



Khiron Clinics



Our innovation is your recovery

Our mission is to help people who go round and round in treatment to find their path towards health and recovery. Khiron Clinics aim to be that change through providing effective residential and out-patient therapies for underlying psychological trauma. Khiron is the first residential clinic to achieve the Polyvagal Informed certificate from the Polyvagal Institute.

Therapies based on science

Advances in brain science and neuroscience have led to a new generation of psychological therapies. We use the best practitioners in the UK to deliver them.

Accountable for outcomes

Khiron Clinics is the only private treatment centre in the UK in either mental health recovery or behavioural disorders recovery which publishes an annual independent outcome report.

Your global local clinic

We will pay for your travel to the residential clinics from your local international airport. We can't get to everywhere but we can help to bring everyone to us.

Our clinics

Residential and Outpatient Care

In our clinics we look through the lens of trauma to treat common mental health problems and behavioural disorders, which can lead to self-harming, addictions, depression, anxiety, and relationship issues.

Khiron Clinic



Our highest level of care offering individual programmes to a small number of clients

Our CQC registered unit meets the demand for people who are assessed as needing a higher level of care than our Khiron House residential community programme and yet feel that a typical psychiatric hospital or clinic is unable to meet their needs.

The programme is informed by the same treatment methodology as Khiron House prioritising understanding and treating the nervous system to address underlying causes of symptoms.

We provide an alternative to hospitalisation by providing a safe and comfortable environment for clients who are experiencing distress or crisis.

The unit is staffed by therapists and support workers. The goal is safely to treat and stabilise clients in preparation for transition to Khiron House or further outpatient treatment.

'I spent 4 months at Khiron Clinics, and I never would have thought such a short space of time could change my life so drastically. The quality of therapy, the community, the grounds all conspire to be the bedrock of healing and change. I have learned things in the past 4 months that I will carry with me forever. The entire experience has renewed my faith in humanity, given me the platform for acceptance and self-realisation and most importantly, given me hope that I can live my best life. I have a lot to thank Khiron Clinics for'

'The best and only trauma clinic in England. I am a calmer more mindful person now but this is only the beginning!'

'Thank you very much to all at Khiron House for helping me as they did. How amazing a place like this exists. A cosy house with beautiful views to deal with trauma. Incredibly powerful group therapy and spot on individual sessions too - having felt hopeless on arrival I left grounded with the tools to help me live my life. All the therapists and staff were so dedicated and excellent at what they do. Working with the body and using the arts, cooking and writing made it a fully rounded experience. Thank you, thank you, thank you.'

Khiron House



Our dedicated facility is a spacious ten-bed residential clinic in Oxfordshire, England with excellent treatment facilities

When the challenges of daily life become too much to bear, you might feel as though there's no hope for recovery amidst the temptations, distractions and stresses you face every day. You need a place to get away, to restart; somewhere people understand what you are going through and provides for your needs so you can focus on yourself and getting better. The residential programme at Khiron House is just what you are looking for. Our secluded clinic in Oxfordshire, England offers a safe and comforting place where you can stay for as long as you need, with the services necessary to help you feel strong again.

Our residential programme is open-ended and designed for extended care. Clients stay in our bright, spacious house, which boasts extensive modern facilities and scenic grounds. There they can participate in trauma-healing activities on site, meeting with our well-informed clinical staff for group and individual therapy, and engaging in other somatically resourcing activities throughout the weeks. The usual amenities of a large town — specialised care, shopping for necessities, entertainment — are only ten minutes away with regular transportation provided.

The 60-day-plus programme, which incorporates both individual and group therapy and a full programme of symptom reduction therapies, ensures that clients have sufficient time and support for complete healing. Our goal is to help our clients gain new insights and understanding into their painful and disabling experiences of trauma, to heal this trauma, and to develop and practice new coping skills. We know that this can take time, and that it can take a different amount of time for every person. For this reason, we do not put an upper limit on how long clients can stay with us. We never want you to feel rushed — your recovery will happen at a pace that is comfortable for you.

Our clinics

Residential and Outpatient Care

In our clinics we look through the lens of trauma to treat common mental health problems and behavioural disorders, which can lead to self-harming, addictions, depression, anxiety, and relationship issues.

Khiron Cottage/Lodge



Our halfway house and lodge: live independently and access the full Khiron House residential programme daily

Khiron Cottage is a charming halfway house for up to four residents and Khiron Lodge is a sole occupancy residence both in a rural Oxfordshire village. Clients have access to the full Khiron House programme daily as well as 24/7 support a short walk away.

Khiron Cottage/Lodge residents live fully independent lives. There are fewer rules and restrictions than in the main clinic reflecting that these clients have progressed to a self-managing state in their recovery.

Some clients use Khiron Cottage/Lodge as a step-down facility while preparing to leave our own residential treatment. Others transition there earlier in treatment to access our full programme with fewer restrictions. We will also consider admission straight into Khiron Cottage/Lodge from other programmes or referrals subject to an assessment.

Clients at the residential clinic have individual sessions with our trauma treatment specialists three times a week. A fundamental part of the treatment programme is the group dynamic which optimises clients' social engagement systems, and groups are offered twice a day. Our core programme at the residential clinic also includes somatic equine involvement therapy, mindfulness, meditation, breathing techniques, yoga, tai chi and art therapy, and all of these generate results in symptom reduction and restore nervous system regulation and complement and support the individual sessions.

Khiron Outpatient Clinic



At our outpatient clinic in Harley Street, London, England we offer day clinic services and weekly one-to-one therapy with specialist trauma clinicians and group therapy sessions.

We offer day clinic services which run from 10am – 4pm, Monday to Friday with a minimum of two days per week recommended. Ad-hoc treatment sessions as well as a defined 10-week trauma reduction programme, which can be repeated as necessary, and incorporates one-to-one sessions and access to all recovery groups. Clients may also choose to focus on ad-hoc one-to-one sessions without group work or need only attend the recovery groups. Khiron also offers a Family Workshop.

We will endeavour to tailor precisely the right plan for each individual client and support you in finding the right path in your treatment. We also offer written initial assessments after a one hour consultation (for outpatient treatment) or a two hour consultation (for potential residential treatment) where clients can explore the best treatment options for their individual needs with a senior clinician.

Untreated trauma can distort our thinking, energy level, emotional responses, and our relationships with ourselves and others. Symptoms of untreated trauma may include anxiety, depression, addictions and other risk-taking behaviours, a sense of helplessness or hopelessness, obsession, compulsivity, panic, fear, irritability, guilt, shame, difficulty concentrating, mood swings, outbursts of rage or violence, poor sleep patterns, dissociation and withdrawal. Without treatment it can be very difficult to recover from these effects of unresolved trauma.

Our treatment

Residential and Outpatient Care

We provide cutting edge treatments for the root causes of many common mental health problems, including anxiety, depression, PTSD, OCD, BPD, ADHD and addictions.

Treatment for emotional and psychological trauma

We are passionate about developing a new generation of psychotherapeutic treatments informed by neuroscience and developed in America.

We believe that no treatment centre in the UK is able to treat underlying trauma in the way that we do.

We understand that historic trauma is held in the body, and only by working with the body are we able to release this trauma and relieve ourselves of all related symptoms such as depression, anxiety and many other mental health disorders.

Trauma Origins

Research into trauma origins reveals that untreated trauma inhibits the capacity of the nervous system to function appropriately and also significantly alters brain chemistry. Untreated trauma is the cause of many common mental health and behavioural disorders, and can lead to addictions.

Trauma can go unrecognised and undiagnosed for years and may have its origins earlier in the development of the person. This explains why, many years later, a difficult life event can then trigger mental and physical symptoms that start to overwhelm the individual.

Symptoms of Trauma

We treat the long lasting emotional and psychological effects of trauma, which have arisen either as a result of single incident or repeated childhood developmental trauma and which are at the root of many mental health problems, behavioural disorders and addictions.

Underlying trauma can manifest in a number of more recognisable symptoms, including:

Anxiety

Depression

PTSD

How we treat trauma

Woven throughout our programme in group and individual sessions are mindfulness, meditation, breathing techniques, yoga and tai chi, which have been proven to reduce symptoms and stabilise dysregulated systems. A fundamental part of the treatment programme is the group dynamic which optimises our clients' social engagement systems, which restores self and other relational intimacy.

Some of the very best trauma treatment experts and specialists available in the UK are represented in the clinical team at Khiron House, and they are supported in their work by leading national and international figures in the field.

And many other common mental disorders.

Khiron House was the UK's first dedicated facility to treat trauma and the deep-seated emotional and psychological disturbances which may underlie some mental health conditions and we offer both residential and outpatient care led by a team of highly trained and skilled therapists, practitioners and support staff.

For Doctors and Therapists

Symptoms relating to untreated trauma include anxiety, depression, addictions and other risk-taking behaviours, a sense of helplessness or hopelessness, obsession, compulsivity, panic, fear, irritability, guilt, shame, difficulty concentrating, mood swings, outbursts of rage or violence, poor sleep patterns, dissociation, and withdrawal, among others, all of which often contribute to relationship issues.

We are here to help

If you have a client, or know of someone who is struggling, reach out to Khiron. We believe that we can stop the revolving door of treatment and misdiagnosis by providing effective residential and outpatient therapies for underlying psychological trauma. Allow us to help you find the path to effective, long lasting recovery.

For information, call us today:

UK: 020 3668 1606 (24 hours) • US: (866) 801 6184 (24 hours)

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khironclinics.com



Khiron Clinics

Professional memberships and associations

We work with members of respected organisations to deliver our services.



We are registered with the Care Quality Commission

