



Wimbledon Park Clinic

Advanced addictions recovery group

Addiction can have a lasting impact on every area of life, even after initial recovery. Our advanced addictions recovery group has been specifically designed for people in sustained recovery for at least 2 weeks, helping you to strengthen your relapse prevention skills, heal relationships and integrate your emotional experiences.

This 8-week, in-person group takes place at Priory's Wimbledon Park Clinic and is facilitated by trauma-informed therapists. You'll benefit from a supportive environment that combines psychoeducation, open discussion, experiential practice and reflection – giving you the opportunity to deepen your recovery with others who understand what you're going through.

The power of the group

The course takes place with a wider group of people who are also in sustained recovery. This trauma-informed approach is evidence-based, with proven results, and has been found to be highly effective in supporting long-term recovery and wellbeing.

Throughout the course, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting environment. This will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we'll ensure that you're given enough time to get to know your peers and hear their experiences, allowing you to build trust. Participation in our group sessions often helps individuals to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.



Live your life

Course timetable

The course is a 12-hour course that will be delivered over 8 weeks. It takes place on Mondays between 1.30pm and 3pm. The group is a closed group, meaning that all clients start on the same date and complete the group together, finishing at the same time.

Week 1: Mapping recovery and relapse cycles

- + Overview of recovery landscape post treatment/day care
- + Understanding relapse as a trauma-influenced process
- + Mapping personal triggers, protectors and relational ruptures

Week 2: Protective parts and the function of craving

- + Reframing urges and sabotage as attempts to protect
- + Introduction to parts work (inner child, protector, manager)
- + Exploring the positive intention behind relapse behaviours

Week 3: Boundaries and relational repair

- + Boundaries as safety (internal and external)
- + Noticing old patterns (people pleasing, conflict avoidance, withdrawal)
- + Repair after rupture (within the group and outside)

Week 4: Shame and disconnection

- + Shame as a root of relapse
- + Secrecy, silence and the inner exile
- + Group safety as an antidote to shame

Week 5: Emotional regulation and nervous system awareness

- + Pre-relapse nervous system states (fight/flight/freeze/fawn)
- + Body-based signals and emotional literacy
- + Resourcing: grounding, orienting, co-regulation

Week 6: Grief, loss and identity in recovery

- + Grieving the old self and past relationships
- + Letting go of substances as coping, comfort or identity
- + Re-imagining self: recovery as a re-birth

Week 7: Connection, trust and asking for help

- + Disconnection as a relapse risk
- + Shame around needing others
- + Rebuilding trust with self and safe others

Week 8: Integration and next steps

- + Review insights, practices and personal shifts
- + Create a recovery anchor plan (what keeps me steady)
- + Group closing ritual and future connections

Due to this being an advanced form of therapy, the group will be beneficial for people who have previously received therapeutic support for their addiction. Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme.

Please contact us if you would like to discuss alternative treatment programmes.



Our specialists

Our addiction specialists use evidence-based techniques to support you in integrating your emotional experiences, deepening your self-awareness and enhancing your long-term wellbeing. In our supportive and confidential group sessions, you'll develop practical skills and strategies to protect your recovery, reduce your risk of relapse and improve your quality of life. You'll also have the opportunity to share your experiences, receive feedback and connect with others on a similar journey.

Further information and pricing

There are two ways to join our advanced addictions recovery group:

- + Half-day package (day care) – this includes the weekly group session, plus a 1:1 therapy session each week. It can be funded through private medical insurance (PMI)
- + Group sessions only – if you prefer, you can join just the weekly group sessions without the 1:1 therapy. This can be arranged through your outpatient cover or self-funded at £125 per group session

If you're self-funding, you can choose to add weekly one-to-one therapy sessions to your group sessions at £155 per session.

For more information, please contact Wimbledon Park Clinic on **0208 971 9660** or by emailing **wimbledonpark@priorygroup.com**.

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