

Priory Hospital Woking

Addiction treatment programme

Take the first step to recovery



Live your life



A real and lasting difference for everyone we support

We believe that anyone who is struggling with addictive behaviours deserves the best possible support to make a lasting recovery.

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

Our aim is to offer guidance and support, in a healing environment, to each and every individual who seeks help with us. We provide the most clinically effective treatment to help you to get your life back on track.



Our tailored treatment programme is led by experts in their field and the team is experienced in supporting patients from many walks of life, offering hope and reassurance to all – you are not alone.

Set within a beautiful country house in the peaceful village of Knaphill, Priory Hospital Woking is one of the UK's leading centres for the treatment of a wide range of addictive behaviours. It is also close to both Heathrow and Gatwick airports.

Are addictive behaviours impacting on you or a loved one's life?

- + Are you concerned that you or someone that you know may be displaying addictive behaviours?
- + Are they negatively affecting your relationships?
- + Do you find it hard to predict the consequences of your addictive behaviours?
- + Have you tried to stop or control these behaviours but have not succeeded?
- + Have you missed work or appointments as a result of your addictive behaviours?
- + Are your addictive behaviours costing you more than just money?
- + Are you unhappy?



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Priory is the gateway from despair to something magical

PEER SUPPORTER
AND FORMER PATIENT

A free, no-obligation assessment

If you have answered 'yes' to any of the questions, we can help. Our free, no-obligation addiction assessment provides an opportunity to:

- + Discuss your concerns and the impact that they are having on your life
- + Gain an understanding of the background to your addictive behaviour
- + Talk through a proposed treatment plan
- + Ask any questions that you may have about the treatment programmes
- + Take a look around our hospital and meet our expert team

The free assessment will take place at a time that is most convenient for you and will be a face-to-face discussion with a member of the addiction treatment team. This will help to put your mind at ease and ensure that you fully understand the journey that you will be taking towards a happier life.

Our approach

Our flexible and patient-centred treatment programme is developed by leading psychiatrists, psychologists, mental health nurses and therapists.

We understand that taking the first step in seeking help can be extremely daunting, but our team's depth of knowledge and experience ensures that you are in the best hands.

You will be part of the decision-making process throughout your programme. We take a holistic approach to treatment, utilising all of the specialists and treatment options available, in order to reach the best possible outcomes.



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You saved my life and changed the lives of my family, and for that I cannot express my thanks sufficiently.

**FORMER ADDICTION PATIENT
AT WOKING**

The patient journey





The addiction treatment programme

Our specialist residential service is an abstinence-based recovery programme, designed to guide patients back to a happy and fulfilling life.

Our programme offers access to:

- + Medically assisted detoxification

- + 1:1 therapy

- + Group therapy

- + Family programme

- + Free aftercare for 12 months

We offer a holistic approach, integrating a variety of therapy models, theories and approaches and drawing upon the 12-Step programme philosophy.

Our structured programme has an emphasis on emotions and psycho-educational workshops.

Prior to admission, we offer a free, no-obligation assessment with a qualified addiction therapist.

This gives us a chance to find out why you're seeking help, allowing us to recommend the best treatment options for you going forward.

Access to medically assisted detoxification

For those who require it, we provide a comfortable environment where our patients can safely undergo detox. We have access to 24-hour nursing care, ensuring that detox can take place in a medically assisted environment.

This allows us to use medication to control anxiety and withdrawal symptoms, which helps to ensure readiness for the addiction treatment programme, should that be your next step.



Group therapy

We provide a range of therapy sessions and therapist-led workshops and lectures. We take an integrative approach, which means that we draw upon a variety of theories and models.

Therapy groups include:

- + Process groups
- + Art therapy
- + Equine therapy
- + Mindfulness
- + Psycho-educational workshops and lectures
- + Talks from former patients
- + A relapse prevention programme
- + Creating a plan for your ongoing recovery
- + Objectives and goals group

Our team take a compassionate approach to inspire healing, and group therapy allows our patients to share problems and receive emotional support from other group members.

We treat all of our patients with respect and dignity, and our treatment programme offers further support to develop your self-esteem and confidence. You may be struggling with a loss, a trauma or a relapse, for example, and group therapy can be a support network that provides the opportunity to meet others experiencing similar concerns.

The 12-Step programme

We draw from the Minnesota model; a 12-Step abstinence-based approach to recovery, developed from Alcoholics Anonymous (AA).

This is a set of guiding principles outlining a pathway to recovery from addiction. This includes utilising the support of 12-Step programme fellowship meetings (such as AA, Narcotics Anonymous (NA) or Gamblers Anonymous (GA)), whilst in treatment, and patients are encouraged to continue to attend these groups for ongoing support and to maintain their recovery from addiction.

You will attend 12-Step programme fellowship meetings four times a week during your treatment, as an introduction to the 12-Step programme.



One-to-one therapy

Overall medical care is managed by a consultant psychiatrist. The treatment is led by the experienced addiction team, which includes therapists, psychiatrists and the nursing team. During one-to-one sessions, underlying reasons for addictive behaviours will be explored.

Addictive behaviour is often triggered by additional conditions such as:

- + Depression

- + Anxiety

- + Stress

- + Bereavement

- + Other mental health issues (such as self-harm)

We are able to treat a dual diagnosis and multiple presenting issues, addressing the triggers to your addictive behaviours as well as the addiction itself.

Treatment includes regular meetings with your consultant psychiatrist, which will take place twice a week. We also explore strategies and tools in relapse prevention group therapy; these tools focus on enabling you to improve your lifestyle and helping you to have a positive future long after your treatment.

Family therapy

We understand that entering treatment can be overwhelming for patients, family and friends, so we ensure support is offered to everyone involved.

Family members will have the opportunity to join therapist-led family support groups which are information-rich and are an experiential way of exploring family dynamics.

During treatment, we will invite family members to a family session, facilitated by a therapist. This session provides the opportunity to explore the impact of addiction on relationships. We look at onward treatment planning and offer free family aftercare support for one year, which is tailored to individual needs. You will be encouraged to share your experiences, gain an understanding of addiction and better understand yourself.





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The real purpose is to help us to learn new ways of thinking, feeling, and acting. When we learn these things, we become much more comfortable with ourselves and others. Life starts to work again – better than ever before.*

Aftercare free for 12 months

We know that recovery, much like addiction, is a process not a single event. In order to support you in the first year of recovery, we offer 12 months of free aftercare once you have completed your programme.

Our aftercare involves weekly therapist-led groups, which contribute to your continuing development, providing a good support network for post-residential treatment. With your permission, we will call every three months to check in on how you are getting on.

You will finish the addiction treatment programme with a tailored continuing care plan; we are dedicated to supporting you in the transition from hospital back to your everyday life.

Peer supporters

Our peer supporters are uniquely qualified to support you through recovery; they are former patients themselves who have been through our programme.

We invite them back to join the programme to share their experience and offer strength, support and hope to others. They are able to offer a different perspective which allows patients to explore and challenge themselves in a unique way.

An environment suited to healing and recovery

We believe that the environment in which you are treated is just as important as the treatment itself. The hospital provides:

- + Private bedrooms with en-suite facilities
 - + Peaceful living areas to encourage relaxing leisure time
 - + Beautifully landscaped gardens, offering tranquillity to relax and unwind
 - + A dining area with bespoke menus to suit your dietary requirements
 - + Very easy access from the M25, London's major airports, and to and from Central London
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Supporting your wellbeing

We understand that improving wellbeing plays a large part in a successful recovery and your future health.

We provide access to a wellbeing adviser who, on request, can provide additional advice on physical wellbeing, including exercise and nutritional care to help keep our patients healthy in mind, body and spirit.



Information for GPs and healthcare professionals

We offer simple and secure processes for referring into Priory, including:

1. Our online form via **www.priorygroup.com/gp-referral**
2. Emailing securely to **priory.referral@nhs.net**
3. Calling **0808 291 2297**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystmOne. We can support with any queries, including integrating your practice systems.

Referral process overview

1. Choose your preferred referral process – please include the patient’s contact details, along with information on circumstances and medical history
2. A unique reference number is generated for each enquiry
3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

While we would prefer to receive a GP referral when a patient enters our services, this isn’t always essential.

* Priory Healthcare quality account 2016-17 and Step 1: The Foundation of Recovery

Please note, most images in this brochure are stock photography and feature posed models.



Find out more and access treatment

For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 01483 489 211

Email: atpwoxing@priorygroup.com

Web: www.priorygroup.com/woking

Chobham Road, Knaphill, Woking, Surrey, GU21 2QF



Priory Hospital Woking is easily accessible from London’s major airports and motorway links.



Contact us

Telephone: 01483 489 211

Email: info@priorygroup.com

Visit: www.priorygroup.com/woking

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

PRIORY

PRIVATE
HEALTHCARE

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