



CATCH
RECOVERY

Who We Are

CATCH Recovery is a private treatment service providing assessment and therapy for people struggling with alcoholism, drug addiction, behavioural addictions and mental health problems.

Dedicated Team

Our team of dedicated addiction specialists provide a range of evidence-based therapies including cognitive behavioural therapy, dialectical behaviour therapy, motivational interviewing, family therapy, trauma-informed therapy and EMDR, and the 12 Step approach.

Our therapists are registered with BACP or COSCA and many are in long-term recovery.

Flexible, Bespoke Therapy

At CATCH Recovery we believe in personalised treatment; so we work with a multidisciplinary team of experts that practise different approaches. We ensure you receive quality, bespoke therapy and support that fits your daily schedule.

Treatment Approach

Our recovery philosophy focuses on compassion and respect for people struggling with alcohol and drug addiction.

Addiction is nearly always part of a wider series of emotional, psychological and physical health problems, but it is highly treatable with the right care. The evidence-based therapy delivered by our team of experienced psychotherapists addresses each client's unique needs and challenges and builds a strong foundation for recovery.

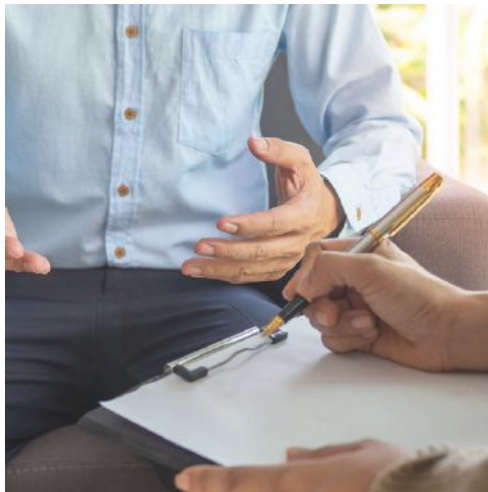
Our Group of Clinics

CATCH Recovery is part of a network of leading rehabs under the Castle Health Group, which includes the world-renowned Castle Craig Hospital, founded in 1988.

With 40 years of experience in providing addiction treatment, Castle Health is family-owned and family-run, offering unrivalled facilities and addiction treatment programmes in the UK and Europe.







What We Treat

Addictions

- ✓ Alcohol
- ✓ Drugs
- ✓ Prescription Drugs
- ✓ Gambling/Day Trading
- ✓ Gaming
- ✓ Work
- ✓ Pornography/Sex
- ✓ Internet/Social Media
- ✓ Shopping

Mental Health

- ✓ Trauma / PTSD
- ✓ Depression
- ✓ Burnout
- ✓ Anxiety
- ✓ Grief
- ✓ Mood Disorders
- ✓ Other mental health conditions
- ✓ ADHD

How We Can Help You

Therapy

- 28-Day outpatient programme
- One-to-one therapy sessions
- Couples therapy
- Family therapy
- Trauma & EMDR therapy
- Group therapy
- Recovery coaching
- Post-rehab continuing care
- Online therapy

**Online or in-person sessions*

Assessments

- Psychiatrist evaluation
- Therapist assessment

Recovery Support

- Referral to detox and residential rehab
- Interventions
- Sober transport
- Sober companioning: live-in support

Building a Picture - Assessments

Each person's experience with addiction - the origins, symptoms, contributing factors and related challenges - is unique. A thorough assessment ensures that the extent and complexities of your experience and overall health status are understood. These results enable CATCH Recovery to shape your ongoing personalised treatment plan or make recommendations for further treatment.



Psychiatrist Evaluation

This hour-long clinical evaluation is conducted by a Consultant Psychiatrist, specialising in addiction and dual-diagnosis. It is ideal for those with a complex set of needs and where there may be a co-occurring mental health condition. We provide a clinical recommendation for further treatment. Conducted online or in-person.



Psychotherapist Assessment

This 90-minute assessment is conducted by an accredited psychotherapist, specialising in addiction. It is a comprehensive evaluation and gives us a deep insight into your addiction and underlying mental health. Conducted online or in-person.



Case Consultation

This is a half-hour telephone/online consultation with a Case Manager from CATCH Recovery to assess your condition and recommend the best path forward, either with CATCH Recovery, or another recommended treatment provider.





Therapy

Our patient-centred approach addresses the unique needs of each client, addressing underlying causes and factors contributing to the addiction, and setting achievable goals for life in recovery. Our therapy is provided by experienced addiction therapists and is available both in-person and online.

One-to-One Therapy

In these personal sessions, your therapist works through the underlying issues contributing to your addiction, harnessing a variety of evidence-based therapy models such as CBT, DBT, 12 Steps or EMDR. You will gain a 'toolbox' of therapeutic strategies to use in your daily life.

Group Therapy

Group therapy, led by a therapist, is a powerful therapeutic tool that enhances self-awareness and self-esteem through sharing experiences with other group members.

Recovery Coaching

Your Recovery Coach works alongside you, helping you navigate everyday life in recovery. They coach you through your daily tasks, coach you in life skills and social skills, and provide you with specific tactics that help you find purpose in the day-to-day and advance larger life goals.

Family Therapy

One of our experienced relationship therapists will use evidence-based therapeutic techniques and interventions to help family members affected by their loved one's addiction. This therapy is a chance for family members to express and explore their feelings in a safe, non-judgmental environment.

Trauma Therapy

Our therapy is trauma-informed and we provide EMDR if needed.

Continuing Care (Post-rehab)

This 24-week programme of online therapy, recovery coaching, group therapy and dedicated case management, is for those who have recently attended residential rehab and need further support at home.
This programme supports you back into your home and work environment and helps prevent relapse.





Outpatient Addiction Programme

28 Days (+8 Weeks Aftercare)

CATCH Recovery's services are designed to be flexible, allowing you to receive treatment while still maintaining your daily responsibilities.

Our 28-day programme provides daily one-to-one therapy or recovery coaching and weekly group therapy. We are here to support you every day, including weekends, for four weeks. Through this programme, you will:

- Address underlying issues associated with your addiction,
- Develop coping skills for real-life situations,
- Improve your ability to regulate emotions,
- Change negative thought patterns and behaviours,
- Learn practical life skills needed to maintain long-term recovery.

We provide a personalised, flexible approach to therapy, which includes:

- **Personalised treatment plan:** Individualised therapy planning and goal setting
- **One-to-one psychotherapy:** 8 sessions, twice a week for four weeks
- **One-to-one recovery coaching:** 20 sessions, five times a week for four weeks
- **Group therapy:** 12 sessions online, one evening per week for 12 weeks
- **Case management check-ins:** Every two weeks for 12 weeks.

Availability

The programme is available fully online or with some therapy sessions carried out in our regional therapy rooms.

Fees and Services

To find out more or to discuss different options, please call 0808 239 8206.
All of our services include case management.

Service	Sessions	Online	In Person
Therapy Individual / Family / Couples	10 sessions	£1250	£1550
	5 sessions	£625	£775
Recovery Coaching	10 sessions	£1250	
	5 sessions	£625	
EMDR Therapy	5 sessions	£775	-
Group Therapy	10 sessions	£416	-
	5 sessions	£208	-

28-Day Outpatient Programme				
Programme Elements	Sessions	Frequency	Online	In Person
Therapy	8 sessions	2 x per week	£3600	£3800
Recovery Coaching	20 sessions	5 x per week		
Group Therapy	12 sessions	1 x per week or 2 x per week		

Other Services	Length	Price
Online Case Consultation	30 minutes	£55
Assessment	60-90 minutes	£250
Sober Transport	1 day	£1250 + expenses
Sober Companion	3 days	£4500 + expenses
Intervention	Varies subject to need	Price on request

CATCH Recovery is an approved provider for these medical insurers

Cigna. GeoBlue healix HEALTH SERVICES

Let us guide you through your recovery journey.

Call us today to talk to our team in complete confidentiality.

0808 239 8206 | info@catchrecovery.com
www.catchrecovery.com

CATCH RECOVERY

CATCH Recovery is part of the Castle Health Group.
Visit castlehealth.eu to learn more about our clinics.

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