

# Total Wellbeing

Luton



Group therapy

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# What is group therapy?

**Cognitive Behavioral Therapy (CBT) is an evidence-based psychological therapy that helps individuals identify and modify unhelpful patterns in thinking, feeling, and behavior. It is often used for anxiety disorders and depression. Group therapy is an effective method for delivering CBT, following a step care model that focuses on the least intensive interventions.**

Group therapy is offered at both Step 2 and Step 3. In a supportive, confidential setting, attendees discuss thoughts and feelings, guided by a qualified therapist. Sessions typically last between 1-2 hours.

The purpose of these sessions is to help you gain insight into your challenges and learn coping strategies, particularly through the use of Cognitive Behavioural Therapy (CBT). These techniques are designed to provide ongoing support for your mental health long after your sessions have ended.

Participation is encouraged to help you get the most out of the session. You will never be put on the spot to contribute and if you do not wish to take part in group discussions that is ok.

# Benefits of group therapy and courses

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## ● Support from others

Our groups and courses are a great alternative to one-to-one therapy sessions. Service users find the environment very comfortable and feel that it helps normalise their experiences and feel less alone.

## ● Learn new ideas

They allow you to learn new skills and share experiences with others going through similar challenges.

## ● Build confidence and Improve Social Skills

Attending weekly sessions will help you build confidence within the group environment, providing opportunities to develop conversational and social skills.

## ● Increased Self Awareness

Hearing others perspectives can help understand your own thoughts feelings and behaviours.

## ● Structured Support

Sessions will be led by a trained therapist who guides discussions and ensures safety.

## ● Normalising

Realising others struggles with similar issues reduces isolation and self-blame.

# Long term condition groups

**Course length**

6 weeks

**Type**

Remote and  
face to face

## Living well with pain

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This course aims to help you reduce the impact of pain on your life and to feel emotionally better. It also aims to identify how your pain may be affecting your life at the moment and to provide you with tools and information to help you manage your pain more effectively.

This course is not a 'magic cure' and cannot alleviate or eliminate pain. Instead, it helps you to identify thoughts, feelings and behaviours associated with your pain which at the moment may be contributing to making you feel more negative and as a result in more pain.

Behaviours associated with chronic pain can be beneficial for individuals living with pain. It is hoped that the coping strategies in this course can help you to move forward and lead a more fulfilling life.

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**Course length**

6 weeks

**Type**

Remote and  
face to face

## Long term conditions (LTC) group (Step 2)

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Everyone experiences things differently but it can be very common to feel low, anxious or worried when you have a Long Term Condition (LTC).

This can affect the things that you used to do, or you could be avoiding things you enjoy due to worrying if it will make you feel worse.

Sometime the stress of having a LTC can make it even more difficult to look after our health and wellbeing. It can be more difficult to eat well, see friends, sleep well, or go for a walk when we are feeling worried or low.

Having a long-term health condition can be frustrating or worrying at times. It is also very common for health conditions to affect how you feel and then for your mood to affect your health condition. This can lead to feeling stressed, low, anxious or worried.

This course is based on cognitive behavioural therapy (CBT) principles and helps patients to understand how the way they think about their health problems impacts their feelings and behaviours.

Using specific tools and techniques, patients will be taught to reframe unhelpful ways of thinking and change behaviours which are not helpful in the management of their long-term condition and wider emotional health.

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# Step 2 Courses

**Course length**

6 weeks

**Type**Online and  
face to face

# Low mood course

The 'Managing Low Mood' course is a 6 week psycho-education treatment group, which incorporates the use of low-intensity Cognitive Behavioural Therapy (CBT) techniques.

It aims to support you in gaining an understanding of the causes and impacts of depression, and develop skills and techniques of managing symptoms in a more effective way. The course covers improving adverse behaviours, managing worries and negative thoughts, and the ability to be your own therapist. This course is currently offered face-to-face or online using Microsoft Teams.

## Our sessions will include:

**Session 1** – The Cognitive Cycle and SMART goals.

**Session 2** – Improving behaviours

**Session 3** – Negative thoughts

**Session 4** – Managing worry

**Session 5** – Rumination and Mindfulness

**Session 6** – Maintaining Progress

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**Course length**

6 sessions

**Type**

Remote and  
face to face

# Stress

The course focuses on low intensity Cognitive Behavioural Therapy (CBT) stress management techniques and would be suitable for clients who are experiencing stress which is affecting their wellbeing.

The course covers relaxation, the benefits of exercise, how to challenge your thoughts, how to control your actions, how to deal with/prevent panic, and methods of improving sleep.

## Session plan:

**Session 1** – Introduction to CBT and what is stress?

**Session 2** – Managing physical symptoms of anxiety

**Session 3** – Managing thoughts

**Session 4** – Managing behaviours

**Session 5** – Managing panic

**Session 6** – Sleep Management & Relapse Prevention

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**Course length**

6 sessions

**Type**

Remote and  
face to face

# Managing anxiety and worry

The Step 2 Managing anxiety and worry course helps individuals experiencing symptoms of anxiety that are impacting our daily lives, which prevents us from doing the things we enjoy or getting important tasks done.

Anxiety can influence our social lives, work, studies, relationships, and throughout the course we become more self-aware of how it impacts us individually and gain skills to manage this step-by-step.

## We cover many topics such as:

- Managing physical symptom of anxiety
- Self-care and relaxation
- Managing worrying thoughts
- Challenging our beliefs around worry
- Managing avoidance and panic attacks
- Managing low mood symptoms
- Exploring unhelpful thinking habits
- Maintaining progress

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**Course length**

6 sessions

**Type**

Remote and  
face to face

# Building confidence

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In the confidence building course we focus heavily on negative thoughts and negative thinking patterns.

We explain Cognitive Behavioural Therapy (CBT) techniques such as worry management, behavioural activation and challenging negative thoughts because we understand how anxiety and depression can impact our confidence.

We talk about how social media can affect our self-esteem and we also discuss self-care.

We end the course by discussing a therapy blueprint to help you maintain progress after the group finishes.

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**Course length**

6 sessions

**Type**

Remote and  
face to face

# Positive steps course

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The positive steps course aims to equip clients with tools & techniques to manage anxiety & depression.

Inactivity is closely linked to depression so the course will introduce strategies to help patients increase their activity levels.

Patients will also be supported to manage excessive worry using specific Cognitive Behavioural Therapy (CBT) techniques and relaxation methods.

Additionally, the course will offer guidance on how patients can improve their sleep through education and reference to sleep hygiene principles.

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**Course length**

6 Weeks



**Type**

Remote/Online

# Facing Your Fears

The course aims to support clients experiencing panic, agoraphobia, or specific phobias by helping them understand the nature of anxiety and fear.

We will explore how avoidance patterns maintain anxiety and introduce evidence-based strategies to gradually and safely face feared situations in a structured way.

The programme will also provide guidance on managing excessive worry and building confidence through practical CBT tools and techniques.

Alongside this, we will discover ways to take care of our overall wellbeing, ensuring you feel supported throughout your recovery journey.

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# Step 3 groups



**Course length**  
6 Weeks



**Type**  
Remote and  
face to face

## Post Traumatic Stress Disorder (PTSD) Psycho-education group

The trauma education group is for individuals with PTSD. This group is suitable for clients who are re-experiencing symptoms from trauma(s).

The group is a way of increasing your resource tool kit to help manage symptoms of PTSD. Treatment plan is reviewed following the group for EMDR or CBT treatment.

The group discusses grounding techniques to help patients manage symptoms and information about PTSD and how our thoughts, feelings, physical symptoms, imagery and behaviours maintain PTSD.

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**Course length**

12 Weeks

**Type**Remote and  
face to face

# Social Anxiety

The Social Anxiety Group utilises the Cognitive Behavioural Therapy (CBT) framework to treat social anxiety. Patients receive psychoeducation on the social anxiety cycle, including the interaction of cognitive, emotional, physiological, and behavioural components that maintain symptoms of social anxiety.

Treatment includes cognitive restructuring and structured, in-session exposure exercises aimed at reducing avoidance and improving social functioning.

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**Course length**  
6 Weeks



**Type**  
Face to Face

# CBT & Physical Activity for Depression

This 6-week group program integrates Cognitive Behavioural Therapy (CBT) techniques with structured physical activity to support individuals aged 16+ experiencing low mood and depression. The combination of psychological strategies and movement aims to improve mood, increase motivation, and promote overall well-being.

The sessions will consist of a 1-hour CBT focus on identifying and challenging negative thoughts and behavioural patterns, building coping strategies, and setting achievable goals.

The other hour of the session will be guided physical activity. Accessible exercises designed to boost energy, reduce stress, improve mood and enhance self confidence.

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**Course length**  
12 weeks



**Type**  
Remote and  
face to face

# Generalized anxiety disorder (GAD) group

This group runs for 12 weeks and is suitable for anyone where their main difficulty is managing their anxiety and worries.

Patients attending the course will be struggling with worry about many different things, and these worries will be impacting their day-to-day life.

## The course covers the following:

- What is anxiety
- What is CBT and how this can help
- The vicious cycle of worry
- Managing worries
- Changing how we think about worry
- Increasing tolerance of uncertainty
- Problem solving
- Exposure to hypothetical worries
- Relapse management and moving forward (blueprint)

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**Course length**

12 Weeks

**Type**

Remote and  
face to face

# Depression group

This group explores low mood and depression, with the aim of gaining a better understanding of what triggers downward spirals in our mood that can lead to depression.

There will also be a discussion on what maintains depression and how it prevents a person from recovering and returning to healthy levels of functioning.

The group will also introduce tools and techniques that are used to tackle low mood and depression, learning how to challenge negative thinking and beliefs, and change unhelpful behaviours which are maintaining low mood.

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**Course length**

12 weeks

**Type**

Remote and  
face to face

## Low self-esteem group

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This group explores the role of low self-esteem in the maintenance of low mood and depression.

During the course patients will be supported to understand how adverse experiences have contributed towards low self-esteem.

By the end of the course patients will have a full understanding of the problem, how to treat it and how to maintain their progress.

Patients will be introduced to Cognitive Behavioural Therapy (CBT) and contemporary approaches to treating low self-esteem. Treatment will include changing unhelpful ways of thinking as well as behaviours which may be maintaining the problem.

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**Course length**  
12 weeks



**Type**  
Remote and  
face to face

# Anger management

The Anger group is suitable for individuals who would like strategies to manage emotions that drive anger and irritability.

The group uses Cognitive Behavioural Therapy (CBT) principles and is based on the idea that unhelpful ways of thinking impact the way we feel and behave.

Using specific strategies and techniques, CBT works to reframe thinking patterns and change behaviour, to help patients manage their anger better.

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**Course length**  
12 weeks



**Type**  
Remote and  
face to face

# Obsessive Compulsive Disorder (OCD) Group

This 12-session group utilizes CBT to help manage OCD by teaching how it functions, strategies for anxiety management, and gradual practice of Exposure and Response Prevention (ERP) with support.

We will explore common thinking patterns such as worry, responsibility, and perfectionism, and assist you in developing more constructive responses.

The emphasis is on sustaining progress, avoiding setbacks, and building confidence in your new skills.

## The course covers the following:

- **Session 1:** Introduction to OCD and the CBT Model
- **Session 2:** Anxiety Management and Preparing for ERP
- **Session 3:** Overview of Exposure and Response Prevention (ERP)
- **Session 4:** ERP Practice and Troubleshooting
- **Session 5:** ERP and beginning Cognitive therapy
- **Session 6:** ERP and Cognitive Therapy - Unhelpful Thoughts and Interpretations
- **Session 7:** ERP and Cognitive Therapy - The Importance of Thoughts
- **Session 8:** ERP and Cognitive Therapy - Danger and Anxiety
- **Session 9:** ERP and Cognitive Therapy - Addressing Guilt & Shame
- **Session 10:** ERP and Cognitive Therapy - Focus on Certainty and Perfectionism
- **Session 11:** Relapse Prevention and maintaining progress
- **Session 12:** Review, Reflection, and Ending well

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# How to access group therapy and courses?

You will need to complete an initial assessment, where your current mental support needs are discussed.

Our practitioners/ therapist will consider how your needs and therapy expectations in order to provide a suitable group recommendation.

**Scan the QR code for more information on our courses.**



**Scan the QR code to get support or call 0300 555 4152**



# Testimonials

"I went from being sceptical about the group sessions to looking forward to them. It was nice to know I wasn't the only person going through it, we had different issues but similar mindset."

(Client Feedback)

"I found the group meeting very informative and well presented. It helped me reinforce my self-management, giving me a nudge back on track."

(Client Feedback)

"I can truly say I have grown in confidence and feel better when making decisions for myself. I also don't feel bad when I say no. I would like to thank Total Wellbeing Luton for listening to me and making me smile."

(Client Feedback)

It was a great help and very supportive. I was given the tools to move forward, but it's now down to me to put them into practice. I will miss these sessions, they started off as sessions but soon became relaxed chats where I could get my weekly issues off my chest. It filled a void I'd been missing. Thank you.

(Client Feedback)

**Contact us**

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