

The Haldon – example group programme

	Group	Group Lead	First two week	Urgent & Extended Assessment	Symptom interruption	Recovery
1	First Steps	OT	√	√	X	X
2	Doctors Group	Medics	√	√	√	Nutrition group instead
3	Supportive Self Enquiry	Clinical Psychologist	√	√	√	√
4	Community Meeting	Ward Manager/ Peer Support Worker	√	√	√	√
5	Stages of Change/MI	OT	√	√	√	
6	Loving Kindness	Dietetic Assistant	√	√	√	√
7	Magic Carpet (weekends)	Outside Facilitator	√	√	Weekend leave	Weekend leave
8	Anxiety management	OT	√	√	√	√
9	Mindful Relaxation	Outside Facilitator	X	√	√	Social activity instead
10	Symptom interruption	OT & Dietetic	X	√	√	√
11	RO Skills class	Clinical Psychologist	X	X	√	√
12	Relapse Prevention	OT	X	X	X	√
13	RO coaching quad	OT / Clinical Psychologist	X	X	X	√
14	Body Awareness	OT	X	X	√	√
15	Social activity	OT	X	X	X	√
16	Nutrition group	Dietetic	X	X	X	√
17	Weekend planning	Dietetic	X	X	√	√
18	Meal Management	OT	X	X	√	√