

THE COTTAGE

TRANSFORMING LIVES

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The UK's most exclusive private treatment
for addictions, eating disorders and mental
health needs





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I arrived on a Monday, completely broken and that for me was the beginning of the transformation. The thing that was fantastic...was that it was explained, early on, that addiction is a disease...if you had said to me eight years ago that you can have a great relationship with your children and have them back in your life, you are going to care and support your wife, I do not know what I would have said...and all that started here.

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Welcome to The Cottage

The Cottage provides the UK's most exclusive and unique treatment experience - nowhere else offers such quality and one-to-one attention, with a focus on recovery and positive outcomes for clients. The Cottage is a charming and idyllic house set within the Surrey countryside, providing a peaceful and relaxing sanctuary for recovery.

We only treat one client at a time.



What we treat

At The Cottage, we treat a wide range of mental health issues in the safest, most effective environment possible for our client's recovery. The Cottage is part of Life Works, one of Priory's leading centres in a nationwide network of treatment facilities. Life Works is also one of the top private rehabilitation centres in Europe, and is registered with, and regulated by, the Care Quality Commission (CQC). 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 high end, bespoke treatment caters for clients who may be suffering from:

Drug and alcohol addiction

Eating disorders

**Prescription drug
addiction**

**Depression and mild-to-
moderate anxiety**

**Gambling and other
compulsive behaviours**

Executive stress

We believe that addiction and behavioural health issues require an in-depth and sophisticated approach that treats the physical, mental, social and spiritual elements of each person. Therefore, our treatment programme looks at our client as a whole person and offers a person-centred approach to treatment. This vastly increases the chance of sustained recovery and enjoying a good quality of life.

The recovery journey



Make the first step towards recovery

Contact our bespoke services co-ordinator who will discuss treatment options as well as what to expect from a stay at The Cottage.



Initial assessment

Our complimentary and completely confidential assessment offers the chance to view The Cottage and for us to get a better understanding of our client's needs. This can be done in person or via telephone and will enable further exploration of all treatment options available.



Develop the recovery plan

After the initial assessment, our team will have an understanding of our client's needs and will work with them to create an initial recovery plan. We will also work with clients to ensure that they have everything they need to have a comfortable and effective stay with us.



Begin treatment

As we only treat one client at a time, our programme can be individually tailored to ensure treatment is undertaken with minimum impact on other commitments our clients may have.

The treatment care programme

We provide a range of treatment programmes to help our clients in their recovery process in the most comfortable and effective way possible.

Our therapies are backed by scientific evidence and research, and chosen because they are the most effective ways to treat issues surrounding addictions, eating disorders and other mental health issues.

Our quality treatment programme not only facilitates a faster healing process, but it also ensures our clients are better prepared to start their recovery.

Core programmes

**Medical detoxification
(drugs, alcohol and prescription
medication)**

**Addiction programme using
12-Step approach**

Mood disorder programme

Eating disorder programme

Our family programme is integrated into all of our core programmes

Therapies

Cognitive behavioural therapy (CBT)

CBT allows people to understand how their thoughts and attitudes shape how they act

Person centred therapy (PCT)

A non-directive approach to counselling which focuses on the 'here and now', and encourages clients to explore and create positive change for themselves

Treatment methods

**Individual psychotherapy
(using a variety of approaches)**

This one-on-one time aims to help our clients explore their inner issues with their primary counsellor, and to connect and feel safe and supported

Group psychotherapy

Group psychotherapy enables our clients to explore the way they relate to others within their group, allowing a better understanding of themselves.

This is optional for The Cottage clients

Additional interventions

Relapse prevention planning

This will help outline aftercare treatment options, support group roles and what to do if the urge of relapse arises

Problem solving

Problem solving helps clients determine a plan of action for addressing various problems

Psycho-education workshops

The workshops offer valuable insight into addiction, and how it influences behaviour



Highly specialised eating disorder programme

Our eating disorder programme offers exclusive, standalone, residential treatment for clients, providing a 28 to 42 day stay, depending on individual needs.

There will be an exciting mix of exposure work, psychotherapy and psycho-education. We will have cutting-edge therapies, delivering innovation that is driven by the latest research.

Complementary services

Yoga, meditation, mindfulness and reflexology

Yoga, meditation, mindfulness and reflexology focus on the body and the mind and can help improve mental health

Nutritional support

Regular nutritious meals are essential to feeling healthy, energised and well. Nutritional support is particularly integral for those struggling with an eating disorder

Spirituality

We encourage our clients to nurture their own spiritual beliefs to better develop and grow as people

Massage, aromatherapy, acupuncture and shiatsu

Massage, aromatherapy, acupuncture and shiatsu can be used to help clients relax, relieve tension and stress, and help improve their mental health

Find out more information about our treatment care programme on our website:
www.bespokerecovery.co.uk

Our team

Our experienced team work with clients to ensure they have maximum input into how their programme is designed. Treatment can be delivered on a one-on-one or group basis, depending on our client's wishes.

Our team have years of experience working in addictions, eating disorders and mental health therapies and provide an unparalleled treatment experience for our clients.

Our team includes:

- **Psychologists**
- **Counsellors and psychotherapists**
- **Addiction specialists**
- **Eating disorder specialists**
- **Sex addiction specialists**
- **CBT and DBT specialists**
- **Drama therapy specialists**
- **GPs – with special interest in addictions, mental health, and men and women's health and wellbeing**
- **Psychiatrists**
- **Dietitians**
- **Registered nurses**
- **Healthcare assistants**
- **Complementary therapists – specialising in shiatsu, massage, mindfulness and reflexology**
- **Equine therapist**
- **Personal fitness trainers**
- **Housekeepers**
- **Chefs**



We care

We understand that it is not just our client who is affected by addiction or any other mental health condition – family and friends can also find this an extremely difficult time. At The Cottage, we offer practical help and support to everyone involved in the journey, to ensure the most successful recovery possible.

The Cottage
More than just therapy





Our approach

Our facility caters to clients looking for the most discreet and exclusive environment to relax, unwind and deal with their recovery. We only take one client at a time to ensure everyone we treat has the best possible care.

“

We are committed to providing the absolute best in rehabilitation and recovery for those suffering from addiction or other mental health issues, such as eating disorders, stress or anxiety.

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Hospital Director, The Cottage

Our clients come to The Cottage because we offer unique, high-end, completely confidential treatment for addictions, eating disorders, and mental health issues, in a tranquil and relaxing environment.

The Cottage can be the first step towards a more fulfilled life for our clients.



“

Support staff in The Cottage more than met my expectations. Therapy staff were exemplary...and had a profound effect on my life. Thank you greatly for that.

”

The Cottage experience

Our beautiful private room has a queen-sized bed, fitted with the finest Egyptian cotton linen. Clients will have their own private bathroom, and a spacious lounge area equipped with Sky TV, BT sports, international channels and wireless internet. The lounge provides a relaxing and comforting space, ideal for visitors.

Clients will also have access to The Cottage's self-contained kitchen.

Confidentiality is a key priority and The Cottage provides our clients with complete privacy. Our peaceful and tranquil garden is secluded and is the perfect environment to enjoy reflective time in the fresh countryside air, within a private sanctuary.



The Cottage is a home away from home

Other services:

- Complimentary laundry and dry cleaning service
- Bathrobes
- Daily newspaper service
- Access to office facilities
- Airport and/or rail pick up service
- Access to recreational activities such as horse riding, swimming, golf and spa treatments



“ Our sole aim is to make sure you are provided with the style and surroundings you are accustomed to at home. ”



About The Cottage



The Cottage is set in the grounds of Life Works' Grade 2 listed Georgian-style manor house, in the heart of Surrey.



It offers the serenity of the countryside with easy access to Central London, Heathrow, Gatwick, and a private airfield only 15 minutes away.

THE
COTTAGE

Talk to the team in
complete confidence



01483 745 066

lifeworksenquiries@priorygroup.com

www.bespokerecovery.co.uk



PRIORY HEALTHCARE

Priory Group UK 1 Limited, 80 Hammersmith Road, London, W14 8UD. Company Registration Number: 09057543

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