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Without my therapy team I would not be where I am today, feeling happy, content and excited about life. I never thought life could be this good. It's been such an honour to work with you all.

FORMER PATIENT AT PRIORY
HOSPITAL BRISTOL

Priory Hospital Bristol

Priory Hospital Bristol is a leading UK centre of private support for individuals, couples and families facing a wide range of mental health challenges. Our team of psychiatrists and therapists provide recovery-focused therapies and evidence-based treatments in a calming environment, offering private inpatient and day care programmes.

Location and environment

Located in a secluded part of Bristol, Priory Hospital Bristol is set within a striking Grade II listed building. It is one of the UK's leading centres for the treatment of a wide range of mental health conditions such as addictions, depression and anxiety, and provides patients with:

- + Relaxing living areas and beautiful gardens
- + Peace and tranquility with a nearby park for a place to unwind
- + A restaurant with catering to suit all dietary needs
- + Easy access to nearby central train stations and access routes into Bristol city centre from the M4 and M5

Treatments

Treatment is tailored to the specific needs of the individual, ensuring the best possible outcomes. Our inpatient and day care patients are provided with every opportunity they need to make a strong recovery and return to a positive way of life. We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines, including:

- + Psychologists and therapy teams offering support across all areas of general psychiatry
- + Specialist old age psychiatry consultants
- + A specialist addiction treatment programme, which includes an initial free assessment, family support and an aftercare programme
- + Animal assisted therapy which aims to improve social, emotional and cognitive functioning. This includes therapy dogs and ponies that provide support in the form of patient assisted therapy (PAT) sessions, ward visits and walks. Our therapy dog can also be present in some one-to-one and group therapy sessions
- + Clinical hypnotherapy is therapy conducted in a state of hypnosis – an altered state of mind, helping those who are tied to a goal they already know they want to achieve. This can help both psychological and addictive conditions
- + Specialist services include a trauma programme and support for obsessive compulsive disorders (OCD)
- + Individual and group therapy wherever required or requested
- + A broad variety of clinical approaches include rational emotive behaviour therapy (REBT), integrative counselling, psychodynamic counselling, interpersonal therapy, mindfulness based therapy (MBT) and compassionate focused therapy

Patient profile

- + Adult patients with general mental health challenges such as depression, stress and anxiety
- + As a training hospital, Bristol is an ideal place for treating patients with complex disorders including trauma, post-traumatic stress disorder (PTSD) and those who might not have responded to previous treatments
- + Support for patients suffering with personality disorder and emotional dysregulation including bipolar disorder
- + Specialist support for patients with addiction issues (both substance and behavioural)

Patient support

- + Day care and inpatient programmes for addiction and general psychiatric conditions such as anxiety, depression and stress
- + Family therapy is offered on a needs basis as part of our general psychiatry and addiction programmes
- + Animal assisted therapy
- + Hypnotherapy

Additional activities

- + Yoga classes
- + Meditation
- + Mindfulness
- + Community-based trips
- + Social exposure groups



The therapist I saw was excellent, she really helped me 'dig deep' to analyse instances and thoughts instead of just glossing over situations. I felt really listened to, and the advice and guidance given has left me feeling more in control and empowered

FORMER PATIENT AT PRIORY HOSPITAL BRISTOL

92%

of patients at Bristol experienced an improvement in their level of anxiety

100%

of patients from the Bristol acute service stated they were treated with respect and dignity during their stay

Specialist team

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

- + Dr Griffin - general psychiatry, addictions
- + Dr Slinn - general psychiatry, eating disorders, older adults
- + Dr Collinge - general psychiatry, mood disorders, trauma
- + Dr Rajpal - ADHD, Asperger syndrome
- + Dr Dedman - general psychiatry, addictions

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

Enquiries and further information

To find out further information or to make a referral into Priory Hospital Bristol, please contact our dedicated 24/7 enquiry helpdesk:

Telephone: 0808 291 1997

Email: bristol@priorygroup.com

Visit: www.priorygroup.com/Bristol

PRIORY PRIVATE HEALTHCARE