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**Staff are amazing  
 and very helpful;  
 everyone is so lovely  
 and welcoming.**  
 PATIENT,  
 TICEHURST HOUSE

# Priory Hospital Ticehurst

**Founded over 225 years ago, Priory Hospital Ticehurst House is set within 48 acres of beautiful landscaped gardens, in a small and tranquil village in East Sussex. We offer expert treatment for a range of mental health challenges, including depression, anxiety and stress, as well as outpatient support for addictions.**

## Location and environment

Our calm and reflective location allows us to provide a highly therapeutic environment, making us the perfect place for individuals to start their road to recovery.

- + Beautiful private grounds including landscaped gardens, in which our patients are able to relax and unwind
- + Comfortable and welcoming therapy and consultation rooms
- + Close proximity to the well-appointed village of Ticehurst, offering access to local amenities
- + Close proximity to the A21 and the town of Wadhurst
- + Easy access to Central London and the Home Counties



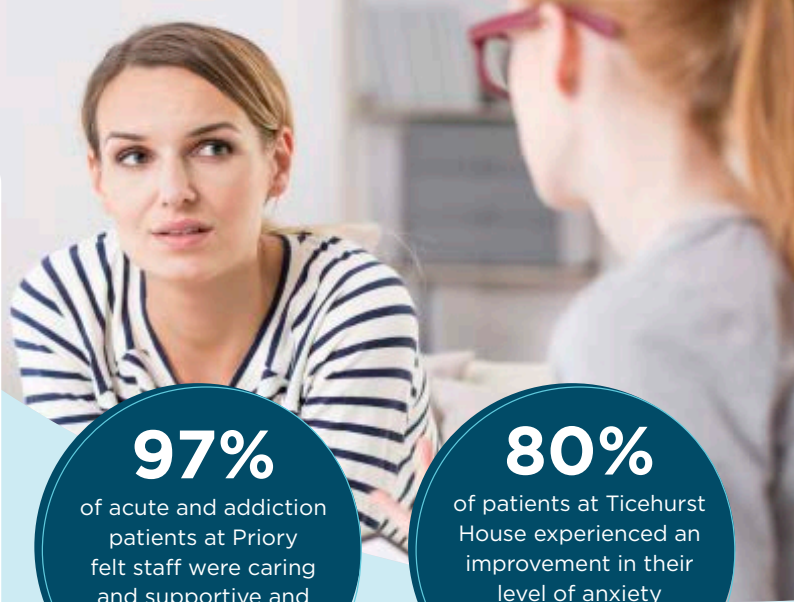
## Treatment programmes

- + Residential mental health treatment at Highlands Unit
- + Flexible private outpatient treatment at the Lodge Therapy Centre for adults and young people
- + Specialist dialectical behaviour therapy (DBT) programme

Individual therapy and group treatment programmes, including:

- + A range of therapy formats, including 1:1, group, couples and family therapy
- + Cognitive behavioural therapy (CBT)
- + Eye movement desensitisation and reprocessing (EMDR)
- + Person-centred therapy (PCT)
- + Psychoeducation
- + Psychotherapy
- + DBT coping skills
- + Improving self-esteem and assertiveness
- + Improving sleep
- + Recovery and resilience
- + Applied mindfulness
- + Art therapy

We have close clinical links with nearby inpatient eating disorder service in Surrey, Priory's Life Works, and inpatient addiction services at Life Works and Priory Hospital Hayes Grove.



## Patient profile

We work with the country's leading consultant psychiatrists, clinical psychologists and therapists who cover every aspect of psychiatry, including addiction (outpatient only), anxiety, stress, depression, eating disorders (outpatient only), trauma, sleep disorders, obsessive compulsive disorder (OCD) and phobias. Our programmes include:

- + Inpatient, day care and outpatient programmes for adults experiencing mental health difficulties
- + Outpatient programme for addictions. We are also able to provide inpatient detox support

## Specialist team

The specialist team at Priory Hospital Ticehurst House includes renowned and published experts in their field:

- + **Dr Humphrey Needham-Bennett (Medical Director)** - general adult psychiatry and addiction
- + **Dr Anne Perry** - general adult psychiatry and addiction
- + **Dr Kate Worsdall** - general adult psychiatry, addiction and postnatal depression
- + **Dr Paul McLaren** - general adult psychiatry, addiction and post-traumatic stress disorder (PTSD)
- + **Dr Chrisvan Koen** - self-harm, personality disorders and eating disorders

## Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. For those using private medical insurance, your provider may require you to have a GP referral before treatment can commence. Please liaise directly with your insurer to confirm.

## Enquiries and further information

For further information or to make a referral into Priory Hospital Ticehurst House, please contact our dedicated 24/7 enquiry team:

**Telephone: 01580 200 391**

**Email: [Ticehurst@priorygroup.com](mailto:Ticehurst@priorygroup.com)**

**Visit: [www.priorygroup.com/ticehurst](http://www.priorygroup.com/ticehurst)**

For the most up to date information on our services, please visit our website.

**97%**

of acute and addiction patients at Priory felt staff were caring and supportive and communicated well with them\*

**80%**

of patients at Ticehurst House experienced an improvement in their level of anxiety

(with a statistically reliable average change score of 5.6) - GAD7\*



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**I have been seeing Dr Anne Perry for a few years now. She is a large part of the reason I am still here today; she has talked me through a lot of angst and helped me more than I thought possible. I am proud of how far I have come, and although I know I have a way to go in believing in myself, Dr Perry has given me the confidence to carry on.**

**PATIENT, PRIORY HOSPITAL TICEHURST HOUSE**

**PRIORY** PRIVATE HEALTHCARE