



CASTLE CRAIG

Part of the Castle Health Group



## Who We Are

**Founded in 1988, Castle Craig Hospital is a world-leading addiction treatment centre, providing inpatient detox and treatment for people with alcoholism, drug addiction and other mental health problems.**

## Your Experience

Castle Craig offers a retreat from the pressures of daily life, it is a place where you can focus fully on your recovery and begin to rebuild relationships, including the one with yourself.

Each person who comes through our doors has the chance to renew their life. Here you will learn how to move forward with hope and empowerment instead of alcohol or drugs.

## Compassionate Care

For over 35 years our extensive experience and expert medical care have been helping people from all over the world overcome drug and alcohol addiction.

We are a family-run organisation with compassion, respect and excellence at the centre of our programme. Our staff are inspired and dedicated – many are in recovery themselves.

**An idyllic retreat set  
amid 50 acres of private  
woodland in the hills of  
southern Scotland.**

**Castle Craig is a  
sanctuary for recovery.**



# What We Treat



## Primary Addictions

Alcohol      Drugs      Medication      Gambling

### Mental Health

- ☒ Trauma / PTSD
- ☒ Chronic Pain
- ☒ Grief
- ☒ Anxiety
- ☒ Depression
- ☒ Mood Disorders
- ☒ Other mental health conditions

### Other Dependencies

- ☒ Gaming
- ☒ Work
- ☒ Pornography/Sex
- ☒ Day Trading
- ☒ Internet
- ☒ Social media
- ☒ Shopping

# Programme Elements

## Treatment length

4 – 12+ weeks inpatient treatment  
24-week outpatient continuing care

## Detoxification

Consultant Psychiatrist-led care  
Medically managed detoxification  
24/7 medical team  
Medical assessments and blood tests  
Psychiatrist case reviews

## Therapy

Full biopsychosocial assessment  
Personalised treatment plans  
12 Step therapy programme  
Individual therapy  
Group therapy  
Cognitive behavioural therapy (CBT)  
Motivational enhancement therapy  
Dialectical behavioural therapy (DBT)  
Trauma therapy  
Eye movement desensitisation & reprocessing (EMDR)  
Family therapy and workshops  
Grief therapy  
Psychoeducational lectures and workshops  
Chronic pain therapy  
Men's and women's group  
Pastoral care  
Adult children of alcoholics therapy  
Sleep hygiene techniques  
Life skills  
LGBTQIA+ aware  
Inspirational guest speakers  
Introduction to fellowship groups (AA, NA, CA)

## Complementary Therapies

Therapeutic art  
Aromatherapy massage  
Equine (horse) therapy  
Mindfulness meditation  
Music and drumming therapy  
Alpaca walking  
Kinetic Chain Release therapy  
Massage

## Continuing Care (Aftercare)

24-week outpatient programme  
Recovery coaching online  
Alumni group meetings  
Annual reunion

## Multidisciplinary Team

Consultant Psychiatrists  
Hospital Manager  
Specialist Addiction Psychotherapists  
Occupational Therapist  
Specialty Doctors - 24/7 cover  
24/7 Nursing Team  
Recovery Advocates  
Fitness Trainers  
Masseuse

## Accreditations

- Regulated by Healthcare Improvement Scotland (HIS)
- Quality Assurance: Intertek ISO 9001:2015

## Therapist Accreditations

- BACP and COSCA accredited
- Addiction Professionals Drug and Alcohol Professional Certificate

Regulated by:





# Evidence-Based Treatment



There is a vast body of evidence to show that residential treatment for addictions can enable people to lead alcohol and drug-free lives. At Castle Craig we provide the highest standard of treatment and the results show that our treatment is effective.

## Outcome study 1 (1 year)



74% of 158 respondents who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up (after 67 weeks).

92% of those questioned were living with reduced alcohol or drug use.

or

## Outcome study 2 (3-5 years)



66% of 141 respondents who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up (after 3-5 years).

84% of those questioned were living with reduced alcohol or drug use.





“

I would like to thank you all so much for the help that you have given Jordan. He has come out of the Castle a much calmer, clearer, and more self-assured person.

He now believes he has a future and is very positive about the direction he wants to go in. I'm very hopeful and extremely grateful for all the wonderful work you do!

”



## Our Approach

Our commitment is to provide a supportive and effective treatment journey, designed to meet your needs with compassion and professionalism. Our approach is abstinence-based and our model of treatment is comprehensive, following the latest scientific research by experts in the field.

## Confidentiality

Castle Craig has a unique location set amongst 50 acres of parkland allowing for extra privacy. We place a strong emphasis on anonymity and confidentiality, including data protection.

Our programme is  
evidence-based and  
developed with over 40  
years of experience in  
addiction treatment.

## Personalised Treatment

Our treatment is comprehensive and personalised, beginning with assessments that build a complete picture of your physical and mental state. comprehensive personalised addiction treatment plans that begin with a comprehensive assessment of a person, individualised detoxification, and therapies targeting dual diagnosis such as grief therapy, trauma therapy, and eating disorder therapy.

## Our Programmes

### Foundation

Detox, 4-6 weeks of treatment programme and evidence-based therapies.

### Advanced

6+ weeks of further targeted, specialist therapy and life skills for those with dual diagnosis.

### Continuing Care

Up to 24 weeks of individual therapy and group therapy to maintain sobriety.



# Medical Care at Castle Craig

## Detoxification

**Detox from drugs and alcohol may sound daunting, but our 24/7 medical team is here to support you every step of the way.**

At Castle Craig, detox is led by our Medical Director, Dr Peter McCann, *MBBS, MSc, MRCPsych* - a Consultant Psychiatrist specialising in addiction - and supported by our dedicated clinical team. We follow detoxification protocols recommended by the National Institute for Health and Care Excellence (NICE).

Our specialist detox unit includes a 24/7 medical centre and private, en-suite bedrooms, providing a safe and comfortable environment for your recovery.

Safety is paramount during the alcohol and drug detox process. We safely reduce any physical symptoms you may experience with medications and complementary therapies.

## Psychiatrist-led Care

Our Consultant Psychiatrists are highly specialised in assessing and treating addiction and other mental health problems. They supervise and review the detoxification and medical care of patients and prescribe medications.

**At Castle Craig we  
have a Specialist  
Doctor working  
on-site 24/7 to ensure  
patient safety.**





# Psychotherapy at Castle Craig

**Our therapy programme is delivered by experienced, qualified therapists employing a variety of evidence-based therapies.**

**We address the addiction and underlying mental health issues. Our patients leave with a 'toolbox' of therapeutic strategies to use in their daily lives.**

## **Group Therapy**

Group therapy enhances self-awareness and self-esteem through sharing experiences with other group members. It creates a sense of empowerment and renewed hope that recovery is possible.

## **Individual Therapy**

Each patient is assigned a focal therapist who conducts twice-weekly psychotherapy sessions.

## **Family Therapy and Workshop**

Family therapy helps families understand addiction, address co-dependency, and rediscover hope together. We welcome family visits on Sundays and offer dedicated family groups. Our Family Programme Coordinator also runs a two-day online workshop to provide education, support, and guidance.

## **Trauma Therapy**

Our addiction programme is trauma-informed and we use a strategic combination of therapies including one-to-one, trauma group, DBT, EMDR.

## **Therapist Qualifications**

- BACP (British Association for Counselling and Psychotherapy)
- COSCA (Confederation of Scottish Counselling Agencies)
- University degrees or diplomas in counselling
- The International Accreditation in Addiction Counselling (IC&RC).

## **Complementary Therapies**

We offer several holistic therapies which help balance the body, reduce anxiety and increase overall wellness.

- Therapeutic Art
- Mindfulness Meditation
- Music and Drumming
- Acupuncture
- Aromatherapy Oil Massage
- Kinetic Chain Release
- Equine Therapy.







“

I cannot describe the magic this place holds. It saved me from a place worse than death, it saved me from the powers of alcoholism.

I'm so blessed to have had the opportunity to have found my way here.

- Joan, alumni

”



# Life at Castle Craig

## Heritage Recovery

Castle Craig was built in 1780 by the Earl of Hyndford, Chief of Carmichael Clan. It is a Grade B listed heritage building and holds special historical and architectural importance. It retains many original Georgian features, such as oak panelling in the library, marble pillars in the hall, a beautiful drawing room, original Georgian fireplaces and elegant stonework. It is a truly unique place for recovery to begin.

The estate contains further facilities and accommodation in the Recovery Gardens cottages.

We offer the following bedroom options:

- Executive Rooms
- Private Rooms
- Twin Rooms
- Shared Rooms (3 occupants).

## Nature

Our estate contains several nature trails and woodland walks, views over hills and forests and a serene woodland stream for patients to enjoy. Residents have the chance to get to know the alpacas, dogs and Hebridean sheep on the grounds. Birds, rabbits, deer and squirrels thrive in their natural habitat.

## Fitness & Gym

Each person who comes to Castle Craig has the chance to improve their physical wellbeing. We have two dedicated fitness trainers on our staff who are experienced with people of all fitness levels. There is something for everyone in our gym and we run classes in pilates, aerobics, yoga, boxing, weights and meditation sessions.

Outdoor activities in our grounds and the surrounding hills include jogging, guided hill-walking, football, rounders and volleyball.

## A Balanced Diet

Our catering team prepare three nutritious, freshly cooked meals in our kitchens every day. Snacks and refreshments are also available throughout the day.

## Offsite Visits

We accompany patients to Alcoholics Anonymous and Narcotics Anonymous meetings in nearby towns, this gives them the chance to experience meetings before they leave.

We offer the opportunity for patients to attend local church, mosque and synagogue services.



# Ongoing Support

**Leaving Castle Craig marks the beginning of a life-long journey in recovery. We guide you through the process of arranging ongoing support and therapy to ensure a smooth transition back home.**

## Continuing Care Programme

CATCH Recovery, our outpatient service, delivers our Continuing Care programmes which we recommend for patients when they leave. It is delivered online by qualified professionals and can include:

- One-to-one therapy (12 sessions)
- Recovery coaching (12 sessions)
- Group therapy (12 sessions)
- Family support group (6 sessions)

Your programme with CATCH Recovery is 'case managed', which means that a dedicated team are behind your care pathway, they discuss your care and respond to your needs.

*\*This programme is included in our fees for self-funding patients. For patients with other funding sources it may be a paid extra.*

## Recovery Club

When you leave Castle Craig you can join our alumni group - the Recovery Club, where you will receive:

- Online weekly support groups
- Family support group (online)
- News, updates, helpful resources
- Annual Castle Craig reunion.

We invite patients back every summer for a reunion gathering, a special event where alumni can meet again and celebrate their lives in recovery.





# The Moment Your Journey Begins

**We know that reaching out for help can be daunting when you don't know what to expect. That's why we are here to listen to you and help open the door to recovery for you or your loved one.**

## Admissions

Our team are here to support you through the enquiry and admission process, from your very first call, to the moment you step through our doors.

## Getting to Castle Craig

Castle Craig is located just 30 minutes drive from Edinburgh which has an international airport and train station. Those coming from the South of England can reach us via a flight that takes less than an hour and we can arrange for someone to collect you on arrival.

We can also arrange intervention & sober transport services to ensure your peace of mind in travelling to Castle Craig.

## Payment

You can pay for treatment at Castle Craig privately, or through medical insurance, and some patients receive funding through their national health service.

## Quality Assurance

Our comprehensive governance procedures ensure an ongoing commitment to high-quality treatment.

Castle Craig Hospital is registered and inspected by Healthcare Improvement Scotland and Intertek ISO 9001. We follow NICE Guidelines and have a record of high standards across all departments.

## Castle Craig Medical Insurers





## Contact Us Today



Castle Craig Hospital  
West Linton  
Edinburgh EH46 7DH



UK: 01721 546417  
International: +44 (1721) 546417



[info@castlehealth.eu](mailto:info@castlehealth.eu)  
[castlecraig.co.uk](http://castlecraig.co.uk)



# Castle Craig

## Part of the Castle Health Group

Castle Craig is part of the Castle Health Group which includes Smarmore Castle residential rehab clinic in Ireland, and outpatient clinics CATCH Recovery, Stockholms beroendeklinik in Sweden, and Castle Craig Nederland.