



# Priory Hospital Hayes Grove

**Delivering high quality treatment for depression, anxiety and addictions, our consultants are experts in making assessments and advising on the best treatment approaches.**

**Our experienced therapists and nurses devise individualised programmes which achieve consistently positive outcomes.**

## Location and environment

Priory Hospital Hayes Grove is located in a small village in Bromley, Kent, and provides a comfortable and friendly setting, within its own tranquil and extensive grounds. It is a place of serenity where one can rest and heal in a recovery-focused, therapeutic environment. We also provide:

- + 17 private, single occupancy bedrooms with en-suite facilities
- + Female-only lounge areas
- + Outpatient facilities supported by private consulting and therapy rooms
- + A restaurant with high quality, bespoke menus
- + Communal outdoor seating areas in beautiful landscaped gardens
- + Close proximity to Hayes town and train station

## Treatments

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines. We provide every resource required to enable a strong recovery and a return to a positive way of life.

- + General psychiatric treatment for a wide range of conditions including anxiety and mood disorders
- + Specialist addiction treatment programme
- + Medically managed detoxification
- + A specialist therapy programme, tailored to suit each individual
- + Individual therapy, including cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), cognitive analytic therapy (CAT), mindfulness and eye movement desensitisation and reprocessing (EMDR)
- + Group therapy, including group psychodrama therapy, integrative counselling, psychodynamic counselling, interpersonal therapy, acceptance and commitment therapy (ACT), and compassion focused therapy (CFT)



## Patient profile

- + Our multi-skilled team treats patients with complex disorders including trauma, post-traumatic stress disorder (PTSD), and those who might not have responded to previous treatments
- + Predominantly provides services for adults, with outpatient services for young people also provided
- + Support for patients suffering with personality disorder and emotional dysregulation
- + Ability to treat co-morbid patients within the hospital, especially addictions, along with anxiety or stress

## Patient and family support

- + Weekly family support group offered for families of addiction patients
- + Family therapy offered on a fortnightly basis for our general psychiatry programme
- + Consultant-led therapy programme, tailored to the needs of each patient
- + Day care programme for general psychiatric conditions such as anxiety, depression and stress
- + One year of free aftercare for addiction patients
- + Alcoholics Anonymous (AA) meetings on-site twice a week

## Wellbeing activities

- + Arts and crafts for adults
- + Menu planning with a dietitian
- + Holistic treatment, including yoga and relaxation



98%

of patients from the Hayes Grove acute service stated that when they arrived, staff made them feel welcome

97%

of patients from the Hayes Grove acute service stated they felt safe during their stay

98%

of patients from the Hayes Grove addiction service would recommend us to a friend

100%

of patients from the Hayes Grove addiction service stated they were treated with respect and dignity during their stay

## Specialist team

There are a large number of psychologists (counselling, clinical and consultant) and an on-site therapy team who offer support across all areas of general psychiatry. Our team includes renowned and published experts in their field:

- + Dr Kate Wordsall - general and female psychiatry
- + Dr Olakunle Oladinni - medical director
- + Dr Ranga Rao
- + Dr Nick Walsh
- + Dr Chris Koen

## 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 Hayes Grove, please contact our dedicated 24/7 enquiry team:

**Telephone: 020 8462 7722**

**Email: [hayesgrove@priorygroup.com](mailto:hayesgrove@priorygroup.com)**

**Visit: [www.priorygroup.com/hayesgrove](http://www.priorygroup.com/hayesgrove)**

For the most up to date information on our services, please visit our website.

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