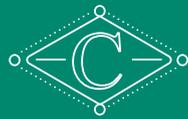


# THE COTTAGE

TRANSFORMING LIVES

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





“

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.

”



# 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 the focus on recovery and positive outcomes for clients. The Cottage is a charming and idyllic house set within the Surrey countryside and provides a peaceful and relaxing sanctuary for recovery.

*We only treat one client at a time.*



# What we treat

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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 the Priory Group'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).

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**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, beyond just their addiction, 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

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## **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 initial assessment offers the chance to view The Cottage and for us to get a better understanding of our clients' 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 clients' needs and will work with them to create an initial recovery plan. We will also work with clients to ensure that they have anything needed 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

### **Dialectical Behaviour Therapy (DBT)**

DBT is a type of talking treatment, based on CBT, but adapted to help people who experience emotions very intensely

### **Person Centred Therapy**

A non-directive approach to counselling which focuses on the 'here and now' principle, 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

## Complementary services

### **Yoga, meditation, mindfulness and reflexology**

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

### **Nutritional support**

Regular nutritional 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](http://www.bespokerecovery.co.uk)**

# Our team

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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 the finest, unparalleled treatment experience for our clients.

## Our team includes:

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- **Psychologists**
- **Counsellors and Psychotherapists**
- **Addiction Specialists**
- **Eating Disorder Specialists**
- **Sex Addiction Specialists**
- **CBT and DBT Specialists**
- **Dramatherapy 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

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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 all 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.

”

**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

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Our beautiful private room has a queen-sized bed, fitted with the finest Egyptian cotton linen. Clients will have their own private bathroom, and 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.

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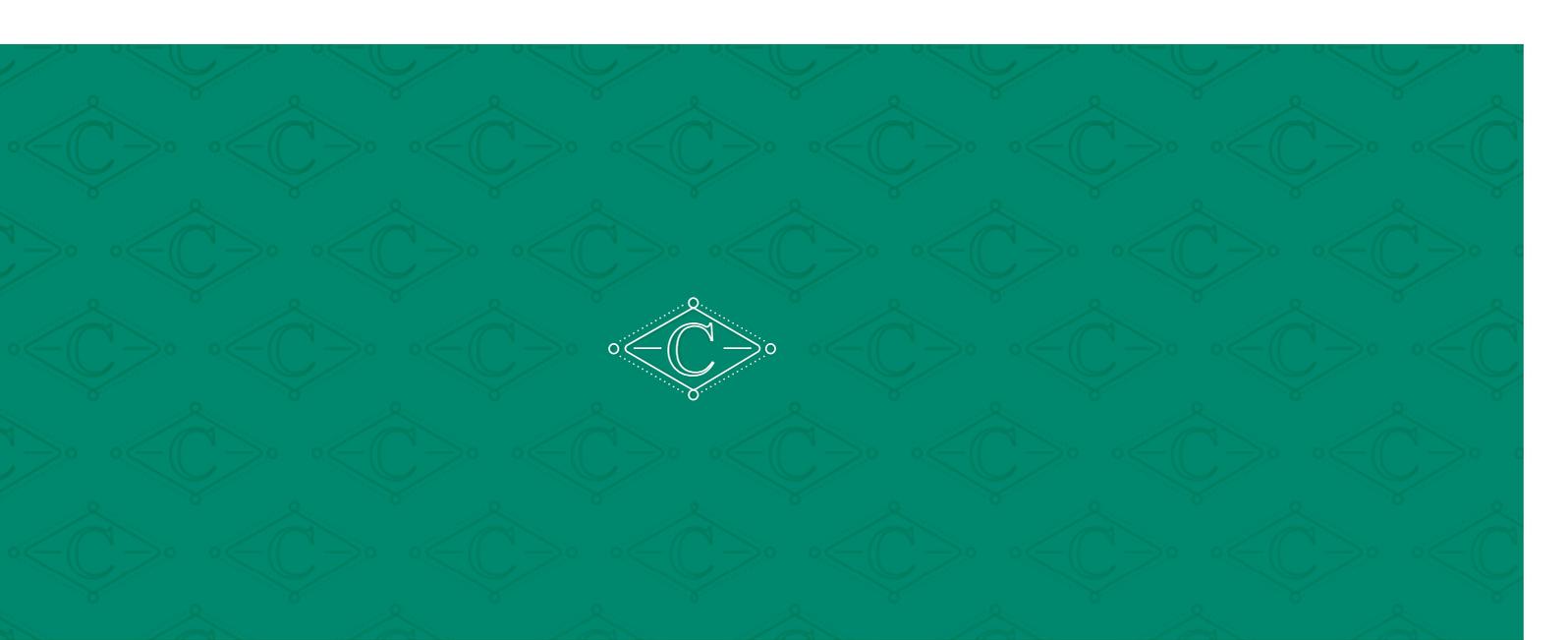


# About The Cottage

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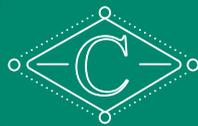


The Cottage is set in the grounds of Life Works' Grade 2 listed Georgian-style Manor House, in the heart of Surrey. It offers the serenity of the countryside with easy access to Central London, Heathrow, Gatwick, and a private airfield only 15 minutes away.



# THE COTTAGE

Talk to the team in  
complete confidence



+44 7864 917996

[lifeworksenquiries@priorygroup.com](mailto:lifeworksenquiries@priorygroup.com)

[www.bespokerecovery.co.uk](http://www.bespokerecovery.co.uk)



**PRIORY**  
HEALTHCARE