

# CHARTER

HARLEY STREET

## Group Overview

CHARTER Harley Street is a private independent facility treating trauma, addiction and mental health. Set up in 2008 by Mandy Saligari, CHARTER is a well-established provider of treatment and therapy, and approved by most insurance companies.

### Why Group Therapy

Widely regarded as the most effective forum to treat addictive disorders, group therapy fractures isolation through identification and fosters hope in even the most resistant and downhearted. Coupled with individual therapy, the irresistible power of group usually inspires the quickest route to a sustainable new perspective.

### Intensive Outpatient Group

Treating addiction, codependence and eating disorders

Monday-Friday, 9.15-5.30

Minimum 1week initial commitment

Usual treatment period 4-6 weeks followed by flexible attendance

### After Hours Programme

Treating stress, emotional difficulties and patterns of dependence

Tuesday and Thursday 18.30-20.30

Minimum commitment of 6 weeks

### Psychotherapy Group (a closed group)

For those who are interested in unraveling patterns that persistently cause unhappiness

Six members

Thursday 18.00-19.30

Weekly attendance for 16 weeks

### Family Group

Supporting families around addiction and parenting

Process and psycho-educational group

Tuesday 19.00-20.30

Weekly attendance 50 weeks pa

### Aftercare Group

Scheduled programme of group therapy that supports a robust and sustainable recovery

A thriving recovery community

Wednesday 19.00-20.30

Weekly attendance 50 weeks pa, minimum commitment of 3 mths

### Trauma, Dissociation and Recovery Group

An experiential response to the effects of trauma, including dissociation and addiction, which engages with Stern's work on Vitality Forms, Gendlin's Focusing, different approaches to Mindfulness, aspects of CBT and REBT and serves as an ideal basis for EMDR work addressing post-traumatic symptoms, anxiety and other compromising conditions.

Wednesday 9.45-1.15

18 weeks (not continuous)

### Workshops

- A rolling programme of fortnightly workshops for 6-10 people:

Anger (Saturdays)

Shame (Sat & Sun)

Childhood Trauma (Fri-Sun)

- Quarterly workshops:

The Family Dynamics of Addiction

Parenting for Prevention

**The first step is to book a free assessment to discuss your needs, or those of someone you care about, in a safe, informed and confidential setting**

**Call 020 7323 4970**

[www.charterharleystreet.com](http://www.charterharleystreet.com)