

# Cygnet Hospital Derby

## **Psychological Therapy Programme**

STAGE 1: Risk Assessments Assessment and formulation: the Staff Support e.g. HCR-20 assessment is made following the Bio-Psycho-Social and Cultural Model (Mezzich, 2008) Individual Therapy Group Sessions (needs Sessions: led): STAGE 2: Schema Therapy Dialectical Compassion Based Commitment to therapy – Behaviour Therapy Work acceptance of therapy and (DBT) Acceptance and stabilization Compassion Commitment Focussed Therapy Collaborative Risk Therapy Schema Therapy Management Cognitive Mental Health Behavioural **Awareness** Therapy (CBT) Mindfulness Psycho-education Work Working with voices STAGE 3: Trauma Work Change and offence Offence focussed related work **Emotions** work e.g. Sexual management and violent STAGE 4: 1:1 Relapse Prevention WRAP – Wellness and Relapse prevention and Recovery Action Plan Enhancing protective moving on factors and Good Lives Model



## 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

## Individual Therapies

#### Dialectical Behaviour Therapy (DBT)

This programme is suitable for service users who engage in risk behavouirs such as selfharm, suicidal urges, and verbal/ physical aggression. DBT includes: skills group sessions

#### Psychotherapy groups

and individual therapy and skills coaching.

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.

## Our Values













#### 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.

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The Royal Derby, Arriva, and Skylink buses all service

Cygnet Hospital Derby is situated in City Gate business park on

Local Station: Derby Station (0.9

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