



# Guide to Treatment

**Khiron**  **Clinics**  
GLOBAL TRAUMA RECOVERY

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

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“One of the world's leading residential  
trauma-treatment centres.”

Vogue UK

# About

## *A Global Center for Trauma Recovery*

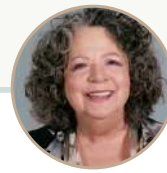
Khiron Clinics delivers **cutting-edge**, nervous system-based **treatment** to help individuals who are experiencing a **mental health crisis** to get to the root causes of their issues which are often rooted in **unresolved trauma**. This allows our clients to finally address the emotional pain, destructive patterns and trauma that other treatments and therapies have failed to treat.

Founded by Benjamin Fry, a psychotherapist, author, and former patient himself, Khiron Clinics was created to share and make accessible the nervous system-based theories and **therapies that saved his life**.

Our unique treatment programmes are delivered by clinicians who are informed, trained and supervised by some of the **world's top trauma experts** including Dr Bessel Van Der Kolk, Dr Janina Fisher, Dr Stephen Porges, Deb Dana, Dr Dick Schwartz, Licia Sky and Linda Thai.

Khiron Clinics is the **world's first** Polyvagal Informed certified residential clinic and revolutionises trauma therapy by embracing Dr. Stephen Porges' groundbreaking **Polyvagal theory**. Our Polyvagal Informed certification underscores our dedication to integrating this theory into our policies and practices, ensuring that **every team member**, from our gardener to the board, is well-versed in how the autonomic nervous system shapes responses to stress and trauma and to cues of safety.

To make our life-saving treatment globally accessible, Khiron Clinics **organises and pays for transport** for all international clients to the residential clinic and home again, making sure they are supported every step of the way.



"There is only one programme that I can recommend and it is Khiron Clinics"

DR JANINA FISHER

# Experience & Training

*Regarded as a World-leading Clinic for Trauma Treatment and Provider of Nervous-System Informed Therapies*

The clinical team at Khiron Clinics comprises **world-class mental health and trauma treatment specialists**. They have been informed, trained and supervised by some of the world's top trauma experts, including Dr Bessel Van Der Kolk, Dr Janina Fisher, Dr Stephen Porges, Deb Dana, Dr Dick Schwartz, Licia Sky, Linda Thai and others.

Khiron Clinics is the **world's first Polyvagal Informed certified** residential clinic, and is **CQC registered**, as well as being accredited by a number of professional organisations.



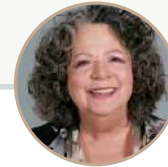
# What the Experts Say

*Khiron Clinics is Recommended by the World's Leading Experts in Trauma Treatment*



"Khiron Clinics very specifically knows about trauma. They really understand what it's like to feel traumatised and abandoned"

**DR BESSEL VAN DER KOLK**



"There is only one programme that I can recommend and it is Khiron Clinics"

**DR JANINA FISHER**



"It's a unique place that... is really able to offer people something that will put them on the path towards healing and isn't available anywhere else."

**DEB DANA**



"If you have a client or a relative who needs a type of care that is supportive enough to enable them to become who they really are, Khiron Clinics is the place to go."

**DR STEPHEN PORGES**



"It's a very multidisciplinary approach, it's a very embodied approach and it's an approach that has a tremendous amount of patience."

**LICIA SKY**



"Khiron Clinics is unique in my experience... I've been to a lot of different places and I really like the spirit there."

**DR DICK SCHWARTZ**

# What Our Clients Say

## *Stories of Transformation and Hope*

"Having spent most of my life in and out of therapy, residential and other, Khiron house is the first and only place I have been where I have finally understood what has been 'wrong' with me and why. That what I was suffering from was developmental trauma (I never even knew that was a trauma) and [it] has affected me all the way through my life, addictions, self harm, bad relationships, isolation, depriving myself of love and constant thoughts of suicide. Being in this lovely homely place, with the team of therapists, who I saw really, really care (an eye opener for me) and all the admin and support staff who are equally caring and loving, being educated every day on so many subjects related to trauma and my behaviour and thought processes that go with it, has been invaluable. I now know which way I'm headed, which is a hugely positive feeling, compared to the hellish fog I was in previously."

**LEANNE, LUTON**

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

**LUCINDA, YORK**

"I have previously spent time in psychiatric hospitals (both NHS and private) which all ultimately caused more harm than good. Unlike previous experiences, the therapists at Khiron honestly saved my life. They were there to hold my hand and help me to help myself."

**ANDREA CHIPPENHAM**

"The therapy, the community, the grounds all conspire to be the bedrock of healing and change. 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."

**AMALIE, USA**

"If you tried all the 'normal' therapies and they have failed or even made you worse. I would say give KH a chance. KH has totally changed my life for the better."

**DOUG, COVENTRY**

"Khiron has saved my life. My therapists gave me hope and strength when I had none and now I feel ready to go out there to get my life back."

**BARBARA , OXFORD**

# What We Treat

*Treatment for Emotional and Psychological Trauma, Stress and Breakdown*

Our clients typically come to us with an array of **mental and physical health diagnoses and symptoms**. Often they have already had treatment for these issues with limited success.

We don't treat diagnoses or symptoms. **We treat the underlying root causes** beneath these various, often seemingly disconnected problems, such as but in no way limited to:

## *Mental Health Conditions:*

- PTSD
- Complex PTSD
- Bipolar Disorder
- Anxiety Disorder
- Depressive Disorder
- Borderline Personality Disorder
- Dissociative Identity Disorder
- DDNOS
- OCD
- Phobias
- Panic Disorder
- Body Dysmorphic Disorder
- Insomnia Disorder
- Substance Use Disorder
- Personality Disorders
- Psychosis

## *Symptoms:*

- Stress
- Anxiety
- Depression
- Insomnia
- Dissociation
- Mental Illnesses
- Risk-taking behaviours
- Suicidality
- Digestive Disorders
- Obsessions
- Compulsivity
- Agoraphobia
- Panic & Fear
- Irritability
- Shame
- Difficulty Concentrating
- Mood swings
- Outbursts of rage or violence
- Poor sleep patterns

We help you to make sense of what caused these mental and physical health issues, and together we find a **path to heal their root causes**, promoting lasting recovery.

# What is Trauma?

## *And How Do You Know if You Have It?*

"The trauma focused approach has helped me understand myself better than any formal psychiatric diagnosis or any specialist NHS therapy I've ever received."

VICTORIA, IPSWICH

Trauma is much more common than people believe. In fact, **70% of adults have experienced some form of trauma\*** and it often goes untreated or simply ignored. Traumatic experiences are not always obvious, extending beyond events like assault or disasters. They can emerge from **single or multiple incidents over time**, and can be difficult to identify. For example, trauma can result from:

- Physical, sexual or emotional abuse
- Emotionally unstable parenting
- Domestic violence
- Relationship breakdown
- Accidents, war, crime and illness
- Emotional or physical neglect, and more

Signs of **trauma can manifest in different ways**. Identifying them can indicate a need for trauma therapy, avoiding potential disappointment from misdiagnosis and unsuccessful treatment, which can exacerbate feelings of hopelessness.

Here are some of the **signs of trauma**:

- Persistent feelings of fear, anxiety, or hypervigilance, even in safe situations
- Difficulty regulating emotions or experiencing intense mood swings
- Feeling disconnected from yourself or others, or struggling to trust others
- Hypersensitivity to stimuli or sudden outbursts of anger or irritability
- Insomnia, nightmares, or other sleep disturbances
- Avoidance of people, places, or activities
- Intrusive memories or flashbacks of traumatic events that disrupt daily life
- Physical symptoms such as headaches, stomachaches, muscle tension, digestive tract issues and chronic pain without a clear medical cause

**Trauma is treatable, and you don't have to navigate it alone.** Acknowledging trauma and reaching out for help is a courageous step towards reclaiming your well-being and building a brighter future.

\*(2015) World Mental Health Survey Consortium



"I spent 4 weeks at Khiron, the layered therapies, whilst intense, made me feel safe and validated. I didn't think it was possible but my future and growth is incomparable. I have my spirit and hope back."

NICOLA, MICHIGAN

# How We Treat

## *Pioneering Trauma Recovery*

Our approach is unique, offering **a combination of proven and effective therapies** informed by understanding the nervous system, which treat conditions that may have been difficult to target through traditional psychiatry and psychotherapy. By focusing on the **core issues** that our clients face **rooted in unresolved trauma** we aim to help you find a path to recovery and healing.

Traditional therapy often adopts an exclusively **'top-down'** (cognitive) approach, using therapies such as Psychodynamic Psychotherapy, CBT and DBT and which focus primarily on **cognitive processes** and how **thoughts influence emotions and behaviours**.

At Khiron Clinics, we combine this 'top-down' approach with a **'bottom-up'** (somatic) approach, working with both the mind **and** body to address the root causes of our clients' issues. The 'bottom-up' approach complements the 'top-down' method by addressing trauma through **physiological responses** and **bodily awareness**, including safety responses like fight, flight, or freeze reactions. This aims to increase **self-awareness**, **regulate the nervous system**, and promote lasting healing.

By combining these two approaches, we provide our clients with a thorough understanding of the factors contributing to their mental and physical health symptoms. This leads to **'light bulb'** moments, as reported by our clients, which often unlock the path to **lasting recovery**.

Another important strand to our treatment approach is **co-regulation**, which plays a key role in trauma recovery. Trauma often originates in early relationships, so it is crucial to cultivate **feelings of safety with others**, learn and practice effective communication skills, recognise triggers, and build coping mechanisms in relationships. This facilitates trauma healing within a supportive therapeutic setting and is transferable into our client's daily life.

“My son is a new man, in his words, ‘better than ever’. Please pass on our huge thanks for the help, support and environment that enabled him to understand and overcome his problems.”

**ELIAS, MIDDLE EAST**

# Our Therapies

*We Use the Most Up-to-date Techniques in Treating Trauma*

Our **therapy modalities** are delivered both one-to-one and in groups, and may include but are not limited to:

- Sensorimotor Psychotherapy (SP)
- Somatic Experiencing (SE)
- Internal Family Systems (IFS)
- Polyvagal informed therapy
- Art Therapy
- Trauma Informed Stabilisation Technique (TIST)
- EMDR
- Bodydynamic Somatic Developmental Psychology
- Neurofeedback
- Brainspotting
- Gestalt Psychotherapy
- Neuro affective touch
- Safe and Sound Protocol
- Meditation
- Mindfulness
- Somatic Equine Therapy
- Breathwork

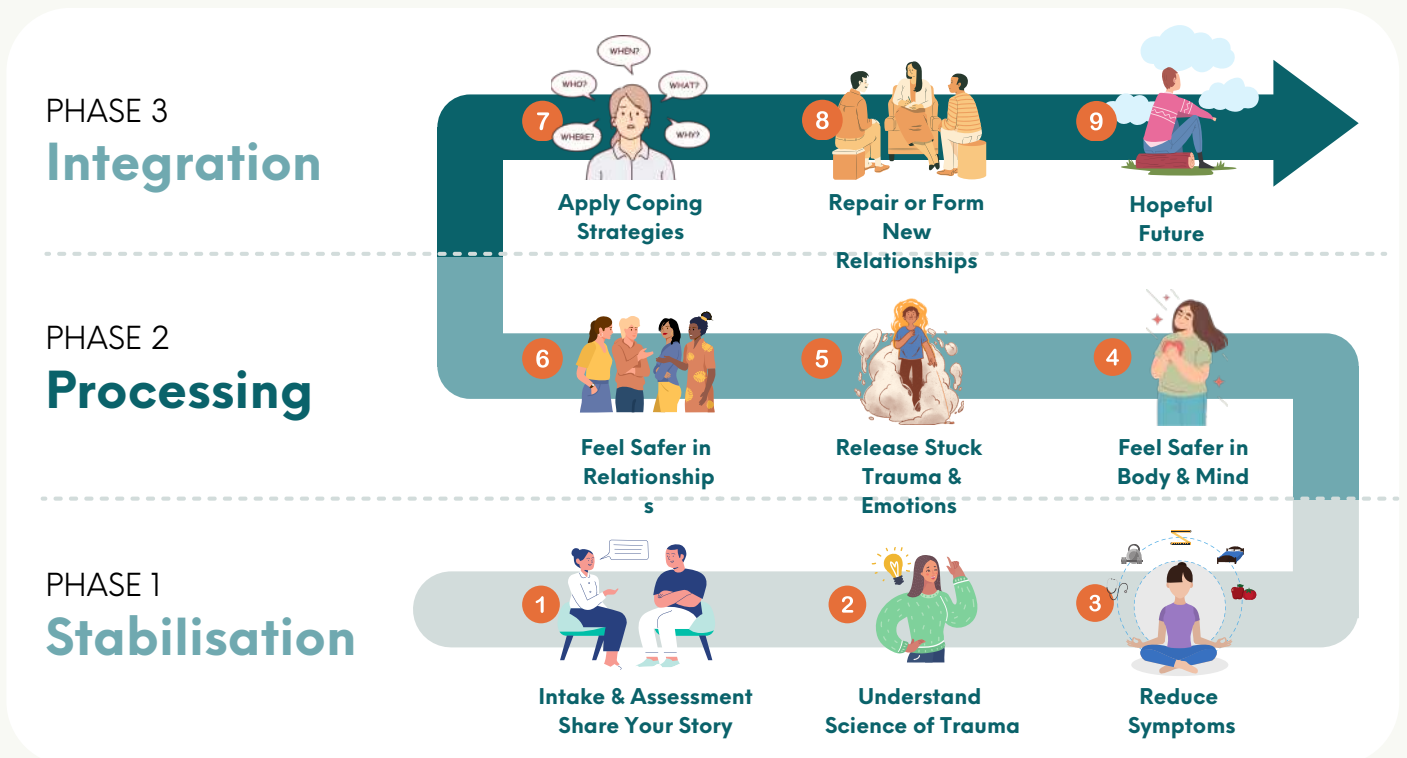
Our comprehensive treatment programme includes a large range of **group processes** and other treatments, which typically include:

- Process Group
- Parts Group
- Integration Group
- Boundaries Group
- Trauma Psychoeducation
- Polyvagal Group
- Mind Body Breath Practice
- Co-regulation Group
- Building Healthy Habits Group
- Relaxation Group
- Creative Writing Group
- Fitness
- Gardening
- Somatic Awareness Group
- Tai Chi
- Yoga
- Art Psychotherapy
- Nutrition Group
- Nutrition and Body Image
- Music and movement Group
- Cold Water Therapy
- Animal Visits

# Our Recovery Roadmap

Explore Our Three-Phase Approach to Trauma Treatment

Khiron Clinics follows a **three-phase approach** to treating trauma: Stabilisation and Symptom Reduction, Trauma Processing and Integration.



The **Stabilisation** phase focuses on understanding and getting to know oneself, reducing symptoms, learning about trauma and how to self-regulate so you can stay in connection with others and the present moment.

**Trauma Processing** starts by fostering safety and security in the body and mind, allowing individuals to recognise triggers, manage emotions, and make mindful choices. With therapist guidance, they learn to release stuck trauma and emotions by discharging incomplete defensive responses, while also rebuilding compromised life skills such as setting boundaries and building new connections in safe relationships.

The third phase is **Integration**. This is where we support clients to take their newfound regulation, self-awareness and knowledge out into the real world so that they can apply the skills that they have developed in treatment in their daily life.

"The other day was the happiest I have been in 8 years and it was a momentous occasion. I was not me with trauma I was me, the beautiful, courageous and happy woman! How awesome!"

ROSEMARY, STOKE ON TRENT

# Your Initial Consultation

## *What to Expect From Your Initial Consultation*

Every client who starts residential or outpatient treatment at Khiron Clinics will **first have an initial consultation.**

These consultations are an opportunity for you to meet with a senior member of our clinical team, share your story, understand more about the treatment Khiron Clinics delivers **and get insights into the root causes** of your issues.

Following your in-person or online meeting, you will receive a **written summary** detailing the information you have provided as well as a clinical recommendation, allowing you to review the information at your own pace with your family, loved ones, or current clinical team, so that that you can make the **best informed decision** for your needs.

If your consultation is carried out in-person at our residential clinic, you will also be able to have **a guided tour of the premises** so you can see what to expect from a residential stay.

Our senior team have been trained by the world's leading trauma experts, and have the clinical skills necessary in order **to truly understand and empathise** with the situation you are facing.

Many of our clients leave their initial consultation feeling heard and validated for the first time in their life, and for them this is the beginning of **a new chapter of hope** in their treatment.

# Our Recovery Pathway

*From an Alternative to Hospital  
to Outpatient Treatment*

*Highest Level  
of Care*

*Lowest Level  
of Care*



**Khiron Bungalow**  
*Individual Care*



**Khiron Clinic**  
*Clinic Care*



**Khiron House**  
*Residential Programme*



**Khiron Cottage**  
*Halfway House*



**Khiron Day Clinic**  
*London IOP*



**Khiron Outpatients**  
*Outpatient Therapy*

Crisis

Cure

*Clients can enter the pathway at any stage*

## Khiron Bungalow

Our **single occupancy**, CQC registered residential unit offers an **alternative to hospital** with the ultimate in privacy and 24/7 personalised care.

## Khiron Clinic

This CQC registered residential clinic provides an **alternative to hospital** with 24/7 care. Residents each have a **private bedroom** with shared communal spaces,

## Khiron House

Our spacious 10-bed residential clinic is a **shared community** programme with individual and group therapy sessions designed to **reduce trauma** and increase social engagement.

## Khiron Cottage

At our **halfway house**, residents live independently of the main house while having full access to the Khiron programme. This is often a **safe transition** out of residential treatment.

## Khiron Day Clinic

Our **Intensive Outpatient Programme** day clinic in central London delivers group and individual sessions all day over **two, three, or four days** a week.

## Khiron Outpatient

Our outpatient clinic offers weekly or twice weekly **one-to-one therapy**, **group therapy** and a 10-week trauma reduction programme of individual and group sessions.

"I've learned to accept myself. My family, friends and colleagues are often commenting on how much I've transformed. Treatment isn't cheap, but it's given me my life back and that is priceless."

**KIRSTIN, FLORIDA**

## Our Clinics & Pricing

### *Residential and Outpatient Treatment Plans*

Khiron Clinics offers **varying levels of care** along our recovery pathway. Our different residential treatment options are on one site in Oxfordshire, UK, catering to specific client needs and are an **alternative to a traditional psychiatric hospital** admission. Our outpatient services are in Harley Street, London.

Every client begins their journey with an initial consultation conducted by our skilled therapists, who then propose a tailored treatment plan, recommending either **outpatient or residential care**.

In cases where residential treatment is advised, the therapist guides the client to the appropriate clinic, specifying the recommended length of stay, typically averaging between **two to six months**.

# Residential Clinics

## Khiron Bungalow

Some of our clients prefer to be in their **own building** just outside of the grounds of our main campus. This allows for the ultimate in privacy and personal care and is **equivalent to one-to-one care in a hospital**.

A resident in the CQC registered Bungalow will receive **24/7 care from our care team** as well as individual therapy with two therapists. The main group therapy programme of Khiron Clinic is also available to them as recommended and needed on a case-by-case basis.

The cost is **£9,065 per week**.



## Khiron Clinic

Our clinic is for clients who need to have **24/7 waking staff** on site to help them to manage their daily life and therapy programme. This CQC registered unit is usually a great **alternative to a traditional psychiatric hospital admission**.

Residents engage in both individual and group therapies, following a curated programme designed to **stabilise and manage their condition** and to prepare them for deeper work on their trauma. Often residents will then transition to the more communal residence of Khiron House.

The cost is **£6,825 per week**.





## Khiron House

Our beautiful manor house and gardens are home to a **shared community therapy programme** delivering group and individual sessions during the week. Living together supports social engagement as the residents deepen their **trauma healing** and work towards the goal of transitioning out of residential treatment to continuing treatment with more independence.

The house is staffed 24/7 for emergencies only outside of regular therapy office hours. Residents are expected to be able to **manage themselves overnight and live in a community setting**, negotiating important life skills such as cooking and navigating personal boundaries in a shared space.

The cost is **£5,075 per week**



## Khiron Cottage

Typically, the cottage is used as a **halfway house** by residents from the house who are making a gradual transition back to life outside of the main clinic. It is a short walk away in the village from the main residential campus and offers **completely independent living** without any onsite support staff.

The full therapeutic programme of the house is available to cottage residents, and they can come and go much more freely without the typical restrictions and rules of a residential treatment centre. Very occasionally **clients can admit straight into the cottage** if recommended after their initial consultation.

The cost is **£5,075 per week**.



## Khiron Lodge

For the ultimate in independence and access, the lodge offers a **halfway house for just one person** at a time. Like the cottage, it provides full access to the house therapeutic programme from an independent unstaffed residence which is totally private.

The lodge is a short walk away from the house in the local village and can be used **either upon admission or during a transition from the main residential programmes** as part of a planned discharge.

The cost is **£5,565 per week**.



## Outpatient Clinics



### Khiron Day Clinic

Our London **Intensive Outpatient Programme** (IOP) is for our clients who would like the support of a **residential programme in an outpatient setting**. The programme can be accessed two, three or four days a week and runs from 10am to 4pm Monday to Thursday in London's Harley Street.

The cost is **£595 per day**.



### Khiron Outpatients

Our final pathway of care can be as simple as one session a week, in person in Harley Street or online. We also offer **multiple sessions a week and groups**, again both **in person or online**. We have seen in the past that clients who combine individual with group sessions often do well in outpatient treatment.

One-to-one individual therapy sessions are **£250 per hour**. Online groups costs **£40 per session** with concessions available for groups. We offer a 10-week package at a discount to the above costs of £2,400 for 10 individual one hour sessions plus access to all groups.



## Khiron Family Workshops

Our Family Workshop has been designed to help family members who are **living with people experiencing trauma symptoms** and mental illnesses. This can be highly challenging and disorienting leaving them feeling helpless or hopeless.

The Family Workshop is a three-hour psychoeducation, somatic-oriented and trauma-informed session, designed to work through the complexity of living with trauma and helping all parties to find **a safe way forward** together.

The cost is **£450**.



## Khiron Kids

Our **child and adolescent** outpatient clinic in Harley Street, London, offers one-to-one individual therapy and family sessions.

All sessions are for one hour and cost **£250 per hour**.

# Next Steps

## *Your Pathway From Crisis to Cure*

We understand that deciding on a treatment plan **may be overwhelming**. Many of the people we help have been let down in the past, which can understandably leave them feeling hesitant and uncertain about what path to take, if any.

We are here to assist you in making **informed decisions** and we will do everything we can to get you the information you need, as fast as you need it.

We will be happy to arrange any of the **following next steps** for you:



### Take a Tour

You can take a tour of the Khiron Clinics residential clinic with a member of staff and typically chat to a therapist (subject to availability) on **any weekday between 3pm-4pm**, by prior arrangement.



### Speak to a Therapist

If you would like to have a conversation with a therapist over the telephone **we can arrange this**.



### Book Your Initial Consultation

You can also book a formal initial consultation with a senior clinician. This is a one-hour consultation, which can be done online or in person. You will receive a **written summary and treatment recommendation** within five working days of the consultation. The cost is £300.

# Contact Us

*We Are Here to Listen*

Whether you're seeking treatment for yourself, a loved one, or a client, we are here to help and listen to your story.

You can either reach out to us by **phone, email** or using our **contact form** on our website, where you can expect a reply back from us within 24 hours.

**All enquiries are private and confidential.**



**USA: +1 (866) 801 6184**  
**UK: + 44 (20) 3668 1606**



**help@khironclinics.com**



**www.khironclinics.com**

## Follow Us

*@khironclinics*

Explore our social media channels for a wealth of insights, including **trauma**-related topics, **nervous system** therapies, **wisdom** from trauma experts, and inspiring **stories of transformation** shared by our clients.





# Our Innovation Is Your Recovery

**Khiron**  **Clinics**  
GLOBAL TRAUMA RECOVERY

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