

THE COTTAGE

TRANSFORMING LIVES



The Cottage provides the UK's most discreet and exclusive treatment for addictions, eating disorders and mental health needs. We focus on recovery and positive outcomes for clients, while delivering quality and providing one-to-one attention. 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

We treat a wide range of mental health issues in the safest, most effective environment possible.

The Cottage is part of Life Works (registered by the Care Quality Commission (CQC)), one of Priory Group's leading centres in a nationwide network of treatment facilities. Our expert team of psychologists, psychiatrists and specialist therapists can offer treatment for:

- Addictions including drug, prescription drug, alcohol, sex and gambling
 - Eating disorders
- Depression and mild-to-moderate anxiety
 - Executive stress

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I arrived on a Monday, completely broken and that for me was the beginning of the transformation. 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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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.

Discreet and confidential

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

We specialise in treating high-profile clients and pride ourselves on our commitment to our clients' confidentiality. The Cottage is set up so that, if our clients wish, all treatment and therapies can be provided discreetly, within The Cottage itself.

Therapies and treatment models

- Cognitive behavioural therapy (CBT)
- Dialectical behaviour therapy (DBT)
 - Individual psychotherapy
 - Group psychotherapy
- Relapse prevention planning
 - Problem solving
- Psycho-education workshops
- Yoga, meditation, mindfulness, reflexology and spirituality
- Nutritional support
- Massage, aromatherapy, acupuncture and shiatsu



Core programmes

- Medical detoxification
- Addiction programme
- Eating disorder programme

Our family programme (which is rated as 'outstanding' by the CQC) is integrated into all of our core programmes.

All clients receive a free pre-assessment and addiction treatment clients receive free aftercare for one year (upon completion of the 28-day addiction programme).

Our eating disorder programme is due to re-launch at the beginning of 2019. The new programme will offer exclusive, standalone, residential treatment for clients, providing a 28 – 42 day stay, depending on individual's needs.



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I entered The Cottage and within minutes I was made to feel welcome and comfortable. The structure of the programme was tailor made for me and the attention to detail was superb. I always had what I needed to aid in my recovery. The food was exceptional and overall I felt that the experience massively helped me on my road to recovery.

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Find out more

Talk to a member of our team in confidence

Call: 0808 291 2712

Email: lifeworksenquiries@priorygroup.com

Visit: www.bespokerecovery.co.uk

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HEALTHCARE