

HARBOR

Relational Family Treatment



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Our Relational Family Treatment Programme is carefully designed to address complex family dynamics impacted by mental health and substance misuse challenges. With discretion, luxury, and clinical excellence at its core, this treatment programme fosters meaningful healing, rebuilding trust and harmony.

Set within our range of private, luxury residences across central London, families and couples experience a transformative journey in absolute privacy – guided by our team of renowned specialists.



A Tailored Pathway to Family Healing

Understanding that each family is unique, we offer two exclusive options:

- + **Couples:** A deeply focused 3 to 7-day experience.
- + **Family:** A comprehensive 2 to 4-week structured journey, accommodating up to four members, tailored to individual needs.



Comprehensive, Personalised Assessment

Every journey begins with an insightful pre-admission assessment, carefully evaluating your specific needs and relational dynamics. From this, our specialists craft a personalised treatment pathway, setting the stage for sustainable healing.

Therapeutic Excellence and Emotional Restoration

Upon arrival, each member undergoes an individualised assessment, ensuring every therapy session aligns precisely with their needs. Throughout your stay, our expert team addresses essential relational themes, including:

- + Power dynamics within relationships
- + Financial influences and structures
- + The impact of emotional betrayal and affairs
- + Navigating mental health diagnoses within family units

Therapies delivered by our specialists include:

- + **Systemic Family Therapy** to address intergenerational patterns
- + **Couples and Relational Therapy** to rebuild emotional bonds
- + **Advanced trauma therapies** including EMDR
- + **Cognitive Behavioural Therapy (CBT)** for cognitive restructuring
- + **Experiential therapies** to restore trust and enhance communication



Mind, Body, and *Emotional Balance*

Recognising that *true healing encompasses the whole person*, our programme integrates:

- + Mindfulness, meditation, and breathwork for emotional grounding
- + Art and music therapies for creative expression
- + Nutritional counselling to enhance physical wellbeing
- + Customised physical exercise programmes for holistic health



Exceptional Privacy and Discretion

During treatment, absolute confidentiality and personalised attention are paramount:

- + Exclusive staff-to-client ratio for unmatched care
- + Strict confidentiality measures protecting your privacy
- + Luxuriously familiar private residences curated for serenity and comfort
- + Comprehensive medical evaluations ensuring clinically informed care



Family Healing at the Heart of London

True, lasting recovery happens within your everyday environment.

Our central London locations provide a discreet sanctuary where you and your family can face life's challenges in real-time, building sustainable resilience and long-term coping strategies.



The Structured Journey to Sustainable Change

Foundations for Change

Your journey begins with a detailed exploration of each family member's unique needs through comprehensive medical, psychiatric, and relational assessments.

These evaluations help identify underlying dynamics and inform the direction of personalised therapy sessions. Families and couples also engage in educational sessions, gaining valuable insights into relational healing, communication strategies, and the impacts of mental health or substance misuse challenges.

Depth of Healing

As the programme progresses, therapeutic work deepens significantly.

Daily individual therapy sessions provide focused, personal support for the primary client, addressing core issues driving distress; 2-3 family or couples therapy sessions each week create a safe space for open dialogue, addressing emotional wounds and rebuilding trust.

Group therapy provides additional peer support, while complementary mind-body treatments – including mindfulness, expressive arts, yoga, and meditation – further enhance emotional and physical restoration.

Strengthening Family Bonds

At this critical stage, therapy sessions intensify to 3-4 sessions weekly, emphasising emotional connection, clear communication, and relational trust.

Experiential activities, specifically curated for the family unit or couple, foster deeper connections and shared experiences. Additionally, optional multi-family/couple group sessions offer unique perspectives and peer-driven insights, enabling clients to learn from others' experiences.

Practical relapse prevention strategies and coping mechanisms are introduced to safeguard renewed strength and resilience.

Preparation for Lasting Success

In the concluding phase, families and couples engage in specialised workshops designed to support a seamless transition back to daily life.

Comprehensive aftercare plans are developed collaboratively, tailored to each individual's ongoing needs and evolving dynamics. Final intensive therapy sessions help solidify progress made during treatment, reinforcing key learnings and ensuring everyone leaves equipped with the tools, resilience, and clarity necessary for sustainable recovery and long-term relational harmony.

A Lifelong Commitment

Our support extends beyond your stay. We offer structured aftercare, ongoing therapy, and regular check-ins, ensuring the tools and insights gained at Harbor continue to support your wellbeing long after the programme concludes.



Your Dedicated Team of Experts

Your personally curated wellbeing team will include:

- + Family systemic or couple's therapists for intensive relational work
- + Individual therapists addressing personal emotional themes
- + Live-in recovery coaches for continuous support
- + Mindfulness and meditation specialists for nervous system regulation
- + Yoga or physical trainers to reinforce physical and emotional resilience

Our goal is to help restore and strengthen entire family units, guiding you to rediscover harmony, trust, and lasting resilience.



LONDON

HARBOR

EMPATHY IN EVERY STRIDE.
EXPERTISE IN EVERY SOLUTION.



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