Returning home from a 30-day rehab program can involve a difficult transition for some. After approx. 6 to 8 weeks of primary detox and treatment at Hope, clients are able to join our advanced program at our Seaside residence; for those clients able to commit, this is an ideal way to future develop and embed their recovery skills while still receiving therapy from their counsellor. The aim is not to test yourself by doing high-risk activities rather to slowly develop doing safe activities.

The Benefits

This is a program based on the strong foundation built during the initial weeks of treatment at Hope. It is designed to help clients grow even more into their recovery. This is a great opportunity to develop further before facing the challenge of returning home.
Staying at Hope’s Seaside center means you get to enjoy more of the culture, natural beauty, and wonderful quirkiness of Thailand. There is going to be plenty of serious work to do, but you are also going to have time to explore the Sri Racha area and interact with the local community. It is sure to be an unforgettable experience that will change the way you see the world and yourself.
Acceptance and Commitment Therapy

ACT is a goal-directed form of learning and developing. This is a successful format to help people implement and keep the changes that are needed to stay clean and sober. The ACT-matrix focusses on behaviours that are unhelpful and helps people to grow towards more helpful behaviours.

SMART Recovery

Smart Recovery stands for Self-Management and Recovery Tools and is a growing support network with a basis in CBT focused recovery. Staff directs but clients lead this process to help grow towards a solid recovery.

Sober Coaching

In addition to the counselling there will be extra sessions with our Sober Coach to help prepare for a clean and sober life after treatment. This includes things as detailed life planning etc.

Senior Peers

Many addicts benefit from starting to live a life of helpfulness and supportiveness. Stepping up into a Senior Peer Role is a great way to get experience in helping other people that are struggling. This leads to feelings of gratitude and satisfaction.
Outside Meetings

Once every two weeks shopping combined with doing a meeting in Bangkok and every Friday at our normal meeting in Pattaya.

Increased Family Involvement

This is depending on the individual but can include (Skype) sessions with your family and counsellor. This can help to rebuild relationships and increase bilateral understanding, by discussing wants and needs from both sides, making amends etc.

Learn Advanced Skills and Strategies for Sober Living

By the time you complete the advanced program, you will have had the opportunity to pick up the basic skills and strategies you need to stay sober. 30 days is not much time, so there is only the opportunity to focus on the most crucial elements of recovery – just enough to give you a solid foundation for your new life.

By choosing to attend an advanced rehab program, you are going to have the opportunity to develop more advanced skills and strategies. One way to look at the process of recovery is to see it as an attempt to build up a toolbox of effective coping strategies. The more tools you have in your toolbox, the easier it is going to be to manage your life in the future. Give yourself the space to build a solid recovery in a safe environment and increase the likelihood of Long-Term Sobriety.