



Direct referral Day Programmes

An overview of group therapy programmes
accepting referrals from GPs and other
healthcare professionals

■ 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 accept direct referrals from GPs and other mental healthcare professionals, and are available without the need for a service user to be under the care of a Consultant Psychiatrist at SPMHS.

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.

In addition to the day programmes outlined in this leaflet, a number of programmes are available specifically to those receiving inpatient care, Homecare or outpatient care with SPMHS. For a full overview of all day programmes at SPMHS, please visit our [website here](#).

Direct referral 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
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
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 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

Programme name	Number of sessions	Format	Who can refer
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
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
Psychology Skills Group for Adolescents	22 sessions	Online	GPs, external consultant psychiatrists and internal inpatient and outpatient teams within SPMHS
Recovery (WRAP®) programme	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

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	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	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 an individual therapy session. A "taster" session is also available for potential participants.	Hybrid, in-person and online sessions	GPs, external consultant psychiatrists, geriatricians, community mental health teams and internal inpatient and outpatient teams within SPMHS

■ 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.](#)

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.](#)

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 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 for 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 a greater understanding 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.](#)

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](#).

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 Dialectical 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.](#)

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.](#)

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 and online

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 stpatricks.ie 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.

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August 2025