



Day Programmes

Supporting mental health recovery
through group therapy programmes

■ Introduction

St Patrick's Mental Health Services (SPMHS) is Ireland's largest independent mental health service, providing inpatient care, Homecare, outpatient care and day patient services for a range of moderate to severe mental health difficulties.

At SPMHS, we run a number of day programmes to support people in their mental health recovery. Our programmes aim to help service users to develop skills and techniques to deal with the mental health concerns unique to them.

Our programmes respond to a diverse range of mental health difficulties. Some programmes relate to a specific mental health diagnosis, while others focus on developing the tools and coping strategies to put in place when experiencing mental health difficulties.

Programmes vary in length from one week to 22 weeks. They run through group sessions, with each session taking place over either a half day or full day online or in-person. Online programmes are run via Microsoft Teams.

This leaflet includes an overview of all day programmes that are offered at SPMHS, with some programmes accessible by direct referral from GPs and other mental healthcare professionals.

A number of programmes are available only to those who are currently under the care of an SPMHS consultant, with who each programme is open to outlined in the pages overleaf.

Please note, SPMHS is an independent mental health service. We are not part of the HSE or in receipt of government funding. Our services are funded through health insurance or directly funded by the service user.

Each year, SPMHS publishes an outcomes report which explores clinical care pathways, clinical governance processes, clinical programmes and service users' experiences of SPMHS' care and treatment. Many of the outcomes of our day programmes are included in this report. Outcomes Reports can be accessed at [this link](#).

Day programmes at St Patrick's Mental Health Services

Programme name	Number of sessions	Format	Who can refer
■ Acceptance and Commitment Therapy (ACT)	12 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Access to Recovery Programme	Number of sessions dependent on participants' needs	Hybrid and online	A service user must be referred by their SPMHS care team to attend this programme
Alcohol/Chemical Step-Down Programme	12 sessions (one half-day per week for 12 weeks)	Hybrid	A service user must be referred by their SPMHS care team to attend this programme
Anxiety Disorders Programme	5 to 15 sessions	Online	A service user must be referred by their SPMHS care team to attend this programme
■ Bipolar Recovery Programme	10 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
■ Building Healthy Self-Esteem	10 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Building Strength and Resilience	7 sessions (6 weekly sessions with a recap session after two weeks)	Online	A service user must be referred by their SPMHS care team to attend this programme

■ These programmes are available via direct referral from GPs and other healthcare professionals. A service user does not need to be under the care of an SPMHS consultant to be referred to programmes indicated with a green box.

Programme name	Number of sessions	Format	Who can refer
Cognitive Behavioural Therapy for Insomnia (CBT-I)	8 sessions (8 weekly sessions)	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Compassion-Focused Therapy	18 sessions	Online and in-person available	A service user must be referred by their SPMHS care team to attend this programme
■ Compassion-Focused Therapy for Eating Disorders	30 sessions	In-person	GPs, external consultant psychiatrists, psychologists, psychotherapists, nurses and other mental health professionals
■ Compassion-Focused Therapy for Psychosis	12 sessions	Hybrid, in-person and online sessions	GPs, external consultant psychiatrists, community mental health teams and internal inpatient and outpatient teams within SPMHS
■ Depression Recovery Programme	10 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Dialectical Behavioural Therapy	24 sessions taking place twice weekly	Online and in-person available	A service user must be referred by their SPMHS care team to attend this programme
■ Eating Disorders Day Care Programme	Up to five days per week depending on participant's needs	Hybrid, in-person and online sessions	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
■ Eating Disorders Day Care Service: Binge Eating Programme	36 sessions	Hybrid, in-person and online sessions	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS

■ These programmes are available via direct referral from GPs and other healthcare professionals. A service user does not need to be under the care of an SPMHS consultant to be referred to programmes indicated with a green box.

Programme name	Number of sessions	Format	Who can refer
■ Eating Disorders Treatment Information Programme	One day	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
■ Focused Acceptance and Commitment Therapy (FACT)	8 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Group Radical Openness	27 sessions	Online and in-person available	A service user must be referred by their SPMHS care team to attend this programme
Group Schema Therapy	20 sessions	In-person	A service user must be referred by their SPMHS care team to attend this programme
Pathways to Wellness	One half-day per week with number of sessions dependent on participants' needs	In-person	A service user must be referred by their SPMHS care team to attend this programme
■ Psychology Skills Group for Adolescents	22 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Psychosis Recovery Programme	Three-week programme	In-person	Available to inpatients of SPMHS only. Service user must be referred by their SPMHS care team to attend this programme

■ These programmes are available via direct referral from GPs and other healthcare professionals. A service user does not need to be under the care of an SPMHS consultant to be referred to programmes indicated with a green box.

Programme name	Number of sessions	Format	Who can refer
<div> <div></div> Recovery (WRAP®) programme </div>	One day a week for 10 weeks OR One evening per week for eight weeks	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Temple Formulation Group	12 sessions	In-person or online	A service user must be referred by their SPMHS care team to attend this programme
Trauma Programme	Twice a week for seven months	In-person	A service user must be referred by their SPMHS care team to attend this programme

Young adult groups (18 to 25-year-olds)

Programme name	Number of sessions	Format	Who can refer
Emotion-Focused Therapy for Young Adults	20 sessions	In-person	A service user must be referred by their SPMHS care team to attend this programme
Young Adult Formulation Group	8 sessions	In-person or online via Dean Clinic Cork	A service user must be referred by their SPMHS care team to attend this programme
Young Adult Programme	Rolling sessions	In-person	Available to inpatients of SPMHS only

These programmes are available via direct referral from GPs and other healthcare professionals. A service user does not need to be under the care of an SPMHS consultant to be referred to programmes indicated with a green box.

Older adult psychology programmes

Programme name	Number of sessions	Format	Who can refer
■ Compassion-Focused Therapy for Older Adults	18 group sessions and an individual reflection session midway	In-person SPUH	GPs, external consultant psychiatrists, geriatricians, community mental health teams and internal inpatient and outpatient teams within SPMHS
■ Living Well with Mild Cognitive Impairment	8 sessions and one session for family members and/or carers	In-person SPUH	GPs, external consultant psychiatrists, geriatricians, community mental health teams and internal inpatient and outpatient teams within SPMHS
■ Older Adult Formulation Group	12 weekly group sessions with two individual sessions	In-person SPUH	GPs, external consultant psychiatrists, geriatricians, community mental health teams and internal inpatient and outpatient teams within SPMHS
■ SAGE	18 group sessions and one individual therapy session. A "taster" session is also available for potential participants.	In-person and online	GPs, external consultant psychiatrists, geriatricians, community mental health teams and internal inpatient and outpatient teams within SPMHS

■ These programmes are available via direct referral from GPs and other healthcare professionals. A service user does not need to be under the care of an SPMHS consultant to be referred to programmes indicated with a green box.

■ Overview of programmes

Acceptance and Commitment Therapy (ACT)



12 weekly sessions



Online

The ACT programme is designed to help service users to deal with thoughts and emotions by connecting with their values and learning to be present.

Through the ACT programme, participants will learn new skills to help them to deal with difficulties they might experience in their daily life and to improve their levels of psychological flexibility. The programme emphasises helping participants to connect with their values and developing mindfulness skills.

See more information on ACT [here](#).

Access to Recovery Programme



Number of sessions
tailored to participants'
needs



One day per week hybrid/
three days online

The Access to Recovery Programme provides support and structure for service users with various mental health diagnoses and is guided by recovery principles.

The programme, which provides high levels of support, motivation and education to all participants, is group-focused but also specifically tailored to meet the needs of each individual that attends.

See more information on Access to Recovery [here](#).

Alcohol/Chemical Step-Down Programme



12 sessions



Hybrid

The Alcohol/Chemical Step-Down Programme is a 12-week programme designed to meet the needs of people who have recently been discharged and in early recovery of drug or alcohol abuse, or for those who are struggling with recovery or relapse.

This programme is designed to meet the needs of those who have been discharged from the inpatient programme and are in early recovery from alcohol and/or substance abuse. Service users attend this support programme, facilitated by an addiction counsellor one half-day per week for 12 weeks. The Step-Down Programme also gives the opportunity to those who have experienced relapse or are struggling with recovery from alcohol and/or drug abuse to re-engage in recovery with the help of professionals.

The Alcohol/Chemical Aftercare Programme is also available to those who have completed both the inpatient and Step-Down programme respectively and are in stable recovery of drug and alcohol misuse.

This programme is designed to facilitate deeper exploration and understanding into the genesis of subjective addiction and to also strengthen recovery. This group is facilitated by addiction counsellors one half-day a week on a fortnightly basis for nine months. The Aftercare Programme provides an opportunity to gain further knowledge of recovery and structured supports for same.

[See more on the Alcohol / Chemical Step-Down Programme here.](#)

Anxiety Disorders Programme



5 to 15 sessions



Online

The Anxiety Disorders programme is delivered over three days per week. The therapeutic framework of the programme is based on cognitive-behavioural (CBT) models of anxiety, mindfulness and self-compassion approaches. The group psychotherapy process integrates theoretical, experiential and reflective learning. The multidisciplinary team (MDT) includes clinical nurse specialists, an occupational therapist and a psychiatry team.

The time spent on the programme varies according to each individual's needs and responses (usually five to 15 weeks).

Level 1 has obsessive compulsive disorder (OCD) and non-OCD streams (GASPP stream - generalised anxiety, agoraphobia/panic and phobias). Some participants will move to Level 2 one day a week for eight weeks after completing Level 1. Aftercare follow-up is provided in Level 3, which requires a half-day monthly commitment.

[See more on the Anxiety Disorders Programme here.](#)

Bipolar Recovery Programme



10 sessions



Online

The Bipolar Recovery Programme is aimed at service users living with bipolar disorder or the symptoms associated with the disorder. The programme offers the opportunity to gain an understanding of bipolar, equipping the service user with the tools necessary to effectively manage their symptoms and improve their quality of life.

The programme includes the 10-week Bipolar Recovery Programme and Bipolar Aftercare. Bipolar Aftercare is a 24-month psychotherapy group that meets for a half day once a month. It focuses on developing self-compassion and mindfulness, and provided ongoing supports for service users throughout their recovery.

Two information sessions are also offered to nominated supporters over the course of the programme to encourage those in recovery to build a support network around them.

[Learn more about the Bipolar Recovery Programme here.](#)

Building Healthy Self-Esteem



10 sessions



Online

Building Healthy Self-Esteem is a group programme aimed at people who are interested and motivated to find out how cognitive behaviour therapy (CBT) can help them to understand and improve their self-esteem.

Living with low self-esteem can be very tiring and disruptive and it can influence and worsen anxiety and/or depression. The Building Healthy Self-Esteem programme explores how applying the key concepts and techniques of CBT can enable participants to address their low self-esteem by developing a more positive attitude towards themselves and acting in a more self-accepting, respectful and trusting way.

See more on Building Healthy Self-Esteem [here](#).

Building Strength and Resilience



7 sessions (6 weekly sessions
with a recap session after
two weeks)



Online

The Building Strength and Resilience programme is an online group programme for service users needing support in adapting to change and building resilience.

The group is facilitated by clinical nurse managers and focuses on skills such as cognitive behavioural therapy, dialectical behavioural therapy, mindfulness and solution-focused goals. Each group is facilitated by two clinicians.

The programme takes place via Microsoft Teams for one half-day per week for six weeks, with a recap session after two weeks. Individuals taking part in this group will learn about resilience, self-awareness, mindfulness, self-care and building positive relationships.

See more on the Building Strength and Resilience [programme here](#).

Cognitive Behavioural Therapy for Insomnia (CBT-I)



8 sessions



Online

CBT-I is an evidence-based, brief, structured online group programme for those having significant sleep difficulties. These may be difficulties with falling asleep, broken sleep or waking early. These difficulties will have been problematic for at least three nights per week for a minimum period of at least three months.

The group is facilitated by two Cognitive Behavioural Therapists trained in the CBT-I approach to treating insomnia.

The programme takes place via Microsoft Teams for one half-day per week, on Friday mornings, for eight weeks.

For more information on the CBT-I programme, [click here](#).

Compassion-Focused Therapy (CFT)



18 sessions



Online or in-person at
St Patrick's University
Hospital, Dublin 8

The Compassion-Focused Therapy (CFT) programme was developed for service users whose mental health difficulties are maintained by high levels of shame and self-criticism, and who are motivated to work on these issues with others in a group.

The group aims to help participants learn new ways of understanding their difficulties and develop a different way of relating to themselves.

Through becoming more self-compassionate, group members become better able to engage with their distress and to work toward alleviating that distress.

During the programme, members learn and practice compassionate imagery exercises, work with their self-critical ways of thinking, and identify compassionate behaviours to move them toward desired changes. The group typically meets one day per week over a period of five to six months.

See more on the CFT Programme [here](#).

Compassion-Focused Therapy for Eating Disorders (CFT-E)



30 sessions



St Patrick's University
Hospital, Dublin 8

CFT-E is a group programme which offers a comprehensive psychological therapy for people who can manage recovery from their eating disorder in the community. The group is open to all those with an eating disorder diagnosis.

The people who will benefit from this intervention tend to share many common problems including being worried about their size, shape, and weight. They are also likely to use food, dieting, activity, vomiting or weight loss drugs to manage difficult experiences, relationships, or painful thoughts, feelings and memories.

The group incorporates education for both service users and their family members; skills building and therapeutic elements. It aims to target both the biological factors and the underlying psychological processes which underpin and maintain an eating disorder. The group helps service users to develop the ability to treat themselves in a more compassionate way and fosters social connectedness. The group is particularly suitable for individuals who struggle with shame, guilt or self-criticism.

[Learn more about CFT-E here.](#)

Compassion-Focused Therapy for Psychosis (CFT-P)



12 sessions



Hybrid, in-person and
online sessions

CFT-P is a compassion-focused group therapy programme with people with experiences linked with psychosis, although the person may not necessarily have a diagnosis of psychosis. Participants in the programme are invited to develop greater understandings of, and compassion towards, their experiences.

Through the programme, participants are also supported to formulate, or make sense of, their experiences associated with psychosis in the context of psychological, social and biological factors. There is also a focus on developing soothing skills to cope with the sense of threat that experiences of psychosis can bring up for the person.

CFT-P is open to people with any experience linked with psychosis such as paranoia, delusions, hearing voices and dissociation (a disconnection from thoughts, memories or feelings).

See more on CFT-P [here](#).

Depression Recovery Programme



10 sessions



Online

The Depression Recovery Programme offers support and education for people living with depression or symptoms connected with depression.

This online group programme offers participants a chance to understand depression, enabling them to manage symptoms more effectively and empowering them to improve their quality of life. The programme, which equips participants with the skills and tools necessary to understand their experience of depression and to maintain their recovery, includes the 10-week Depression Recovery Programme and Depression Recovery Aftercare.

Depression Recovery Aftercare is a 24-month psychotherapy group that meets for a half day once a month. It focuses on building on, and maintaining, the changes a service user made through the Depression Recovery Programme.

Two information sessions are also offered to nominated supporters over the course of the programme to encourage those in recovery to build a support network around them.

See more on the Depression Recovery Programme [here](#).

Dialectical Behavioural Therapy (DBT)



24 sessions taking place
twice weekly



Online or in-person at
St Patrick's University
Hospital, Dublin 8

The DBT Programme works to help participants manage difficult emotions and improve their wellbeing. DBT is a psychological therapy for people who experience intense emotions that can lead to impulsive behaviours or actions.

Acting impulsively means doing something quickly without thinking or control. Impulsive actions, such as self-harm, can happen when you feel you are not able to handle strong and difficult emotions. While impulsive actions can provide you with some short-term relief, they can cause life to become painful and challenging.

DBT is a mental health programme that aims to give participants the skills to build a mentally healthy life that they enjoy and feel is worth living. DBT will also help participants to manage urges linked with impulsive actions and to develop skills to help work through or manage intense emotions.

[See more on the DBT Programme here.](#)

Eating Disorders Day Care Programme



Up to five days per week depending on participants' needs



Hybrid (three days in-person at St Patrick's University Hospital, Dublin 8 and two days online)

The Eating Disorders Day Care Programme is an eight-week hybrid programme, with some online sessions and some in-person sessions, with the programme length varying for each participant depending on their individual needs.

The programme provides care for people over the age of 18 who are experiencing anorexia nervosa, bulimia nervosa and binge eating disorder, and also offers treatment to people with eating disorder symptoms caused by other mental health difficulties.

The programme has a primary focus on group work, with groups facilitated by nursing, psychology, social work, art therapy, dietetics and occupational therapy.

See more on the Eating Disorders Day Care Programme [here](#).

Eating Disorders Day Care Service: Binge Eating Programme



36 sessions



Hybrid (two days in-person at St Patrick's University Hospital, Dublin 8 and one day online)

The Eating Disorders Day Care Service: Binge Eating Stream is a 12-week multidisciplinary team-led programme which focuses on people's experiences of binge eating and explores the underlying and maintaining factors that influence participants' eating patterns.

Through the group, there is a focus on exposure work, with skills-building to cope with and manage eating patterns, associated thoughts and emotions more effectively. Groups are run by nursing, dietetics, psychology and occupational therapy.

See more on the Eating Disorders Day Care Service: Binge Eating Programme [here](#).

Eating Disorders Treatment Information Programme



1 session



Online

The Eating Disorders Treatment Information Programme is a one-day multidisciplinary team-led group programme for those who are experiencing eating difficulties and who would like to learn more about recovery from eating disorders and treatment options available.

The comprehensive programme offers participants the opportunity to learn more about eating disorder recovery through presentations from a wide range of clinicians specialising in eating disorder care and treatment.

See more on the Eating Disorders Treatment Information Programme [here](#).

Focused Acceptance and Commitment Therapy (FACT)



8 sessions



Online

Facilitated by mental health nurses, FACT is an online group therapy programme that uses acceptance and mindfulness strategies to help participants to transform their relationship with unwanted experiences such as unwanted thoughts, emotions, memories or bodily sensations.

Over eight weekly sessions, group members work through:

- Focusing on unworkable results of avoidance
- Accepting and managing unwanted experiences (thoughts, feelings)
- Choosing a life path based on personal values
- Taking actions to bring you closer to your values.

The programme combines approaches from ACT and mindfulness. It balances acceptance and mindfulness-based skills with commitment strategies, aimed at helping participants move towards what matters most, while practising acceptance of what is outside their control.

See more on FACT [here](#).

Group Radical Openness



27 sessions



Online or in-person at
St Patrick's University
Hospital, Dublin 8

Group Radical Openness (GRO) is a group therapy programme for people who have difficulties with costly overcontrol. This includes keeping others at a distance, having trouble showing emotions and a strong desire for control.

The GRO programme aims to help participants to develop flexibility in three key areas:

- **Relationships:** Improving relationships by developing connections with yourself and others.
- **Rigidity:** Learning to soften rules and ease harsh and endless standards for yourself and others.
- **Emotions:** Learning to experience and express emotions in a way that feels safe.

See more on the GRO Programme [here](#).

Group Schema Therapy



20 sessions



St Patrick's University
Hospital, Dublin 8

Group Schema Therapy (GST) is a group therapy programme for people with experiences of childhood or attachment trauma. The programme supports people who recognise that their current difficulties are connected to adverse experiences in childhood and/or adolescence.

GST aims to support people affected by adverse experiences in their early years. It is designed to help address longstanding patterns of feeling, thinking and behaviour that are causing distress. These patterns may contribute to difficulties such as recurring depression, anxiety, eating disorders, substance misuse, emotional dysregulation, poor self-image or relationship difficulties.

See more on the Group Schema Therapy Programme [here](#).

Pathways to Wellness



One half-day per week with number of sessions dependent on participants' needs



St Patrick's University Hospital, Dublin 8

The Pathways to Wellness Programme is a group-based support and reengagement programme for individuals lacking motivation, confidence and opportunity to change and move forward towards their recovery.

The programme aims to offer opportunities to engage in activities which will encourage participation and reengagement in community/society.

See more on Pathways to Wellness here.

Psychology Skills Group for Adolescents (PSGA)



22 sessions



Online

PSGA is a psychological group therapy for young people aged 13 to 17 who are experiencing a range of mental health difficulties.

PSGA aims to support young people to learn new ways of coping that can help them to manage distress and difficulties with emotions, and to navigate their relationships more effectively. This group is centred on learning a mixture of skills from Dialectal Behavioural Therapy for Adolescents (DBT-A), Group Radical Openness (GRO) and Radically Open Dialectical Behaviour Therapy (RO-DBT).

PSGA is delivered in an online format on Monday afternoons, taking place over 22 sessions. It is run by two psychologists.

Parents or caregivers are also invited to attend the group alongside their young person to help support them in learning and practising new coping skills. Parents or caregivers are also supported in further developing their understanding of the young person's experience.

See more on PSGA here.

Psychosis Recovery Programme



3 sessions



St Patrick's University
Hospital, Dublin 8

The Psychosis Recovery Programme is an intensive three-week programme catering for both inpatient and day patients. It aims to provide education around psychosis, recovery strategies, and specialist cognitive behaviour therapy (CBT) skills to help participants cope with the distressing symptoms of psychosis.

The programme groups focus on:

- Recovery strategies
- Practical facts about psychosis
- Social support
- Staying well and using medication effectively
- Cognitive behaviour therapy
- Building resilience
- Occupational therapy.

See more on the Psychosis Recovery Programme [here](#).

Recovery (WRAP®) Programme



8 weekly evening sessions
or one day a week for
10 weeks



Online

The Recovery Programme is directed at mental health service users who are discharged or who may want to avoid coming into hospital. The main emphasis of the Recovery Programme is the creation of the person's own WRAP® (Wellness Recovery Action Plan). It aims to educate each person, allowing them to self-monitor their mental health using their WRAP® Plan and to address factors that may impede or support their recovery.

While WRAP® is delivered as one segment, additional group work sessions on recovery topics which support WRAP® are also included, such as motivation to change, self and relationships, self-esteem, building social supports and enhancing general health. The WRAP® segment of the programme is facilitated by accredited advanced level WRAP® facilitators who received their training from the Copeland Centre.

Find more on the Recovery (WRAP®) programme [here](#).

Temple Formulation Group



12 sessions



Online or in-person at
St Patrick's University
Hospital, Dublin 8

The Temple Formulation Group is a group programme which aims to support people experiencing mental health difficulties. The programme helps service users to make sense of their current mental health difficulties and of how their life experiences may have contributed to these. The group focuses on understanding the ways people learn to cope, as well as the intended and unintended consequences of their particular coping strategies. In the group, service users are guided in exploring their strengths and values, and in looking at what resources and supports they may need to move towards a better quality of life.

The programme takes a compassionate approach, informed by up-to-date research in psychology and neuropsychology (a speciality field within clinical psychology which focuses on understanding how the brain and the nervous system affects our thoughts, feelings and behaviours). This is used to empower group members to approach their own struggles with wisdom and a more holistic, or complete, understanding of themselves.

[See more on the Temple Formulation Group here.](#)

Trauma Programme



Twice weekly for seven months



Online or in-person at
St Patrick's University
Hospital, Dublin 8

The Trauma Programme aims to support people who have had experiences of trauma and adverse childhood experiences. The programme is designed to help people feel a sense of safeness and connection within the group. This connection supports group members to develop a compassionate mind, which helps them to safely revisit the past and to not feel alone. The aim of revisiting past traumas is to improve life in the present and future.

During the Trauma Programme, service users will attend both group and individual therapy sessions over different stages. The group elements include trauma psychoeducation, compassionate imagery exercises, safely embodied skills, and memory processing work. The individual therapy offers a range of evidence-based trauma memory therapy.

[See more on the Trauma Programme here.](#)

■ Young adult programmes

Emotion-Focused Therapy for Young Adults



20 sessions



St Patrick's University
Hospital, Dublin 8

Emotion-Focused Therapy for Young Adults (EFT-YA) works with young people between the ages of 18 and 25 who are feeling stuck.

The EFT-YA group can be beneficial for any young adult who:

- Struggles with a harshly contemptuous (insulting) or anxious self-critic
- Can express emotions once they are evoked
- Feels compassion for others, although not necessarily for themselves.

See more on EFT-YA [here](#).

Young Adult Formulation Group



8 sessions



Online via Dean Clinic Cork
or in-person at St Patrick's
University Hospital,
Dublin 8

The Young Adult Formulation Group programme is for young people who wish to develop a psychological understanding of their difficulties, coping strategies and strengths.

With the support of psychologists and other group members, this programme aims to help young people to develop a clearer understanding of the ways in which their life experiences, challenges and current ways of coping are connected. The group supports members to re-tell their stories, to find new meaning in old experiences, and maybe even to help to construct a new understanding of themselves.

The Young Adult Formulation Group involves working with other young people aged 18 to 25 and with psychologists from SPMHS. The group meets once a week for eight weeks. Two individual sessions also take place with a member of our Psychology Department: one midway through the group and another at the end of the group.

[See more on the Young Adult Formulation Group here.](#)

Young Adult Programme



Rolling



St Patrick's University
Hospital, Dublin 8

The Young Adult Programme (YAP) is a transdiagnostic service meaning that the YAP accepts any young person in between the ages of 18 to 25 with any mental health diagnosis. YAP is designed so a young person has someone they can talk to, whether it is a mental health professional or their peers, in an inclusive and comfortable environment.

The programme has been carefully designed to include discussion groups and leisure activities that aid recovery from mental illness. YAP aims to increase one's self-esteem, facilitate one's recovery and to learn more about how to manage one's mental health problems.

The programme is ongoing. People join the groups at any stage in the cycle. Therefore, there are people at different stages of their recovery. Some people join the programme soon after they come into hospital, some come directly through day services and some attend from home after discharge.

[See more on the Young Adult Programme here.](#)

Older adult psychology programmes

Compassion-Focused Therapy for Older Adults (CFT-OA)



18 group sessions and an individual reflection session midway



St Patrick's University Hospital, Dublin 8

The CFT-OA programme is designed for older adults who experience high levels of shame and self-criticism which sustain their mental health difficulties. The programme is aimed at participants who are motivated to work on their issues with other people within a group setting. Through this setting, service users learn both how to understand their difficulties and how to relate to themselves in different ways. They become enabled to better engage with their distress and to ease that distress by becoming more self-compassionate.

Participants in the programme will learn about, and practice, exercises in compassionate imagery; address self-critical ways of thinking; and determine more compassionate behaviours which advance towards desired changes.

The group meets in person one day a week across a period of twenty weeks.

[See more on CFT-OA here.](#)

Living Well with Mild Cognitive Impairment



8 sessions plus a session for
family members and/or carers



St Patrick's University
Hospital, Dublin 8

Living Well with Mild Cognitive Impairment is a psychosocial group intervention for individuals with mild cognitive impairment (MCI). This group programme offers support for people with managing the emotional, cognitive, and practical elements of the diagnosis, as well as offering support to their carers and loved ones. The programme incorporates psychological coping skills and cognitive rehabilitation strategies which are designed to support people with cognitive impairment to achieve important goals and maximise their cognitive abilities.

The group sessions will focus on areas such as psychoeducation around MCI and memory, identification of individualised goals, memory aids and strategies, cognitive training, aids for concentration, introduction to compensatory strategies, cognitive rehabilitation, the links between emotion, attention, concentration, executive functioning and memory, family/carer support, lifestyle and cognitive function.

See more on the Living Well with Mild Cognitive Impairment Programme [here](#).

Older Adult Formulation Group



12 group sessions with two
individual sessions



St Patrick's University
Hospital, Dublin 8

The Older Adult Formulation Group has been specifically designed for those who are aged 65 years+ and are interested in developing a psychological understanding of their mental health difficulties. In the formulation group you will develop your formulation with the support of two psychologists, an assistant psychologist and the other group members.

This group takes place in-person at St Patrick's University Hospital one half day per week over 14 weeks. There are 12 weekly group sessions. There are also two individual sessions with a psychologist: one midway through the group and one at the end of the group. These individual sessions provide an opportunity for you to talk about your experiences in group, your formulation and what might be helpful when the group ends.

[See more on the Older Adult Formulation Group here.](#)

SAGE



18 sessions and an individual review session midway.

A “taster” session is also available for potential participants



St Patrick's University Hospital, Dublin 8

SAGE is a psychological therapy group for older adults who are experiencing difficulties with their mental health and is adapted from psychological theories about how some coping styles can impact on mental health difficulties.

SAGE is tailored towards those identify with patterns of suppressing their emotions, maintaining a rigid set of standards and routines and keeping a distance in relationships and avoiding closeness.

Learn more about our Older Adult Psychology Groups [here](#).

■ Referrals

For information about referring patients to any of the day programmes outlined within this leaflet, visit our [website](#) or contact our Referral and Assessment Service by emailing referrals@stpatricks.ie or by phoning 01 249 3635.

Please note that the referrer retains clinical responsibility for the service user while they are attending a SPMHS day programme.

stpatricks.ie

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