variety of psychotherapeutic models and personalised packages of therapy to service users.

Group Therapies

Dialectical Behaviour Therapy (DBT)

This programme is suitable for service users who engage in risk behaviours such as self-harm, suicidal urges, and verbal/ physical aggression. DBT includes: skills group sessions and individual therapy and skills coaching.

Psychotherapy groups

Depending on the needs of the wards, psychotherapy groups could involve using a Compassion or Schema based model.

Mental Health Awareness

This programme aims to increase understanding and awareness of mental health difficulties, and the effect that they have on people.

Hearing Voices

A group teaching skills for managing voice hearing and unusual experiences.

Individual Therapies

Schema Therapy

Schema therapy helps individuals with negative patterns of behaviour, psychological and personality difficulties, eating disorders, and offending behaviour. The focus is on changing underlying beliefs and behaviour patterns through imagery and chair work exercises.

Acceptance and Commitment Therapy

This approach to therapy is a form of therapy that uses acceptance and mindfulness strategies mixed in different ways with commitment and behaviour change strategies to increase psychological flexibility.

Compassion Based Work

This is aimed at helping individuals become less self-critical of themselves and encourages inner warmth, self-soothing and compassion towards themselves and others.

Cognitive Behaviour Therapy (CBT)

Talking therapy aimed at challenging unhealthy thinking patterns that negatively affect our behaviour.

Includes anger management and psychosis.

Offending Behaviour Interventions

Includes work to reduce the risk of sexual and violent offending. Helps individuals to recognise their risk factors and contributing factors for offending and development of alternative coping strategies and protective factors to reduce risk.

Our Values



Cygnet Hospital Derby



The Royal Derby, Arriva, and Skylink buses all service

100 City Gate

London Road



Cygnet Hospital Derby is situated in City Gate business park on

Derby



Local Station: Derby Station (0.9

DE24 8WZ

Contact Details: Telephone: 01332 365434 or visit our website: www.cygnethealth.co.uk