

# Whole-person care/treating dual diagnoses

**At Priory, we provide whole-person care, ensuring everyone we treat is understood on an individual basis and receives tailored support suited to their own needs. This includes understanding the underlying causes of certain conditions, such as addictions or eating disorders, in order to ensure a successful recovery.**

We call this a 'dual diagnosis', which could mean you are suffering from one or more of the following conditions, which could be causing or worsening a condition such as addiction:

- + Post-traumatic stress disorder
- + Obsessive compulsive disorder
- + Anxiety
- + Stress
- + Depression
- + Body dysmorphic disorder

When embarking on a rehabilitation programme with Priory, we will provide a therapeutic and safe environment, to focus on addressing the underlying causes and triggers for your condition, away from life's distractions.

By focusing on root causes, Priory aims to equip you with the tools and strategies necessary for long-term recovery and wellbeing. This reduces the risk of relapse, or turning to other unhealthy mechanisms in order to cope.



## What might be involved?

- + Comprehensive assessments to identify underlying mental health conditions alongside other challenging behaviours
- + Developing personalised treatment plans that that integrate therapies targeting all issues in a collaborative, agreed approach
- + Attending individual counselling, group therapy, or educational sessions
- + Attending family support groups to assist loved ones throughout the recovery process



## Therapy types

The therapy that's right for you will depend on your condition and other individual circumstances. Common types include:

- + **Cognitive behavioural therapy (CBT)** - focuses on how our thoughts and beliefs affect our behaviours and actions, developing coping skills so we can better deal with problems in our lives
- + **Dialectical behaviour therapy (DBT)** - focuses on how people can learn to understand and accept themselves to reduce dysfunctional and distressing emotions
- + **Mindfulness** - encourages you to focus on how you feel in the present moment, while accepting and processing any negative feelings or thoughts without becoming overwhelmed by them
- + **Emotion focused therapy** - aims to increase your emotional understanding, expression, regulation and awareness
- + **Eye movement desensitisation and reprocessing (EMDR)** - aims to reduce the intensity of distressing memories
- + **rTMS** - an innovative and evidence-based approach that's revolutionising the treatment landscape for depression and OCD

## Further information

Priory has a nationwide network of inpatient, outpatient or day care facilities to support your needs. If you would like to discuss any of this further, please contact us:

Call: 0800 840 3219

Visit: [www.priorygroup.com/our-services/help-with-getting-started](https://www.priorygroup.com/our-services/help-with-getting-started)

Treatment can be self-funded or we are a registered and approved provider for all of the UK's leading private medical insurers.

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