

brighton rehab and wellness

Brighton Rehab and Wellness: Your Journey to a Healthier, Happier You

Are you searching for a fresh start? Feeling overwhelmed by life's challenges and yearning for a path towards improved physical and mental well-being? Brighton, a vibrant coastal city, also offers a surprising number of exceptional rehab and wellness facilities dedicated to helping you achieve your goals. This comprehensive guide dives deep into the world of Brighton rehab and wellness, exploring the various services available, the benefits you can expect, and how to find the perfect fit for your individual needs. We'll cover everything from addiction recovery to stress management, holistic therapies, and more, ensuring you have the knowledge to make informed decisions on your journey to a healthier, happier you.

Understanding the Brighton Rehab and Wellness Landscape

Brighton's unique blend of seaside charm and bustling city life creates a supportive and inspiring environment for personal growth. This translates into a diverse range of rehab and wellness centres, catering to a wide spectrum of needs. Whether you're battling addiction, struggling with mental health issues, or simply seeking a boost to your overall well-being, you'll find options that prioritize your individual journey.

This isn't just about clinical settings; Brighton also boasts a flourishing community of holistic practitioners, yoga studios, meditation centres, and healthy eating establishments that contribute to a holistic wellness ecosystem. The combination of professional support and a vibrant, supportive community sets Brighton apart as a prime location for those seeking transformation.

Types of Rehab and Wellness Services Offered in Brighton

Brighton offers a comprehensive array of services to address various health and wellness needs. Let's break down some key areas:

Addiction Rehab:

Many facilities in Brighton specialize in addiction treatment, addressing issues such as alcohol addiction, drug addiction, and gambling addiction. These programs typically incorporate evidence-based therapies, including Cognitive Behavioral Therapy (CBT), motivational interviewing, and 12-step programs. They often provide a safe, supportive environment to help individuals detox safely and address the underlying causes of their

addiction. The duration of programs varies, ranging from short-term intensive treatments to longer-term residential programs.

Mental Health Support:

Mental health services in Brighton are extensive, encompassing therapy for anxiety, depression, PTSD, and other mental health challenges. Therapists utilize various approaches, including psychotherapy, counselling, and medication management (where appropriate). Many centres offer individual and group therapy sessions, creating a sense of community and shared experience.

Holistic Therapies:

Brighton embraces a holistic approach to wellness, offering a wide selection of complementary therapies. These can include acupuncture, aromatherapy, massage therapy, yoga, meditation, and mindfulness practices. These therapies aim to promote relaxation, reduce stress, and improve overall well-being, often complementing traditional medical treatments.

Physical Wellness Programs:

Beyond mental and emotional health, Brighton boasts numerous fitness studios, gyms, and health and wellness centres that support physical well-being. These offer programs ranging from personal training and physiotherapy to nutrition counselling and weight management programs.

Finding the Right Brighton Rehab and Wellness Center for You

Choosing the right rehab or wellness centre is crucial for achieving your goals. Consider the following factors:

Your Specific Needs: What are your primary concerns? Addiction, mental health, stress management, or a combination?

Type of Treatment: Do you prefer inpatient or outpatient treatment? Do you need medication management? Are you interested in holistic therapies?

Accreditation and Qualifications: Ensure the facility and its practitioners are properly accredited and licensed.

Reviews and Testimonials: Research the centre's reputation by reading online reviews and testimonials.

Cost and Insurance: Understand the cost of treatment and whether your insurance covers it.

Location and Amenities: Consider the centre's location, accessibility, and amenities to ensure a comfortable and supportive environment.

The Benefits of Choosing Brighton for Rehab and Wellness

Brighton's unique location and resources offer several advantages for those seeking rehab and wellness services:

Supportive Environment: The city's vibrant community fosters a sense of belonging and support.

Access to Nature: The proximity to the sea and parks provides opportunities for relaxation and recreation.

Variety of Services: Brighton offers a diverse range of services to cater to individual needs.

Accessibility: The city is well-connected, making it easily accessible from various parts of the UK.

Conclusion

Embarking on a journey towards improved health and well-being is a significant step. Choosing Brighton for your rehab and wellness needs can provide a supportive and inspiring environment to facilitate your transformation. By carefully considering your individual needs and researching the available options, you can find the perfect centre to guide you towards a healthier, happier future. Remember, seeking help is a sign of strength, and the path to recovery and wellness is achievable with the right support and resources.

FAQs

1. What types of addiction treatment are available in Brighton? Brighton offers treatment for a wide range of addictions, including alcohol, drugs, gambling, and eating disorders. The specific programs and therapies will vary between facilities.
1. Are there affordable options for rehab and wellness in Brighton? Yes, there are various options, including NHS services and some charities offering subsidized or free support. It's important to research and compare costs.
1. How do I find accredited rehab centers in Brighton? You can search online for accredited rehab centers, check with your GP for referrals, or contact local health authorities.

1. What kind of support is available for family members during someone's rehab journey? Many centers offer family therapy sessions and support groups to help families cope and understand the process. Additional support can be found through local charities and support networks.
1. Can I combine traditional therapy with holistic approaches in Brighton? Yes, many centers integrate traditional medical treatments with complementary therapies like yoga, acupuncture, and massage, offering a holistic approach to wellness.

brighton rehab and wellness: Legal Aspects of Health Care Administration George D. Pozgar, 2022-05-11 One of the most trusted resources on health care law, *Legal Aspects of Health Care Administration* will be available in a new Fourteenth Edition this spring. An ideal introduction to the legal and ethical issues in the healthcare workplace, this authoritative guide explores a wide range of health care topics -- from tort reform and healthcare ethics to patient rights and managed care. Written in a comprehensible and engaging manner, this indispensable text will carefully guide your students through the complex maze of the legal system and will serve them throughout their professional lives. With over 40 years of experience as an administrator, consultant, and surveyor across 650 hospitals, author George D. Pozgar provides a uniquely accessible tool for grasping the legal complexities of health care through an array of real-life case studies, precedent-making court cases, and key statistical data.

brighton rehab and wellness: Pandemic, Inc. J. David McSwane, 2022-04-12 "This startling, vital book deserves our attention." —San Francisco Chronicle For readers of *War Dogs* and *Bad Blood*, an explosive look inside the rush to profit from the COVID-19 pandemic, from the award-winning ProPublica reporter who saw it firsthand. The United States federal government has spent over \$10 billion on medical protective wear and emergency supplies, yet as COVID-19 swept the nation, life-saving equipment such as masks, gloves, and ventilators was nearly impossible to find. In this brilliant nonfiction thriller, award-winning investigative reporter J. David McSwane takes us behind the scenes to reveal how traders, contractors, and healthcare companies used one of the darkest moments in American history to fill their pockets. Determined to uncover how this was possible, he spent over a year on private jets and in secret warehouses, traveling from California to Chicago to Washington DC, to interview both the most treacherous of profiteers and the victims of their crimes. *Pandemic, Inc.* is the story of the fraudster who signed a multi-million-dollar contract with the government to provide lifesaving PPE, and yet never came up with a single mask. The Navy admiral at the helm of the national hunt for additional medical resources. The Department of Health whistleblower who championed masks early on and was silenced by the government and conservative media. And the politician who callously slashed federal emergency funding and gutted the federal PPE stockpile. Winner of the Goldsmith Prize for Investigative Reporting, McSwane connects the dots between backdoor deals and the spoils systems to provide the definitive account of how this pandemic was so catastrophically mishandled. Shocking and revelatory, *Pandemic, Inc.* exposes a system that is both deeply rigged, and singularly American.

brighton rehab and wellness: Covid-19 and Capitalism Koen Byttebier, 2022-04-22 This open access book provides a comprehensive analysis of the socioeconomic determinants of Covid-19. From the end of 2019 until presently, the world has been ravaged by the Covid-19 pandemic. Although the cause of this is (obviously) a virus, the extent to which this virus spread, and therefore the number of infections and deaths, was largely determined by socio-economic factors. From this, it

follows that the course of the pandemic varies greatly from one country to another. This observation applies both to countries' resilience to such a pandemic (which is mainly rooted in the period preceding the outbreak of the virus) and to the way in which countries have reacted to the virus (including the political choices on how to respond). Meanwhile, research has made it clear that the nature of this response (e.g., elimination policy, mitigation policy, and proceeding herd immunity) was, on the one hand, strongly determined by political and ideological factors and, on the other hand, was highly influential in the factors of success or failure in combating the pandemic. The book focuses on the situation in a number of Western regions (notably the USA, the UK, and the EU and its Member States). The author addresses the reasons why in many Western countries both pandemic prevention and response policies to Covid-19 have failed. The book concludes with recommendations concerning the rearrangement of the socio-economic order that could increase the resilience of (Western) societies against such pandemics.

brighton rehab and wellness: 7Shots Later Overcoming Obstacles Darell Reed, 2022-11-24 This story is about a quadriplegic man who was shot 7 times by his childhood associate who suffered from a mental health condition by the name of schizophrenia who has failed the system and professional medical team who didnt take him serious as a mandated reporters here in the twin cities. On his journey facing many obstacles Darell refused to give up on life after being left bedridden for 5 plus years due to a defective medical system that so many here in america put so much faith in. Darell will shock many leaving you mind boggled and in total disbelief at every turn of page .

brighton rehab and wellness: Senior Living Texas Directory, Guide for Assisted Living, Memory Care, and Skilled Nursing Facilities ZNest, 2023-04-12 Senior housing directory for Texas provides a comprehensive list of assisted living and memory care (aka dementia or Alzheimer's) as well as skilled nursing (aka nursing homes). This resource guide includes: - Definitions of independent living, assisted living, memory care, and skilled nursing - Definition of Long-Term Care insurance - Spotlight of the Top 10 largest assisted living facilities in the state. - Listings of 2,009 assisted living and memory care facilities (sorted by county, city, and zip) including telephone, address, and capacity - Listings of 1,204 skilled nursing facilities (sorted by county, city, and zip) including telephone, address, and capacity ZNest's mission is to help families find the best possible care for their aging loved ones. The website at ZNest.com has the most accurate information for independent living, assisted living, memory care, and skilled nursing.

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brighton rehab and wellness: I Wiggled My Toes ... Hallelujah! Joseph C. Salvo, 2021-04-23 Within two weeks I visited three different doctors, had four MRIs, was diagnosed with a meningioma tumor and endured twelve hours of very delicate brain surgery. Post-surgery, an unexpected turn of events occurred. If the reader is confronted with an unimaginable and seemingly insurmountable challenge, he or she must remember that with fortitude, God's help, support from family and friends, and an excellent medical team, anything is possible. When I left the rehabilitation facility, the entire medical staff referred to me as being a "miracle" and encouraged me to write a book. They felt that my journey would give hope to others who had dealt with, or were presently dealing with, a life-changing experience. I did indeed encounter many coincidences during my journey that re-affirmed that God had indeed interceded on my behalf during the entire process.

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brighton rehab and wellness: Vocational Rehabilitation Gordon Waddell, Vocational Rehabilitation Task Group, A. Kim Burton, Industrial Injuries Advisory Council, Nicholas Kendall, 2008-07-17 The aim of this review was to provide an evidence base for policy development on vocational rehabilitation - defined as whatever helps someone with a health problem to stay at, return to and remain at work. The focus was on adults of working age, the common health problems that account for two-thirds of long-term sickness (mild/moderate musculoskeletal, mental health and

cardio-respiratory conditions) and work outcomes (staying at, returning to and remaining in work). Data from some 450 scientific reviews and reports were included in evidence tables. The review demonstrates that there is a strong scientific evidence base for many aspects of vocational rehabilitation, a good business case for it and more evidence on cost-benefits than for many health and social policy areas. Generic and condition-specific findings are reported, and practical suggestions offered for the differing types of people affected by health problems. Vocational rehabilitation should be a fundamental element of government strategy to improve the health of working age people.

brighton rehab and wellness: *Families Caring for an Aging America* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

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brighton rehab and wellness: *Building a Business with a Beat: Leadership Lessons from Jazzercise—An Empire Built on Passion, Purpose, and Heart* Judi Sheppard Missett, 2019-06-25 Transform your passion into a profitable business—with the help of the legendary entrepreneur who turned an innovative idea into a \$100 million global powerhouse. Judi Sheppard Missett is a fitness icon who, at just three years old, discovered a passion for dance that would eventually fuel a global dance fitness empire. After an early life spent honing her dancing skills and a career as a professional jazz dancer, Judi had an epiphany: why not combine the art of jazz dancing with the science of exercise to help others achieve a healthier, happier self-image and life? The wildly enthusiastic response from her first 15 students inspired her to launch Jazzercise, Inc., the world's leading dance fitness program with a cumulative \$2 billion in global sales. In *Building a Business with Beat*, Judi reveals for the first time the secrets behind the company's five decades of enormous success. In addition to helping millions of men and women improve their health and well-being through the fun and fitness of dance, Judi has inspired 8,500 franchisees to achieve their dream of owning and running their own business. Now, through powerful personal stories, practical proven-successful advice and insights, Judi shares how you, too, can transform your passion into a profitable business. This inspirational guide will teach you how to:

- Create a successful business by discovering and defining your larger purpose
- Use your unique perspectives and abilities to enhance the lives of others
- Deftly handle everyday obstacles and unplanned events
- Develop an open mindset and embrace innovation and new possibilities
- Inspire your staff to connect to a purpose greater than day-to-day work, and more

Filled with helpful tips, smart strategies, and no-nonsense advice, this book is essential reading for anyone who has ever dreamed of creating a thriving, purpose-driven business. The author is living proof that when you're doing what you love, it may not seem like work at all.

brighton rehab and wellness: *Senior Living California (San Diego County only) Directory, Guide for Assisted Living, Memory Care, and Skilled Nursing Facilities* ZNest, 2023-04-10 Senior housing directory for San Diego County provides a comprehensive list of assisted living and memory

care (aka dementia or Alzheimer's) as well as skilled nursing (aka nursing homes). This resource guide includes: - Definitions of adult day care (defined as CBAS - Community Based Adult Services), independent living, assisted living, memory care, and skilled nursing - Definitions of Long-Term Care insurance, and the Assisted Living Waiver program - Spotlight of the Top 10 largest assisted living facilities in the county. - Listings of 572 assisted living and memory care facilities (sorted by county, city, and zip) including telephone, address, and capacity - Listings of 82 skilled nursing facilities (sorted by county, city, and zip) including telephone, address, and capacity

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Association for Fitness in Business (U.S.), 1987

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brighton rehab and wellness: **Insiders' Guide® to Denver** Eric Lindberg, 2013-08-06
Insiders' Guide to Denver is the essential source for in-depth travel information for visitors and locals alike to this storied Colorado city. Written by a local, and true insider, Insiders' Guide to Denver offers a personal and practical perspective of Denver and its surrounding environs that makes it a must-have guide for travelers as well as residents looking to rediscover their hometown.

brighton rehab and wellness: **The New Parkinson's Treatment** Melissa McConaghy, 2019-03-23 This revised edition of The New Parkinson's Treatment: Exercise is Medicine is a must read if you, or someone you know, has been diagnosed with Parkinson's. Exercise cannot be underestimated for its role in slowing Parkinson's down. This book introduces the seven key concepts to help you get the most out of your exercise program, as well as easy strategies and hints to keep you motivated. Based on cutting-edge research and tested extensively by Australian physiotherapists, this exercise program has been designed to bring out your inner warrior - your PD Warrior! The PD Warrior Philosophy is that exercise, education, community and a life-long commitment to fighting the symptoms of Parkinson's can help you develop a greater state of physical, mental and social wellbeing. Neurologists and other health professionals are referring to PD Warrior as a game-changer and, since its launch in Australia in 2012, it has grown exponentially, with extremely successful outcomes and widespread popularity. PD Warrior is not a cure, it's your chance to take control. So start now - you have nothing to lose and everything to gain.

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patients. - Consolidates today's available information and guidance in this challenging and diverse area into one convenient resource.

brighton rehab and wellness: *The Cowboy's Family Plan* Judy Duarte, 2012-08-21 Solemn rancher Alex Connor was looking for a good woman. To be more precise, he was looking for a surrogate to bear his babies. He had it all figured out: he'd be a single dad completely devoted to his children. But after his first meeting with obstetrician Dr. Selena Ramirez, all his carefully made plans flew out the window. Selena knew she'd be able to help Alex, though not in the way he might imagine. Common sense told her to run when the sexy green-eyed cowboy admitted he wanted her. What kind of crazy fate had brought a man yearning for offspring to a woman who couldn't have any? What kind of crazy girl would gamble on a man whose heart was already taken?--P. [4] of cover.

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brighton rehab and wellness: *Massage and Myotherapy* Brian Tritton, 1996 First published in 1993, this second edition text has been revised and updated to incorporate changes occurring in the myotherapy profession. It now includes the modalities in myotherapy treatment and the effects of these modalities as well as information on myofascial trigger points. It describes the structure and function of the musculo-skeletal system as well as discussing techniques used in the treatment of soft tissue dysfunction and the facilitation of human movement. Includes references, a bibliography and an index. The author is a teacher in the department of health and clinical science at RMIT.

brighton rehab and wellness: *Adaptive Sports Medicine* Arthur Jason De Luigi, 2017-09-18 This first-of-its-kind text provides a comprehensive presentation and review of the unique aspects of adaptive sports medicine and adaptive athletes, who are increasingly active and prominent, not only individually and in local leagues and organizations but also in larger settings like the Paralympics. Divided into thematic sections, part one covers the history and natural course of the care, policies and laws that have been developed over the years for persons with disabilities, as well as the biomechanics and technology of wheelchair sports and adaptive sports prostheses. The medical considerations of the adaptive athlete comprise part two, including injury epidemiology, emergent care, and surgical and rehabilitative considerations. Part three, by far the most extensive section, discusses specific wheelchair and adaptive sports, including adaptive running, cycling, water sports and throwing sports, wheelchair basketball, softball and rugby, as well as adaptive combative and extreme sports. Selected topics, including event planning, advocacy and controversies such as doping, are covered in part four. A comprehensive yet practical text, *Adaptive Sports Medicine* is a go-to resource and will be an invaluable reference for any sports medicine or primary medicine practitioner working with this unique population.

brighton rehab and wellness: *Sports Injury Prevention and Rehabilitation* David Joyce, Daniel Lewindon, 2015-12-14 World-class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. In this ground-breaking new book, leading sports injury and rehabilitation professionals, strength and conditioning coaches, biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care. In every chapter, there is a sharp focus on the return to performance, rather than just a return to play. The book introduces evidence-based best practice in all the core areas of sports injury risk management and rehabilitation, including: performance frameworks for medical and injury screening; the science of pain and the psychology of injury and rehabilitation; developing core stability and flexibility; performance retraining of muscle, tendon and bone injuries; recovery from training and rehabilitation; end-stage rehabilitation, testing and training for a return to performance. Every chapter offers a masterclass from a range of elite sport professionals, containing best practice protocols, procedures and specimen programmes designed for high performance. No other book examines rehabilitation in such detail from a high performance standpoint. *Sports Injury Prevention and Rehabilitation* is essential reading for any course in sports medicine and rehabilitation, strength and conditioning, sports science, and for any clinician, coach or high performance professional working to prevent or rehabilitate sports injuries.

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brighton rehab and wellness: Guidelines for Cardiac Rehabilitation Programs AACVPR, 2020-03-04 Guidelines for Cardiac Rehabilitation Programs, Sixth Edition With Web Resource, presents the combined expertise of more than 50 leaders in the field of cardiac rehabilitation (CR), reimbursement, and public policy to empower professionals to successfully implement new CR programs or improve existing ones. Developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), this guidebook offers procedures for providing patients with low-cost, high-quality programming that moves them toward a lifelong commitment to disease management and secondary prevention. Cardiovascular disease (CVD) is the principal cause of death worldwide. It is projected that by 2035, more than 130 million adults in the United States will have CVD. The challenge to CR professionals is to select, develop, and deliver appropriate rehabilitative and secondary prevention services to each patient tailored to their individual needs. Guidelines for Cardiac Rehabilitation Programs, Sixth Edition, is the definitive resource for developing inpatient and outpatient cardiac rehabilitation programs. The sixth edition of Guidelines for Cardiac Rehabilitation Programs equips professionals with current scientific and evidence-based models for designing and updating rehabilitation programs. Pedagogical aides such as chapter objectives, bottom line sections, summaries, and sidebars present technical information in an easy-to-follow format. Key features of the sixth edition include the following: A new chapter on physical activity and exercise that helps readers understand how to develop and implement exercise programs to CVD patients A new chapter on cardiac disease populations that offers readers a deeper understanding of CVD populations, including those with heart valve replacement or repair surgery, left ventricular assist devices, heart transplant, dysrhythmias, and/or peripheral artery disease Case studies and discussion questions that challenge readers to consider how concepts from the text

apply to real-life scenarios An expanded web resource that includes ready-to-use forms, charts, checklists, and logs that are practical for daily use, as well as additional case studies and review questions Keeping up with change is a professional necessity and keeping up with the science is a professional responsibility. Guidelines for Cardiac Rehabilitation Programs, Sixth Edition, covers the entire scope of practice for CR programs and professionals, providing evidence-based information on promoting positive lifestyle behavior patterns, reducing risk factors for disease progression, and lessening the impact of CVD on quality of life, morbidity, and mortality. Note: The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

brighton rehab and wellness: Case Studies AAOS, Beth Ann McNeill, 2011-09-26 Designed as a companion to Emergency Care and Transportation of the Sick and Injured, Tenth Edition, Case Studies offers detailed cases that align with the chapter content in the Tenth Edition. An ideal supplement to any course that utilizes the Tenth Edition, all EMT students will benefit from these vivid, realistic cases. Each case presents SAMPLE history, vital signs, and assessment information in tabular format for ease of use and features a scenario analysis, answer rationales, and a completed patient care report. Cases covering thirty-one topics are presented, including respiratory emergencies, toxicology, obstetrics and neonatal care, geriatric emergencies, and incident management. Case-based resources encourage active learning, promote critical-thinking skills, and help you make the connection between cognitive information learned in class and real-life situations. Features of Case Studies include: Realistic scenarios and humanizing details that give you a sense of being on scene with real patients Comprehensive rationales for all critical-thinking questions Focus on systematic patient assessment, scene leadership, and documentation Challenges EMTs will face in the field, such as refusal of care, complications from weather, potentially hazardous scenes, and incomplete patient histories Providers who model a high standard of care

brighton rehab and wellness: Medical Directory of Australia , 2000

brighton rehab and wellness: The Hoffman Process Tim Laurence, 2007-12-18 For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

brighton rehab and wellness: *Boarding School Syndrome* Joy Schaverien, 2015-06-05 Boarding School Syndrome is an analysis of the trauma of the 'privileged' child sent to boarding school at a young age. Innovative and challenging, Joy Schaverien offers a psychological analysis of the long-established British and colonial preparatory and public boarding school tradition. Richly illustrated with pictures and the narratives of adult ex-boarders in psychotherapy, the book demonstrates how some forms of enduring distress in adult life may be traced back to the early losses of home and family. Developed from clinical research and informed by attachment and child development theories 'Boarding School Syndrome' is a new term that offers a theoretical framework on which the psychotherapeutic treatment of ex-boarders may build. Divided into four parts, History: In the Name of Privilege; Exile and Healing; Broken Attachments: A Hidden Trauma, and The Boarding School Body, the book includes vivid case studies of ex-boarders in psychotherapy. Their accounts reveal details of the suffering endured: loss, bereavement and captivity are sometimes compounded by physical, sexual and psychological abuse. Here, Joy Schaverien shows how many boarders adopt unconscious coping strategies including dissociative amnesia resulting in a

psychological split between the 'home self' and the 'boarding school self'. This pattern may continue into adult life, causing difficulties in intimate relationships, generalized depression and separation anxiety amongst other forms of psychological distress. Boarding School Syndrome demonstrates how boarding school may damage those it is meant to be a reward and discusses the wider implications of this tradition. It will be essential reading for psychoanalysts, Jungian analysts, psychotherapists, art psychotherapists, counsellors and others interested in the psychological, cultural and international legacy of this tradition including ex-boarders and their partners.

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