



CATCH
RECOVERY

Who We Are

CATCH Recovery is a private treatment service providing a variety of therapeutic services for people struggling with alcohol misuse and alcohol addiction, 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 person-centered 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

Compassion, expertly delivered evidence-based practices and a personalised approach are at the heart of our treatment model.

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.



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

Support We Offer

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

Assessments

- Psychiatrist evaluation
- Therapist assessment

Recovery support

- Detox and inpatient treatment
- Interventions
- Sober transport
- Sober companion: 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 enables us to understand the extent and complexities of your experience and overall health status. These results provide our treatment coordinators with a basis on which to build your personalised treatment plan.



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.



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.



Assessments

Each person's experience with addiction - its origins, manifestations, contributing factors and related challenges - is unique. A thorough assessment ensures that the extent and complexities of each person's experience are understood and shape the therapy or treatment programme. Through various assessments, we can gain an understanding of the extent of your addiction and your overall health status, and use that to shape your personalised treatment plan.

Consultant Psychiatrist Evaluation

A Consultant Psychiatrist who is a specialist in addiction, will take a detailed medical history; conduct a psychiatric evaluation and clinical risk assessment; and make clinical recommendations for further treatment. The clinical assessment is suitable for someone who has a complex set of needs and circumstances. This assessment is conducted online or in person and lasts for 60 minutes.

Psychotherapist Assessments

We offer what is known as a 'Comprehensive Assessment', where a specialist addiction therapist asks you a series of questions so that they can develop a deeper understanding of the full picture of your addiction and of you as a person. The results of this assessment enable us to shape a personalised approach to your treatment plan. This thorough assessment lasts for 90 minutes.

Case Consultation

This is a 30-minute 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.

Family Therapy

A qualified relationship therapist helps family members who have been 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.

Group Therapy

Group therapy is a powerful therapeutic tool that enhances self-awareness and self-esteem through sharing experiences. Our groups are led by experienced facilitators. We offer interpersonal as well as gender-specific men's and women's groups.

Trauma Therapy

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

Recovery Coaching

A Recovery Coach helps you navigate everyday life in recovery, supporting you in daily tasks, life skills, social skills. They provide you with specific tactics that help you find purpose in the day-to-day and advance larger life goals.

Continuing Care (Aftercare)

This 24-week programme combines online therapy, recovery coaching, group therapy and dedicated case management, 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 Programmes

Reset Programme

Our Reset programme is for those looking to explore their substance dependence who are not yet ready for a structured addiction rehab programme. We provide personalised care and essential therapeutic support and guidance for a wide range of substance-related challenges.

28 Day Programme

If you don't require inpatient addiction treatment, and those who are not able to leave their daily responsibilities to travel for addiction care may benefit from CATCH Recovery's outpatient programme. Designed to fit around your daily schedule, our 28-day programme provides a mix of one-to-one therapy, recovery coaching and group therapy sessions each week. We are here to provide consistent support for 4 weeks to help you:

- ✓ 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:** 24 sessions online (2 per week for 12 weeks, 1 interpersonal, 1 gender-specific).
- **Case management check-ins:** Every two 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	-
Reset Programme	5 sessions	£500	-

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	24 sessions	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



We are here to guide you through
your recovery journey.

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

020 4538 0206 | info@catchrecovery.com

www.catchrecovery.com



CATCH
RECOVERY

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



CASTLE HEALTH



CASTLE CRAIG



SMARMORE CASTLE