



CATCH RECOVERY

Part of the Castle Health Group

About Us

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 individualised 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.

Our Philosophy

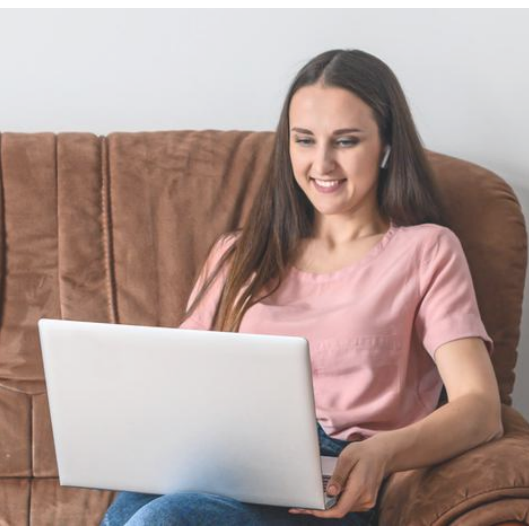
Our recovery philosophy focuses on compassion and respect for people struggling with alcohol and drug addiction.

Addiction is nearly always part of a wider series of emotional, psychological and physical health problems and there is no one-size-fits-all when it comes to addiction therapy. Addiction 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
- ✓ ADHD
- ✓ Mood Disorders
- ✓ Other mental health conditions

Our Services

Therapy: In-person and online

- 28-Day Outpatient Programme
- One-to-one therapy sessions
- Couples therapy
- Family therapy
- Trauma & EMDR therapy
- Group therapy

Other Services

- Psychiatric assessments
- Recovery coaching
- Referrals to residential rehab
- Post-rehab continuing care
- Sober companionship
- Sober transport
- Interventions
- Laboratory drugs screenings

Psychiatric Assessments

We offer a 60-minute, online evaluation with a Consultant Psychiatrist who specialises in addictions. We can also make clinical recommendations for further treatment.

Continuing Care Programme

We run a 24-week course of online therapy and recovery coaching, for those who have completed a period of treatment at residential rehab. This programme supports you back into your home and work environment and helps prevent relapse.



Outpatient Programme

28 Days (+8 Weeks Aftercare)

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

Our outpatient 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.

Fees

- Part in-person/ Part online (with therapy sessions at our London centre) - £3,300.
- Fully online - £3,000.

Fees & Services

info@calmrecovery.com

0808 239 8206

To find out more or to discuss different options, please call 0808 239 8206.

Our treatment advisors are here to support you.

All of our services include case management by our inhouse clinical team.

Service	Individual Therapy	+ Weekly Group Therapy	In Person	Online
Therapy	10 sessions	12 sessions	£1,500	£1,200
	5 sessions	5 sessions	£750	£600
Recovery Coaching	10 sessions	12 sessions	£1,200	
	5 sessions	5 sessions	£600	
EMDR Therapy	5 sessions	5 sessions	-	£750
Family or Couples Therapy	5 sessions	5 sessions	£750	£600

28-Day Outpatient Programme

Programme Elements	Sessions	Frequency	In Person	Online
Therapy	8 sessions	2 x per week	£3,300	£3,000
Recovery Coaching	20 sessions	5 x per week		
Group Therapy	12 sessions of weekly online group therapy also included			

Other Services	Length	Price
Assessment	One off	£250
Sober Transport	1 day	£1,250 + expenses
Sober Companion	3 days	£4,500 + expenses
Intervention	1 day	£3,000 + expenses

We are an approved provider for medical insurers



Let us guide you through your recovery journey



CATCH
RECOVERY

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