

## Hope Holistic Program - vs - Old 12 Step Model

### **Destination Hope Rehab - A New Path to Recovery....**

International treatment centers are no longer just an option for the rich and famous, Hope has made this possible. There are many compelling reasons on this page as to why Hope is the best choice, please take some time to read it. Treatment centres in Thailand are all part of the Health tourism boom and have become a realistic and common alternative to western based facilities. Operating costs are obviously lower, so we charge less than third compared to Australian, European, and American based facilities for a better service.

#### HOPE REHAB CENTER THAILAND



### **Thailand's Top Rehab - You decide?**

The title of "best rehab in the world" is likely going to go to one you never heard of - most probably a modest operation that prefers to invest money in resources for clients rather than expensive publicity campaigns. Ironically, part of the solution for addiction or alcoholism is humility and a reduced ego, so the glamorous 5-star luxury resort-style rehabs actually go against this principle. We keep Hope affordable without compromising treatment and we are widely acknowledged to be unbeatable value for money.

## **A Brief History of Treatment Centre's**

Rehabs have been around since the early nineteenth century when they were first referred to as 'sober houses' or 'inebriate asylums'. Otherwise it was Jails, institutions and death.

The first known suggestion that addiction might be a 'disease' came about in 1811 in a book by Benjamin Rush (one of the founding fathers of the US) called 'An Inquiry into the Effects of Ardent Spirits Upon the Human Body and Mind'. The change in the view of addiction became mainstream in 1956 when the American Medical Association (AMA) officially declared it as an illness.

There is no doubt that 12 Step groups have revolutionized the way we approach addiction and no other treatment option has had the same level of success. However It didn't take long before the limitations of the old style 12 Step model as a 'one-size-fits-all' approach in rehab became obvious. There are some clients who are '12-step ready', and some who are not. There are also many who have other issues that needed to be dealt with before a full recovery became possible.

The Hope program gets results and is gaining respect Internationally, many clients choose to come to Hope after hearing about us in the media. Our facility is increasingly being talked about in newspaper and magazine articles, and there have also been documentaries featuring our treatment approach. We are gaining respect internationally because our program gets results.

The Times They 'Are-A-Changin' - So Is The Definition of Addiction: It is worth mentioning at this point that 'The American Society of Addiction/Alcohol Medicine' (ASAM) released in 2011 the most up-to-date definition of addiction, defining addiction as a brain disease involving many brain functions. In other words they put an official stamp on what Alcoholics Anonymous has been saying for decades. But the days of dodgy self-help groups and AA big book bashing are over, or at least should be over. Unfortunately, some Rehabs still use this style of shaming and blaming but Hope does not. You will not hear the dogmatic "get god or die" rhetoric at Hope Rehab.

## Hope Rehab Holistic Program

Thankfully, Hope can offer clients/guests a lot more but remember the AA program is still can be an important piece in the jigsaw for many people. It is just we have so much more these days that can help individuals. You certainly don't have to think of this as an either/or situation (e.g. either 12 Steps or CBT) but rather about you finding the mix of tools that will allow you to build a better life.

We do urge clients who come to Hope to fully engage in the program during their stay - this is because we need to experiment with a tool before we decide it isn't going to work for us. For example, if you arrive at Hope with the attitude that mindfulness isn't for you, and you then actively avoid that part of the program, you can't say afterwards that mindfulness didn't work for you - how could you know, you even didn't try?



→What does Holistic mean? All elements of life are interconnected

→What is Holistic Rehab? Treatment addressing the whole person

Hope Rehab employs what is best described as a 'Holistic' approach to treatment because we believe it is this that will give you the best chance of recovery. We have found it is only by treating you as a unique and whole person, rather than just an 'addict or alcoholic' we can support you through this process and provide you with the tools you need to transform your life.

## **Hope Program**

Our combination approach includes a modern interpretation of the conventional twelve step model and the following;

- Cognitive Behavior Therapy
- Group Work
- Peer support meetings
- One-to-One Counseling
- Group exercise and Fitness
- Yoga and Tai Chi
- Family therapy
- Thai Massage and Spa
- Mindfulness sessions and individual coaching
- Thai Massage therapy
- Sober-coaching
- island trips and excursions
- Relapse prevention workshops
- Aftercare groups and advice
- Detox

At Hope we offer a comfortable residential program that includes cognitive behavioral therapy, mindfulness therapy, physical therapy and wellness therapies. When you first arrive in our community, you will be fully assessed to determine exactly what your recovery program should involve – we have found this individualized approach to recovery gives you the best chance of success.

The fact that we are a relatively small community, only 20 beds means our team of 14 therapists can give you enough of the 1-to-1 interaction that can be important for your development and progress. We are also a 'Therapeutic Community' this means a residential group-based approach to treatment. One client supporting another client with feedback and identification.

## **Hope's 100 page Workbook**

When you enroll into our program you will be receive our 100 page workbook of exercises, session plans and worksheets. Our unique workbook has been designed and compiled by Simon Mott, It combines the very best in modern psychological concepts and cognitive behavioral therapy (CBT) with the tried and tested Minnesota Addiction Recovery program. Your counselor will take you through the program handbook and assignments and teach you how to use the psychological tools such as CBT and help you complete the many exercises.

## **Processing Toxic feelings**

Addiction is characterized by dysfunctional emotional response: Anger is a natural emotion related to one's perception hurt or denied. Anger is often a defense that masks the true underlying emotion. We often use anger to cover painful emotions that may leave us feeling vulnerable.

Anger and frustration are linked to stress and depression, leading in turn to isolation and low self-esteem. Often fuelling addictions as one seeks to numb or escape the pain by self-medicating. Anger is part of the fight or flight (or freeze, fidget, faint) biological brain limbic system response to a perceived threat of harm. We act out anger to relieve the adrenaline it creates and protect ourselves.

Suppressing anger causes toxicosis in the brain and leads to anxiety and depression. Neurochemicals (noradrenalin) are stored up and if not cleared by healthy process can lead to anxiety, depression and other toxic feelings.

## **Anxiety and Depression Therapy**

Anxiety is a common symptom shared by addicts and alcoholics. Anxiety can suck all the joy out of living. Some of us turned to alcohol or drugs in an attempt to deal with this discomfort, but this only made things worse. At Hope Rehab we provide you with effective tools for managing anxiety, so you can start to experience what it is like to be joyous, happy, and free.

Depression is a modern term, Hippocrates, the father of Western medicine, described a syndrome of melancholia over 2000 years ago or "black-dog" as Winston Churchill described it, characterizing it as fears and despondency. Addiction can have serious repercussions on a person's life, leading to financial and legal troubles, impaired thinking and judgment, as well as stress. Struggling with money or grappling with a failed relationship, you're more likely to feel depressed. Alcohol is a depressant and has a sedative effect on the brain. Therefore, it exaggerates depression because of its direct neurotoxic effects. A drink or two, smoking cannabis, a line of cocaine, might temporarily relieve some symptoms, but each time a chemical leaves the body, it usually brings the depression to new lows known as "Withdrawal depression".

## **Physical Fitness, Recovery and Growth**

The way we view physical fitness is being at a level of physical wellness so you are able to get the most out of life. It is about getting and keeping your body at least in a fit enough shape, so you can comfortably accomplish the tasks you need to do each day. We always say, 'get up before your addiction does' Not every action brings happiness - but there is definitely no happiness without some action, so little by little you will get stronger.

Addiction will have negatively impacted your physical health as well as your mental well-being. In order for you to be strong enough to break free of alcohol or drugs, you need to get your body back into shape. Our exercise program here at Hope is going to restore your physical fitness, so you are better able to live life to the fullest.

## **Yoga, Thai Chi & Pilates**

One of the worst things that happens due to addiction is that you become disconnected from the world around you. The purpose of Yoga Tai Chi Pilates at Hope is to help you get back in touch with your body and mind, so you can experience this amazing gift of life that the universe has given you. Yoga is a wonderful practice for people in recovery because it has physical, mental and spiritual benefits.

## **Muay Thai Boxing**



Muay Thai has been developed through many generations, involving many aspects of Thai culture and customs, including spirituality, music, literature, morals, and ethics. It is sometimes referred to as the 'art of the eight limbs' because it involves using almost every part of the body. Muay Thai can be viewed as a sport, art, fitness routine, self-defense practice, or even a spiritual path. It is one of the activities you are going to get to experience during your time with us here at Hope Rehab Center.

### **Family Involvement Program**

At Hope Rehab we suggest to all clients that they involve their families - loved ones and anyone who has been affected by their addiction or alcoholism. Even though we are located in Thailand, it is still possible to have family addiction therapy. We do this in many ways, but one tool that we have found to be very effective is the family feedback questionnaire. In addition family addiction therapy can include Skype calls and emails. We ask all appropriate parties to agree to participate in the family treatment program by completing the following questionnaire. The reason we do this is that family feedback is a valuable tool and can help everyone involved heal.

Understanding family history may be helpful when clients are experiencing deep shame, confusion, or anxiety as a result of seeing themselves repeat negative behaviors from their in childhood. For clients struggling with acceptance and forgiveness, family therapy may help in understanding their problems. It may also be useful for clients who have parenting issues to understand the roots of their children's behaviors.

### **Spirituality is not Religion**

Spirituality is not religion, however religion may incorporate spiritual principals and values. There should be no divide between practitioners of psychology and those of spirituality. After all spirituality is a form of positive psychology that helps us comprehend aspects of existence, death, and nature. Some say.....

Religion is for people who don't want to get to Hell - Spirituality is for people who have been there.

Our program is non-secular (not religious) but incorporates spiritual principles and values, Mindfulness-meditation is well known to help with addiction, stress, depression and anxiety problems. The fusion of east

meets west, and evidenced based therapeutic interventions like CBT is globally accepted nowadays as the best approach to helping addicts and alcoholics of all descriptions.

Way back in 1935 The founders of Alcoholics Anonymous were members the Oxford Group, a Christian organization trying to help Alcoholics. So when AA started they adopted Christian values and even the Christian language (God) in the big book. Maybe one day it will be updated to reflect our more secular world (not because there is anything necessarily wrong with Christianity but just so the Big Book can be more inclusive as per the stated mission of the early members). However, adopting a new philosophy for life and belief system will strengthen your recovery and is a sensible approach to creating a new healthy lifestyle - the most pertinent question isn't if spiritual beliefs are ultimately true but if they actually work by helping us function better in the world. Having a definite purpose to your life gives you focus and goals to aim for as opposed to feeling lost. Finding a meaning for your existence really makes life more rewarding.

### **The Disease Concept Not the Medical Model**

Don't be confused, addiction cannot be cured in the traditional medical sense or in a hospital. Treatment of addiction and alcoholism means addressing psychological, environmental and social aspects (triggers) of the problem, not just the biological condition.

The Society of Addiction and Alcohol Medicine 'ASAM' define addiction as "A primary, chronic disease of brain reward, motivation, and memory. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations"

So medical help is "medication-assisted therapy" not "therapy-assisted medication" Medication alone fails, the analogy is with depression: If you ask most people what depression is, they'll answer that it's a serotonin deficiency disorder and that the solution is to put somebody on an SSRI (antidepressant medication) but that's a simplistic and short term way of managing depression. Medication can be helpful, but it needs to be combined with talk therapy and lifestyle change. Also humans become tolerant to all drugs/medication so a sustainable long-term solution must be found.



Addiction is like cardiovascular disease or diabetes, recognized as a chronic disease, it must be treated, managed and monitored over a person's lifetime because there is no pill which alone can cure addiction, so choosing "a recovery lifestyle" over unhealthy behaviours is akin to people with heart disease who choose to eat healthier or begin exercising.

Limitations of Medical & Pharmaceutical approach: Unfortunately, the medical model does not work well for many of us. Giving medication to addicts and alcoholics may relieve symptoms temporarily, and there are certainly drugs that help with physical withdrawals, but popping a pill is unlikely to resolve many of the additional issues that cause us to drink or take drugs in the first place.

It would be wonderful if there were some pill we could take that would then remove addiction from our lives, but this is not possible. In fact, it is unlikely to ever be possible because the effects of such a wonder drug would be far too drastic - they would have to be for the treatment to be able to fix all of the stuff driving the addictive behaviour. The drug would need to work like a lobotomy so we no longer had to deal with our messy feelings - it would also likely have to erase all of our memories both good and bad because too many of these are relapse triggers.

### **The Holistic approach helps Symptoms of Addiction**

A holistic treatment programs like ours address the key major areas of life and its symptoms. Such as Thinking, Emotional Health, and Physical Well Being. This means we treat the whole person and address every area of their lives that has been affected. This is a list of common symptoms;

- Reward seeking and the pleasure bubble
- Compulsive behavior and low impulse control
- Relief seeking and escaping
- Impaired decision making and distorted thinking
- Anxiety and fear
- Obsession OCD
- Low Stress threshold and over-sensitivity
- Low frustration tolerance and impatience
- Impaired emotions or moods swings
- Depression
- Lack of motivation
- Low Boredom threshold and loss of interest for life

## Hope's Mindfulness & Meditation Coaching Program



The current popularity of mindfulness means the best rehabs are now incorporating it into their programs. This is a wonderful development as mindfulness has huge potential to transform lives. However too often, mindfulness is offered as an extra tool that fits in awkwardly with the rest of the program.

Mindfulness is one of the four key components of what we do at Hope Rehab. The mindful compassion program was designed by someone who has used this path exclusively as a way to freedom following addiction. Our program has real substance, it is unlike anything found in other rehabs, and it continues to evolve as we discover what works for clients and what doesn't.

Our mindfulness classes is where clients learn about the theory and practical aspects of using this approach and obstacles to mindfulness. Some of the topics we cover include:

- Open-hearted living
- How to feel comfortable in your own skin
- Mindfulness relapse prevention
- Mindfulness for anxiety and stress
- Developing a new relationship with thought
- Mindfulness for Depression and grief
- Mindfulness for anger and toxic feelings
- Mindfulness for addiction cravings

## **Personal Mindfulness Coaching Sessions involve:**

- Advice on using mindfulness in recovery
- Guidance on developing a mindfulness practice
- Advice on how mindfulness may help with specific personal problems
- Encouragement and support
- Mentoring – the sharing of knowledge and experience

Here in Thailand, we talk about “monkey mind” - this refers to the thoughts jumping around in our head causing mischief. Monkeys are always going to be monkeys, and thoughts are always going to be thoughts - the job of mindfulness is not to stop or change thoughts but to limit the amount of mischief caused by thought.

While practicing mindfulness, we begin to notice how our thoughts become increasingly troublesome the more we focus on them - it is the same as what would happen if you began feeding the local monkeys here in Sri Racha, you would find more and more of them turning up at your door until it became a real hassle. Mindfulness teaches us to stop feeding our thoughts - if we just let them be, they will let us be.

## **One-to-one counselling at Hope**

You will see your counselor regularly to check in and you will meet at least twice a week for your counseling sessions. We are here to listen to you, guide you, coach you, and teach you. We use a combination of our programs directive structure and person-centered-approach to help you find the answers and solutions you are looking for. It is a confidential space just for you to reveal your deepest concerns, so if you have trust issues then these will be exposed in your sessions and can be addressed.

## **Cognitive Behavioural Therapy – CBT for Addiction/Alcoholism**

“Short-term therapy with long-term results” CBT is now the most popular and widely used form of “talk-treatment” or counseling in the world, used for every type of problem. It is a tool for change that focuses on thinking and thought processes. Two important ways in which CBT can help your recovery is by teaching you to recognise and managing high-risk situations, and provides you with tools for coping and dealing with potential threats.

CBT helps with Negative thinking patterns, self-talk and beliefs systems, dialogs that includes unhelpful thoughts springing from irrational core beliefs.

## **Hope Group therapy program**

Nothing compares with “The power of the group” and the camaraderie you feel, and the support you get as well as the learning that is gained from the group sessions. Even the very risk taken by attending and participating in group is of unparalleled value. It’s a mutual support system facilitated by our experienced staff in various forms such as;

- |  |  |
|--|--|
| <input type="checkbox"/> Morning process group | <input type="checkbox"/> Structured topic group    |
| <input type="checkbox"/> Gratitude Circle      | <input type="checkbox"/> Assignment work group     |
| <input type="checkbox"/> CBT                   | <input type="checkbox"/> Educational presentations |
| <input type="checkbox"/> Peer support meetings | <input type="checkbox"/> Relapse prevention group  |

Psychotherapy and neuroscience meet when we talk about the mind and the brain. It is said that social interactions and common aims release brain chemistry during active engagement, producing energy and feelings of contentment naturally.

- Identification with other members
- Altruism or being of service by helping other people
- Instillation of hope by witnessing others change
- Imparting information or sharing your valuable knowledge
- Correcting experience by linking your past to your present
- Imitating or modeling healthy behaviors
- Cohesiveness in community and fellowship
- Existential factors are finding purpose and meaning in life
- Cathartic relief via honest self-expression
- Learning by listening to others feedback
- Teaching by bravely giving your feedback

## **Relapse Prevention**

What is Relapse Prevention? After making changes to your life, it is important to consider how to maintain these changes so they are sustainable throughout everyday life. Relapse prevention will equip you with the tools you need to ensure that you do not fall back into old habits.

We draw strong focus on raising awareness around “triggers”. Triggers are cues and impulses to use drink or drugs again – often as a way of coping or responding to events that cause stress, or simply being offered the chance to use.

“The power of external cues to trigger craving and drug use, as well as to increase the frequency of engagement in other potentially addictive behaviors, is also a characteristic of addiction.” ASAM

Identifying triggers as part of preventing relapse is a key component in arresting addictive behaviors. Triggers can be both internal and external. They come from emotions, memories, people, places, family, events, times of the day and times of the year. Triggers can lead to cravings.

Dealing with cravings: Cravings are caused by internal and external triggers. Cravings are characterized by strong urges to use drink or drugs. These cravings usually come as very intense waves lasting around 20 minutes, subsiding for another 20 minutes but re-emerging again for another period of 20 minutes.

### **Thai Massage therapy and herbal steam bath**

Our steamroom and Thai Massage therapy can help you get back in touch with your body and recover and at the same time provide them with a bit of pampering to make their stay more relaxing and enjoyable. However this is not the only reason we offer Thai massage. Nuad Thai (as it is called here in Thailand) is also an effective therapy that eases any lingering detox and withdrawal symptoms, increases energy levels, releases deep stress, and promotes relaxation, this is why spa treatments and massage can help with addiction treatment. Nuad Thai has been used as a medical treatment in Thailand for centuries. It is believed to have been invented in India around 600 BC by the personal physician of the Buddha.

### **What is the old twelve step model?**

“I always say, if its not a disease why are the people so ill when they arrive here”

As with most things in life, there are the positives and negatives, AA is no different. However much of what is said about AA or NA are myths, sadly

perpetuated by people who had a one-off negative experience, or even never had any direct contact, and some have an alternative agenda. Remember it has saved millions of people's lives. The fundamental basics can be tough to adhere to;

- ❖ Accept Addiction/Alcoholism is a disease
- ❖ The abstinence policy
- ❖ Has a spiritual component to the program
- ❖ Meeting attendance

“Take the best and leave the rest”

At Hope we have a scientifically updated version of the traditional twelve step program. Remember in practice it is just a set of exercises that when presented in modern psychological terms are perfectly acceptable;

1. Admit an addiction problem exists and the damage
2. Accept help from the a group
3. Use positive psychology or spirituality
4. Link the past to the present like most Therapy
5. Share with someone you trust like a counsellor
6. Identify self-defeating character traits
7. Develop assets
8. Owning mistakes
9. Heal relationships
10. Daily reflection or journaling
11. Daily meditation practice
12. Help other people

No sensible person could argue with these simple assignments however a few additional reasons why some people say they don't like the Alcoholics/Narcotics Anonymous are: Some addicts and alcoholics resist following instructions and Feel ashamed at needing help from other people. Also the idea of having to totally stop the drinking or drugging scares some people, and having to commit to attending AA or NA meetings when they return home feels like a drag.

**NIDA** International Guidelines National Institute on Drug and Alcohol Abuse

Principles of effective treatment guidelines - Scientific research over the last 50 years shows that treatment can help patients addicted to drugs stop using, avoid relapse, and successfully recover their lives. Based on

this research, key principles have emerged that should form the basis of any effective treatment programs:

- Treatment needs to be readily available.
- Not just his or her drug abuse but underlying issues also.
- Remaining in treatment for an adequate period of time is critical.
- Counseling on individual basis is beneficial.
- Group behavioral therapies are the most commonly used.
- Medications can be helpful.
- Many drug-addicted individuals also have other mental disorders.
- Medically assisted detoxification
- Treatment does not need to be voluntary to be effective.

### **Hope's Comprehensive Treatment Plan** (brief overview)

**Counselling:** sessions up to 3 times per week both formal and informal.

**Sober-Coaching:** Life on life's terms - we take you out and about, enjoying Thailand while learning to live sober again.

**CBT** Cognitive Behaviors Therapy: Short term therapy with long term results. This form of treatment unravels and changes your negative thought patterns.

**Group work:** Together we are stronger and the power is in the group process.

**Relapse prevention:** These classes raise your awareness and teach you to manage triggers and cravings. Understanding your triggers helps you stay in recovery and away from trouble.

**Addiction recovery program:** We use the evidence-based program to unravel and look at your addictive behaviors.

**Fitness:** Is essential to rebuild your health and brain pathways, new behaviours or habits. "We always say, get up before your addiction does"

**Mindfulness** and Meditation: Relaxation, being present and not worrying about the past or the future.

**Family Program** feedback from family members and loved ones.



