

# Priory Hospital North London

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## Addiction Treatment Programme

*Take the first step to recovery*





**We believe that anyone who is struggling with addictive behaviours deserves the best possible support to make a lasting recovery.**

Our aim is to offer guidance and support, in a healing environment, to each and every individual who seeks help with us. We provide the most clinically effective treatment to help you to get your life back on track.

Our personalised treatment programme is led by world-renowned experts in their field and the team is experienced in supporting patients from many walks of life, offering hope and reassurance to all – you are not alone.

Set within a striking Grade I listed building in London and overlooking Grovelands Park, Priory Hospital North London is one of the UK's leading centres for the treatment of a wide range of addictive behaviours.



## Are addictive behaviours impacting on you or a loved one?

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Are you concerned that you or someone you know may be displaying addictive behaviours?

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Are they negatively affecting your relationships?

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Do you find it hard to predict the consequences of your addictive behaviours?

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Have you tried to stop or control these behaviours but have not succeeded?

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Have you missed work or appointments as a result of your addictive behaviours?

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Are your addictive behaviours costing you more than just money?

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Are you unhappy?

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## A free, no-obligation assessment

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If you have answered 'yes' to any of the questions, we can help. Our free, no-obligation addiction assessment provides an opportunity to:

- + Discuss your concerns and the impact that they are having on your life
- + Gain an understanding of the background to your addictive behaviour
- + Talk through a proposed treatment plan
- + Ask any questions that you may have about the treatment programme
- + Take a look around our hospital and meet our expert team

The free assessment will take place at a time that is most convenient for you and will be a face-to-face discussion with a member of the addiction treatment team. This will help to put your mind at ease and ensure that you fully understand the journey that you will be taking towards a happier life.

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**Priory is the gateway  
from despair to  
something magical**

PEER SUPPORTER AND FORMER PATIENT

# Our approach

**Our flexible and patient-centred treatment programme is developed by leading psychiatrists, psychologists, mental health nurses and therapists.**

We understand that taking the first step in seeking help can be extremely daunting, but our team's depth of knowledge and experience ensures that you are in the best hands.

You will be part of the decision-making process throughout your programme. We take a holistic approach to treatment, utilising all of the specialists and treatment options available, in order to reach the best possible outcomes.



**82%**

of patients were still abstinent 12 months after discharge\*\*

**98%**

of patients reported overall satisfaction with the quality of care during their addiction treatment\*\*



## The patient journey





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This is the only place that treated me as an individual, I learnt so much about myself and my impact on others.

FORMER PATIENT

## The Addiction Treatment Programme

**Our specialist residential service is an abstinence-based recovery programme, designed to guide patients back to a happy and fulfilling life. Our programme offers access to:**

- + Medically assisted withdrawal detoxification
- + 1:1 therapy
- + Group therapy
- + Day care
- + Free family group
- + Family conjoint
- + Free aftercare for 12 months

## 1:1 therapy

**Our therapy is consultant-led with input from expert addiction therapists. During 1:1 sessions, underlying reasons for addictive behaviours will be explored.**

Addictive behaviour is often driven by additional conditions such as:

- + Depression
- + Anxiety
- + Stress
- + Eating disorders
- + Co-dependency

We are able to treat a dual diagnosis and multiple presenting issues, addressing the root cause of your addictive behaviours, as well as the addiction itself.

Treatment includes regular meetings with your consultant psychiatrist, which take place twice a week. One of the main areas of focus is providing you with coping strategies and tools to continuously improve your lifestyle, helping to ensure a positive future long after your treatment.

## Access to medically assisted withdrawal detoxification (detox)

**For those who require it, we provide a comfortable environment where our patients can safely undergo detox.**

We have access to 24-hour nursing care ensuring that detox can take place in a medically assisted environment.

This allows us to use medication to control anxiety and withdrawal symptoms, which helps to ensure readiness for the Addiction Treatment Programme, should that be your next step.

## Group therapy

**We provide a range of workshops and lectures to support you in your recovery; this includes step-group assignments. Our team take a compassionate approach to inspire healing, and groups allow our patients to share problems and receive emotional support from other group members.**

We treat all of our patients with respect and dignity and our workshops offer further support to develop your self-esteem and confidence. You may be struggling with a loss, a trauma or a relapse, for example, and groups can be a support network that provide the opportunity to meet others experiencing similar concerns.

You will be encouraged to share your experiences and work on understanding yourself better, including issues surrounding body image or feelings of guilt, shame or anger. This form of therapy is evidence-based, with proven results.



## Family support

**We understand that entering treatment can be overwhelming for patients, family and friends, so we ensure that support is offered to everyone involved.**

We invite family members to be part of the process – they can take part in family groups and conjoint therapy. Conjoint therapy is done alongside a therapist and the patient.

We look at onward treatment planning and offer family aftercare to ensure the best possible chance of sustained recovery.

We also offer fortnightly family day work.

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**Priory rekindled my love of life and enabled me to build healthy relationships with family and friends.**

**PEER SUPPORTER AND  
FORMER PATIENT**



## Aftercare support

**We are dedicated to your ongoing recovery. We provide aftercare support for 12 months to all those who complete their residential programme.**

Our peer supporters are ex-patients who have been through our programme. They choose to return to the hospital to share their positive experience and offer strength and hope to others. They are able to offer a different perspective which allows our patients to explore and challenge themselves in a unique way.

We also provide a full programme of evening groups and 12-Step Programme fellowship meetings on-site. You will finish the Addiction Treatment Programme with a tailored continuing care plan and we are dedicated to supporting you in the transition from hospital back to your everyday life.

This transition is complemented with our day care plan which is tailored to individual needs. As part of the day care programme, you will also be able to attend relapse prevention, continue group and 1:1 therapy, and have access to a dedicated aftercare day care group.

## Trauma therapy programme

**Trauma week is a five-day intensive day care or inpatient therapy programme, designed to deal with traumatic childhood issues.**

These traumas (which could be emotional, physical, financial, spiritual or sexual) can create recurring dysfunctional relationship dynamics. This is called co-dependency. The core model used is based on the work of Pia Melody which looks at the five core symptoms of co-dependent patterns:

- + Self-esteem
- + Boundaries
- + Reality
- + Intimacy
- + Moderation/containment

In the workshop, therapists act as an advocate to help participants to acknowledge their reality and start to give back their carried shame. We start with the re-parenting process which includes teaching effective boundaries, self-esteem, and moderation. The treatment can significantly reduce depression and, crucially, help to prevent relapse.

The trauma therapy programme can also be a standalone treatment and not exclusive to those on the Addiction Treatment Programme. Trauma therapy programme patients have access to free aftercare for 12 months.

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**The 28-day inpatient programme helped me to deal with my addictions – the trauma week allowed me to look back on my childhood and the possible reasons that I ‘used’ in the first place. From there, I developed and I am enjoying life.**

FORMER PATIENT





## An environment suited to healing and recovery

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**We believe that the environment in which you are treated is just as important as the treatment itself. The hospital provides:**

- + Private bedrooms with en-suite facilities
- + Peaceful living areas to encourage relaxing leisure time
- + Beautifully landscaped gardens offering tranquillity to relax and unwind
- + A restaurant with bespoke menus to suit your dietary requirements
- + Very easy access from the M25 and London Underground

# Supporting your wellbeing

**We understand that improving wellbeing plays a large part in a successful recovery and future health.**

We provide access to a number of facilities and activities to help keep our patients healthy in mind, body and spirit. Activities are part of your tailored package.

## **Equine assisted psychotherapy**

We are located close to Trent Park Equestrian Centre. Here we have access to a world-class equine therapy establishment. This is a unique form of treatment which allows patients to access feelings and take part in activities that they wouldn't usually have the chance to. It is a powerful and effective therapeutic approach, in which horses work in partnership with you to enhance your emotional wellbeing. You have the opportunity to learn by 'doing' rather than being shown or told what to do.



## Accessing treatment

**Please contact the hospital directly to enquire about our programme and to arrange a free, no-obligation assessment.**

We respond to all enquiries promptly, to ensure that you get the best possible support when needed, with immediate access and support offered for those in crisis.

We are an approved provider for all of the UK's leading private medical insurers, meaning that patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.



## Find out more

For more information or to discuss how we can help, please contact us by:

Telephone: 0208 882 8191

Email: [northlondon@priorygroup.com](mailto:northlondon@priorygroup.com)

Web: [www.priorygroup.com](http://www.priorygroup.com)

Priory Hospital North London is easily accessible from London's major airports and motorway links.



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