

A Relational Perspective on Depression & Anxiety Group



for anxiety and depression

Service provided by East London NHS Foundation Trust

Background Information

Depression and anxiety are two of the most common and widespread mental health conditions, affecting millions of people around the world. In fact, one in six adults in the UK have depression.

In-line with a Talking Therapies framework and NICE guidelines, we are offering a process group to help attendees understand connections between their depression and anxiety symptoms and what is happening in their relationships, both within themselves and with others, highlighting repetitive patterns that contribute to maintaining emotional distress. The groups allows an experiencing of not only the therapists but also other group participants' sensitivity and insightfulness as well as the attentiveness to their state of mind.

The group is experienced as a microcosm of the real world and is a safe space where usual social rules can be challenged. The shared giving & receiving within a nurturing environment opens up a unique opportunity to begin to develop a more compassionate internal voice. The rationale for our relational group is informed by various approaches, including person-centred approach, transactional model, emotion-focussed therapy, and a psychodynamic approach.



What will happen in the pre-engagement call?

Before joining the group sessions, each participant will be offered a one-to-one pre-engagement meeting via Microsoft Teams with one of the group facilitators, who will be a trained Relational therapist.

This is a chance to have a first connection, to put a face to a name, to test using MS Teams links and to discuss any initial concerns or hesitations around group work.

What will happen in group sessions?

The content of each session will be determined by the group participants. It isn't possible to know exactly what will come up, before beginning the sessions, and facilitators will help you to think about any anxiety about this.

Some of the themes that will come up naturally and we hope to explore further are:

- Negative self-belief and harsh self-talk / critical self-appraisal
- Depression and anxiety and their impact on relationships in the here and now
- Feelings around endings
- Attachment styles



- Drama triangle / PAC model and what we feel comfortable with
- Patterns of feeling/thinking/behaving and how to develop a more compassionate internal object.

In the group setting, it is likely that emotions and perception about self and other that take place in wider life, will also emerge in the group. For example, a person who tends to interpret other people's behaviour in a certain way across different times in their life, may notice that they are applying similar interpretations to group participants. Another person who tends to feel a certain way about themselves, may find that this familiar experience is repeated during group sessions.

Facilitators will take an active role supporting participants to notice and reflect upon their emotions, thoughts and observations, and to think about how they feel about interactions between themselves and other members of the group.

Group sessions will offer an opportunity to share and reflect upon interpersonal themes that come up in the group, and to think about these with other members of the group, and with group facilitators. Participants will be invited to share their thoughts and perspectives with each other, and to think



about their emotional responses to what others are communicating.

What will happen after the group sessions end?

After the group sessions end, an individual review appointment will be offered with one of the group facilitators.

What is expected of me if I join a group?

Sessions will last for 2 hours and run for 10 weeks. They will take place at the same time and day each week, and participants will be asked to commit to attending all sessions. There is a maximum number of 10 participants with two Relational therapists as facilitators.

We offer both online as well as f2f groups and you will be able to express your preference. Please note that when joining an online group, the expectation is to have your camera on during the sessions.

We ask that group participants attend on time, and ensure that they are able to speak confidentially, if joining an online group.

We expect that information discussed and interactions shared within the group sessions will not be shared outside of the group, to maintain confidentiality.



We ask that all participants are respectful of other members of the group.

We hope to see you soon!



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NEED URGENT HELP?

Our service is not staffed to be able to provide urgent help. If you feel you are in crisis, you can make an urgent appointment with your GP to discuss options on how to get the support you need quickly. Alternatively, you can call the 24hr Mental Health Crisis Support Team (for all ages 24/7) on NHS 111 and select option 2. At all times, you can also call the Samaritans on 116 123, or attend your local hospital

