

# The Priory Hospital Woodbourne

The Manor Ward at The Priory Hospital Woodbourne, in Birmingham, provides expert mental health care and addictions treatment in an exclusive and modern setting. Individuals suffering from a range of mental health conditions such as anxiety, depression, bipolar disorder, alcohol addiction or drug addiction can access specialist treatment in a discreet and safe environment ensuring the best possible outcomes.

## Treatments

The Priory Hospital Woodbourne's psychological group-based programmes and individual psychotherapies are specifically designed to treat a wide range of mental health conditions.

Our adult mental health inpatient, day care and outpatient services include treatment for:

- **Mood disorders**
- **Depression**
- **Personality disorders**
- **Anxiety**

Therapies include:

- **Integrative psychotherapy**
- **Electroconvulsive therapy (ECT)**
- **Cognitive behavioural therapy (CBT) programmes for anxiety and depression**
- **Eye movement desensitisation and re-processing (EMDR) for post-traumatic stress disorder PTSD**
- **Interpersonal psychotherapy**
- **Dialectical behaviour therapy (DBT)**
- **Mindfulness**
- **Art psychotherapy**



## Addiction Treatment Programme

The Addiction Treatment Programme is available for private patients to access either as inpatients or day patients. All patients are able to attend a free, no obligation assessment prior to commencing treatment.

The specialist programme includes:

- **Access to family and carer support groups**
- **Individual therapy with a specialist addictions counsellor**
- **Addiction group therapy**
- **Psychotherapy**
- **Self-esteem group therapy**
- **Wellbeing activities**
- **Access to support for mental health conditions including anxiety, depression, anger and bereavement**
- **Free aftercare for a year for patients who complete the 28-day programme**
- **Treatment is delivered in accordance with the 12-Step Programme of Alcoholics Anonymous (AA). During treatment, patients have access to local AA and/or Narcotics Anonymous (NA) meetings**

## Location and environment

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The Priory Hospital Woodbourne is located in a picturesque suburb of South West Birmingham. The striking manor-style house with beautiful, landscaped grounds, provides a peaceful and homely environment, ideal for treatment and recovery.

- Private, single occupancy bedrooms with en-suite facilities
- Newly refurbished and relaxing living areas
- A restaurant with catering to suit all dietary needs
- Strong transport links and close to recently refurbished New Street station
- Easy access from the regional motorway network and Birmingham Airport
- Near to Canon Hill Park, botanical gardens, Edgbaston cricket ground, MAC and Thinktank, alongside amenities such as art galleries, museums and a stylish library. Close to a number of Michelin Star restaurants, Mailbox, Harvey Nichols, Selfridges and the newly refurbished Grand Central shopping centre

## Wellbeing activities

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- Group yoga
- Group exercise classes
- One-to-one yoga and personal training is available at an additional cost
- Access to holistic and complementary therapies available at an additional cost
- Seasonal ward activities frequently arranged by the ward staff
- Art therapy as part of the therapy programme
- Menu planning with dietetic advice
- Gardening in the grounds

## Patient and family support

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Along with our intensive programme of therapy, we offer:

- Individual weekly sessions provided by ward staff
- Transport to local support groups can be arranged
- Therapeutic handbooks and activities to be completed during inpatient stays to support with embedding therapy
- Psycho-educational advice offered by members of the multidisciplinary team on request

## Specialist team

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The specialist team at The Priory Hospital Woodbourne has renowned experts in a number of areas, including:

- Dr Jospeh – adult attention deficit hyperactivity disorder (ADHD), autistic spectrum disorders, bipolar disorder and addictions
- Dr Ahmed – liaison (physical health), cultural psychiatry and addictions
- Dr Dharma – mood disorders and addictions
- Dr Villa – depression and anxiety
- Dr Odeyemi – psychotic disorders
- Dr Afzal – women’s mental health, self-harm and mood disorders

Various Asian languages are spoken including Hindi and Urdu.

## Funding

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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. A referral from a GP will be required before treatment can commence. Our team are able to offer support with this.

## Enquiries and further information

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For further information on how to access treatment at The Manor Ward please contact **0121 200 5930** or email **WoodbourneManor@priorygroup.com**

You can also find out more information by visiting **[www.priorygroup.com/woodbourne](http://www.priorygroup.com/woodbourne)**

Alternatively you can call our 24/7 enquiry line on **0800 840 3219**

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