Treatment programmes

- Residential mental health treatment at Highlands Unit
- Flexible private outpatient treatment at the Lodge Therapy Centre for adults, adolescents and children
- Specialist day care dialectical behavioural therapy (DBT) programme

Individualised therapy and group treatment programmes that are available include:

- A broad range of therapy including one-to-one, group and family
- Cognitive behavioural therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Person-centred therapy
- Psychoeducation
- Psychotherapy
- Couples therapy
- Systemic and family 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, at Priory’s Life Works and inpatient addiction services at Life Works and Priory Hospital Hayes Grove.

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 can provide access to 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

Staff are amazing and very helpful; everyone is so lovely and welcoming.

PATIENT, TICEHURST HOUSE
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), phobias and stress disorder). Our programmes include:

+ Inpatient, day care and outpatient programmes for adults experiencing mental health difficulties
+ Outpatient programme for addictions, we are 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 addictions
+ 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 PTSD
+ Dr Chrisvan Koen - self-harm, personality disorders and eating disorders
+ Dr Devika Colwill

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. If those using private medical insurance, your provider may require you to have one 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 Ticehurst House, please contact our dedicated 24/7 enquiry team:

Telephone: 0808 2313120
Email: Ticehurst@priorygroup.com
Visit: www.priorygroup.com/ticehurst

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97% of acute and addictions 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*

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

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*2018/19 Priory Quality Accounts and 2018 Priory Outcome Statistics. Priory Group UK Limited, 80 Hammersmith Road, London, W14 8UD. Company Registration Number: 09057543