

Addictions Treatment Team at The Priory Hospital Altrincham

Claire Rimmer:	Lead Addictions Therapist
Margaret McNee:	Senior Addictions Therapist
Samantha Strickland:	Addictions Therapist
Richard Van-Loon:	Addictions Therapist
Gill Garrett:	Nurse Therapist
Andrew Shaw:	Nurse Therapist

About our Therapy Programme

At The Priory Hospital Altrincham the Addictions Treatment Team understand that it can be difficult to accept that you have an addictions problem, which is why seeking help is one of the biggest steps in the road towards recovery. Coming into hospital can be a daunting experience, which is why at The Priory Hospital Altrincham you will experience a welcoming environment, which is safe and non-judgemental where you can be assured of the very best treatment available, delivered by a highly qualified and dedicated team of therapists, to suit your individual needs.

Most of the therapy conducted on the ATP programme is group based.

Patients are encouraged to share their experiences, feelings, hopes and fears with their peers in order to accomplish new patterns of trust and positive helpful resources outside of themselves. There is a strong focus upon developing self-awareness and self-knowledge as a basis for effecting positive changes in attitude and behaviour.

Group process helps to develop trust, self-disclosure and the ability to relate to others. Group can be utilised as a source of support, inspiration and learning. It will also promote self-acceptance and connectedness with others.

We promote recovery by providing individuals (who may also be suffering from depression, stress or anxiety) with the coping strategies to recognise and, in time overcome, their substance misuse of addictive behaviour.

We are able to treat a range of addictions, including:

- Alcohol
- Illegal drugs (including legal highs)
- Prescription drugs
- Gambling
- Sex and Relationships
- Binge eating
- Internet
- Poly (Multiple) addictions

Our Therapists

In addition to our core 12 step philosophy the team is skilled in the following areas;

- Life skills
- Family interventions
- Expressive therapies and reflective feedback
- Relaxation techniques
- Meditation
- Motivational techniques
- Person-centred therapy
- Abuse and trauma
- Relapse prevention skills
- Exposure work
- Anxiety management
- Spirituality
- Self-esteem building
- Self-reflection and Development

Does addiction treatment work?

Quality, Clinical Outcomes and Patient satisfaction are our touch stones, we monitor these indicators regularly as part of our continuing commitment to service development.

Our recent results showed that:

86.2 % of all patients that stay in contact with us (through aftercare and regular contact) are still abstinent at 12 months.

Contact Details: 0161904 5617/5618 atpaltrincham@priorygroup.com