

Recovery starts with Hope



HOPE

REHAB
Thailand

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Licensed by the
Thai Ministry of Health

In Association with:
FDAP
(Affiliated in the UK)

NAADAC
(Registered in the USA)
*The Association
for Addiction
Professionals*

APCB
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HOPE

hope changes everything

HOPE

REHAB *Thailand*

A Destination for Recovery from Addiction

International treatment centres are no longer just an option for the rich and famous. Hope Rehab in Thailand has made this possible and we believe we are the best choice for quality and affordable care. Treatment centres in Thailand are part of the Health Tourism boom and have become a realistic and common alternative to western based institutions. Some operating costs can be lower, so we charge less and provide a better service compared to Australian, European, and American based facilities. However, we strongly recommend you investigate and research facilities before booking.

What We Treat at Hope

- Alcohol Addiction
- Drug Addiction
(all substances)
- Medication Addiction
- Concurrent Disorders
(e.g. depression/anxiety/
ADHD and Personality
Disorders)
- Co-Dependency



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Welcome to the Hope Rehab Program

Hope is a practical and intensive recovery program designed for people who are motivated to change. Our timetable consists of daily mindfulness and meditation, early morning fitness activities and stimulating therapeutic groupwork, and much much more. The program's therapeutic approach is founded on positive psychology, CBT, twelve step techniques, and other mainstream psychological concepts.

By stretching yourself with hard work both physically and emotionally you will change and get well. Clients hand themselves over to the disciplined structure we follow, and overtime recover their mental and physical health.

"Miracles happen at Hope, however it's not by magic, it's by accepting our help and following a well beaten path to recovery"

- Simon Mott

First and foremost, Hope Rehab is a therapeutic community of staff and clients. Out of this comes many valuable life-lessons. Partly by connecting with others and partly by giving and accepting support and feedback. Also, by sharing positive values and respecting each other's boundaries. Remember the more work you put in, the more rewards you get out.

Although we prefer not to use the term Luxury Rehab, we are definitely a 5 star treatment program which is a different kind of luxury.

While it is important to be comfortable, it is worth remembering, it is through struggles we learn the most.

Addiction is treatable with the right help and program. We achieve a state of lasting wellness by incorporating evidence-based Cognitive psychology with holistic disciplines that include the universal spiritual practice of mindful-meditation, a proven coping technique for some of the triggers of addictions, such as anxiety, stress, and depression. Even our beach activity weekends provide a chance to relax and enjoy time off.

Discipline and structure are seen as transferable from our rehab program into our clients' new lives in recovery. Many clients have lost all self control so need rehabilitationalizing in positive and healthy behaviour patterns. This is why we also have a strong emphasis on physical fitness and provide a wide range of fitness activities.

The name Hope reflects the attitude we have on behalf of all our clients until they have it for themselves. The last thing a using addict loses before life itself is Hope. HOPE is the seed of a positive belief system that will start to grow if nurtured properly. Modern psychologists put a great emphasis on developing a positive belief system in order to make changes in life.

Where is Hope?

Hope Rehab is located less than an hour from Bangkok International Airport in Thailand. We are situated just outside the small and charming town of Sriracha best known for the hot sauce and Japanese community. Sriracha is the forgotten Jewel in the crown of Thailand located on the coast. Because of its commercial ports, it has been ignored by tourism – a blessing for us perched on the hill overlooking the ships moving in and out of the 'Port of Siam'.

Our Thailand is a gentle and spiritual place. Needless to say one of the reasons I started Hope in Thailand was because of its renowned spirituality and Buddhism.

Hope's purpose-built rehab facility has the best of both worlds: the original site and state-of-the-art buildings were established as a luxury weekend beach house for the Thai ambassador to Monaco and his family, similar to Raffles hotel in Singapore. Since taking over the property, Hope has developed the extensive grounds and created 14 new buildings and an additional site on the beach for the Advanced Program.

The Centre's grounds spread across almost 5 acres of land. In addition, we are surrounded by jungle and rain forest – the wildlife is amazing. There are plenty of paths if you fancy a stroll, or you just want to find a quiet space where you can relax and reflect. Surrounded by fresh sea air with the occasional tropical rain storm.

The right environment and location can make a huge difference. That's why the location of Hope was carefully chosen so as to get the perfect balance between convenience and the ideal environment for recovery. A lot of research went into getting the location just right.

Residential treatment is proven to be the best way to manage any substance abuse or addiction issue. We find clients' motivation is increased by coming to Thailand for treatment. So, whether you want to stop drinking or stop anything, or you are experiencing difficulties coping with issues such as Stress, Depression and Anxiety, we can help you. We suggest you read our website carefully to get more of an understanding of our treatment method.

Who comes to Hope?

One of the special benefits of coming to Hope is the international clients group. Our clients come from all 4 corners of the globe. So, as well as receiving treatment you will also meet people from many different cultures which makes for a much more rewarding experience.

Given that isolation is a common result of addiction and alcoholism, reconnecting with people who share similar challenges is very important. They all share the same common goal: to recover and find a solution to their difficulties.

Types of using patterns and who we treat:

- Functioning Alcoholics
- Dependent Drinkers
- Binge Drinkers
- Dependent Drug Users
- Performance-Enhancing Drug Users
- Recreational Drug Users
- Self-Medicating Issues
- Process Addictions*

**Also known as behaviour addiction such as Gambling, Gaming, Sex & Love and Shopping – this means the same level of compulsion applies with negative consequences. Hope treats all process addictions.*



Living at Hope

Accommodation

Every client gets their own personal living space for comfort and privacy. The rooms are equipped with bathrooms, independent AC and Wifi. Your room will be cleaned daily, and full laundry service is provided. The rooms are well furnished with local and antique furniture collected by Simon Mott.

Food

The food and diet at Hope Rehab consists of delicious, healthy, home-cooked meals that are served three times daily, with an emphasis on variety at each mealtime. Lunches and dinners provide at least 4 different types of meat and fish or seafood, together with a variety of salads, vegetables, and rice or pasta. The food and menu has been lovingly developed by Alon, and her team, with care and pride for our visitors to enjoy.



To keep costs down we cannot provide individual diets, however, clients needing extra attention will be given the opportunity to organise this themselves by going to the very good supermarket in town or the local vegetable market at their own cost. Hope provides a healthy balanced diet and will do whatever we can within reason to assist clients with special dietary needs.

Excursions

As part of treatment all clients get a balanced amount of time off-site. We have 4 weekly off-site trips including restaurant visits and beach visits on weekends. In addition, you will have sober-coaching with a team member in town and around the locality. Second and third month senior peers are allowed to escort newer clients to our local shops, a 10 minute walk away.

Benefits of Excursions

- You can explore Thailand during your stay
- They will increase your appreciation/understanding of Thai culture
- You will get used to being back in the real world again
- They can teach you the importance of team work
- They can offer a reward for being sober
- You can unwind while at rehab

Hope's 100 Page Workbook

When you enroll into the Hope program you will receive our 100 page workbook. It is full of exercises, session plans and worksheets. Our unique workbook has been purposely designed and compiled by our team. This workbook is the result of many years of combined experience working in the Substance misuse treatment sector. It has been designed to make recovery as accessible as possible, to all those who want it.

The aim of the workbook is to take you through the therapeutic process that will help you resolve the confusion left behind by addiction and other complex issues. It will also teach you a number of psychological tools giving you a “recovery tool box” or skills to manage your addiction and recovery.

The document will also serve as a record of all the therapeutic work you complete while in treatment so it may be useful in the future as a reminder.

Your counsellor 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.

The program handbook does not just address substance-use issues, we also address the human condition. Many clients self-medicate underlying struggles such as Depression, Anxiety and histories of trauma. Here are just some of what's included...

- Goal setting for treatment and beyond
- Your case history using examples
- Timeline of significant events
- Thinking patterns and denial types
- Cognitive behavioural therapy (CBT)
- Emotional health – anxiety/depression/toxic feelings/trauma
- Relapse prevention and recovery planning



*hope changes
everything*



Introduction: Recovery Starts with Hope

“If you feel ready to change your life, we provide everything you need to make this change possible.”

Best Rehab in the World

The title of “best rehab in the world” is likely going to go to one you never heard of or one like Hope - 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 mega rehabs actually go against this principle. We keep Hope a healthy size and affordable without compromising treatment. We are widely acknowledged to be unbeatable value for money.

The Hope program gets results and is gaining respect worldwide earning a wonderful and deserved reputation. Many international clients choose to come to Hope after hearing about us either by word of mouth, in the media, online or in documentaries.

Hope Rehab’s Holistic & Eclectic Approach

We understand your current problems are just a small part of who you are. This is why Hope Rehab employs what is best described as a ‘Holistic’ approach to treatment which we believe will give you the best chance of recovery. We provide you with the tools you need to transform your life.

The Three Main Pillars of the Hope Program are:

Therapy

Actions are what makes your hopes a reality. The therapeutic process can be more exciting than you could ever imagine: Mountain running in the morning, Buddhist chanting, food fit for the gods, sharing your life story with your peers and having a counselling session on the beach.

Mindfulness

One reason why many of us turn to alcohol or drugs in the first place is that we don’t feel comfortable in our own skin. Life is an emotional rollercoaster, and discursive thinking can make us miserable a lot of the time.

Mindfulness provides an effective path to inner calm.

Fitness

Every client gets fitness training sessions. You can choose what and where you do the session. It could be boxing, yoga, or in the gym. Some people prefer to go for a cycle ride or for a run. Our fitness coaches are all in recovery so the session doubles as a sober-coaching session also.

Members of the Hope Team

Hope's ratio of staff to clients is probably the largest in the world, with approximately 45 staff. Our approach is to surround clients with positive role models so we have therapists, support staff, volunteers and interns for this. The qualities we look for in staff are not only experience and training but also that they can inspire and reach our clients. Here are a few core team members listed below:



Simon Mott is the **Co-Founder** of Hope Rehab, Thailand. He is in recovery himself and has worked with addicts for many years.
- 16 years in Recovery



Alon Kumsawad is the **Co-Founder** of Hope Rehab, Thailand. She is a yoga and meditation teacher as well as a fitness trainer.



Paul Garrigan is a registered nurse, an author & the manager of the **Mindfulness Program** at Hope Rehab.
- 11 years in Recovery



Areeya Vachiranu Wong (Aoy) is a trained **Nurse** on Drug & Alcohol Dependence Treatment and Rehabilitation.



Natalie Shalson is our **Admissions Manager** and is the first port of call for new clients looking for help.
- 5 years in Recovery



Yuriko is a **Psychologist/Counsellor** and a progressive educator with a multicultural background being part Spanish and Japanese.

Testimonials:

“ Hope Rehab gave me life-saving treatment when all other efforts I had tried to overcome my addiction failed.”

“These people have a passion for success which is not measured on a dollar bill.”

“ I felt a real sense of community for the first time in my life.”

“The program, counsellors and support staff at Hope saved my life.”



Google Reviews Score 5.0



According to Google and Facebook reviews, Hope Rehab is by far the **best choice**.

Getting Ready for Change

The mindset most beneficial for those of us undertaking any type of major change can be summarised in the following words: “I am willing to do whatever it takes” If you are willing to do whatever it takes then you are fully committed to this new life. You are willing to take advantage of all the resources in rehab to help you achieve your goal and your success in recovery is guaranteed. Of course, you will need to maintain this recovery mindset.

Healing in Community

We are a ‘Therapeutic Community’ that provides a residential group-based approach to treatment. Our small size of 32 beds ensures our team of 12 therapists (45 staff overall) can give you enough 1-to-1 interaction that is all important for your development and progress.

Staying at Hope’s Seaside centre means you get to enjoy more of the culture, natural beauty, and wonderful quirks of Thailand. There is going to be plenty of serious work to do, but you are also going to have time to explore the Sriracha 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.

The Hope Program

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

- Mindfulness sessions and individual coaching
- Relapse prevention workshops
- Group exercise and fitness
- Cognitive Behaviour Therapy
- Island trips and excursions
- Aftercare groups and advice
- One-to-One Counselling
- Thai Massage and spa
- Thai Massage therapy
- Yoga and Tai Chi
- Family therapy
- Peer support meetings
- Sober-coaching
- Group work
- Detox



What is Addiction?

Understanding the mechanics or ‘Nuts & Bolts’ of addiction helps you plan treatment

The Hope formula for recovery includes accepting the latest scientific theory of addiction as a primary, chronic and progressive disease affecting the reward, motivation and memory brain circuits, as defined by ASAM. Dysfunction in these circuits leads to unhealthy biological, psychological, social and spiritual manifestations.

Treatment specialists see this definition as confirmation of what has come to be commonly known as “the disease concept” of addiction. Previously the general public has regarded Addiction/Alcoholism as a moral, social or chosen problem; however understandable this may be, it is a dangerous mistake.

Alcoholism and addiction, whether it's drugs or gambling etc., come in all shapes and sizes, as do addicts. We understand the pain that addiction causes to everyone involved including family and loved ones. The good news is Addiction is treatable. Some say addiction is like “keep going back to the problem for the solution” that is to say when an addict is in pain we tend to do the very thing that causes more pain.

Primary disease: Means not a secondary symptom of an underlying issue, i.e. childhood trauma etc., even though the original underlying issue may have triggered the resulting addiction. It is also worth noting that not everyone who suffers childhood trauma also develops addiction.

Chronic disease: Simply means life-long or non-curable. And don't be confused, addiction cannot be treated in the traditional medical sense by doctors in hospitals. Treatment means addressing psychological, environmental, social and spiritual components.

Progressive: Means from an addict's first use, either recreational or abuse, and through the honeymoon stage of using when it may feel like it works, and into chemical dependency. The end stage of addiction is usually fatal unless properly addressed.

The Hijacked Brain – Disrupted hierarchy of needs. The brain's reward centre is designed to support survival and has been hijacked by the chemical payoff provided by the addiction. The reward circuitry bookmarks things that are important: security, eating food, shelter, sleep, nurturing children, having sex, and sustaining positive relationships. Use of the substance then starts to happen at the expense of what otherwise would promote happiness and long-term survival, and usually results in depression and isolation before death.

Addict's belief system and self-talk: Over time an addict's belief system or self-talk becomes self-defeating with justifying thoughts like...

- I can't live without it
- I need it
- It helps me
- I don't have a choice
- I can't say no
- I must have it

A person's belief system and self-talk before active addiction, is often not the healthiest to begin with. With the added pressure and negative experiences brought about by the addiction it becomes even more destructive. Here are some examples of more general negative beliefs:

- There is something wrong with me
- I am helpless
- I am a victim
- I can't change
- I can't cope
- I am unlovable and worthless

Mental defence mechanisms like denial start to protect the addiction and not the addict. There are conscious denials like lying and hiding and also many unconscious denial types such as minimizing, justifying, and blaming.

Impulse Control: STOP >> GO systems in the brain: The neurological impulse to use is a craving: The dopamine 'pleasure pathway' is the GO system, and the prefrontal cortex or 'reasoning pathway' is the STOP system. When the reward centre in the middle of the brain becomes active, it is as if it says Go>Go>Go. When we anticipate and experience something good like food or sex, alcohol or drugs, our brain experiences a surge in the level of the neurotransmitter dopamine. Cravings are caused by internal and external triggers and are characterized by strong urges to use drink or drugs. Neurological based impulses to use sometimes stay hidden unless opportunity or triggers arise.

Executive function: The prefrontal cortex is responsible for executive functions and rational decision making. It evolved over time to help us weigh up the consequences of our choices. It helps us to control impulsive behaviour. The "Stop" system is the brain's brakes. However the signals to the prefrontal cortex, tend to be a bit slower than the GO system. We need time to stop and think things out before forging ahead with an impulsive action. Putting it in the simplest terms, the "go system" overpowers the "stop system". Autopilot is another term used to describe the powerlessness experienced by addicts. The addiction becomes hardwired and changes the brain's communication pathways, they become permanent and produce distorted thinking and reduced impulse control.

Brain chemistry imbalance: Understanding the role of the neurotransmitter dopamine in addiction is helpful. Low dopamine levels can cause not only addiction but depression, loss of satisfaction, poor focus (ADHD) and many other symptoms. All the major theories agree that dopamine metabolism is progressively altered by addiction. A low dopamine level causes us to unconsciously seek out dopamine-raising drugs and behaviours. All drugs of addiction and addictive behaviours stimulate dopamine release in our reward centre that produces an hedonic response "I like that"

Dopamine depletion could be a basic factory design fault in the human brain. On one hand it helps us to continually change and develop as a race, on the other hand, mankind is highly susceptible to addiction because of the brain's ability to adapt, which can work against us. However this same adaptability can help us to recover.

Analogy: the brain is like a ski slope after a heavy snowfall. As skiers traverse the slope, grooves or pathways begin to form and get deeper as skiers follow the same groove over and over. Eventually, these "pathways" become so deep and entrenched through behaviour repetition that it requires a great deal of effort for a skier to traverse onto a new path. However, if the new path is repeatedly followed, it can eventually replace the old groove or path as the comfortable choice.

Neuroplasticity: We used to think that the brain, once damaged, could not repair itself. Break-throughs in neuroscience have shown that this is not true. Brain plasticity, also known as neuroplasticity, is a term that refers to the brain's ability to change and adapt as a result of experience, it helps us to adapt to our surroundings.



*reach out
now* 

Our Three Main Pillars

Pillar 1: Therapy

Group Therapy & Counselling

Here at Hope, we share our painful experiences and help each other find solutions. You will receive and give feedback and identification. Presentations and topic groups keep you stimulated, while informal gratitude circles and mini groups build a sense of sharing.

You will also build a trusting relationship with your counsellor who will help you open up and explore your life history – unearthing reasons why you use or why you can't stop using. This relationship usually continues well after rehab.

We have 12+ hours of group therapy a week and additional 2 sessions of one-on-one counselling. All therapy is delivered by our qualified and experienced addiction experts.

CBT

Cognitive behaviour therapy is short-term therapy with long-term results. It is now the most popular and widely used form of “talk-treatment” or counselling in the world and can be used for every type of problem. CBT is an evidence-based practice which means that reputable research backs its effectiveness.

It is quite simple. It's like learning a new language, however, it does take practice, which is not easy unless you are in a helpful environment, like a rehab. You will learn how to use the psychological tools of CBT to uncover old habits in thinking. The practice helps you to understand how your thoughts affect your behaviour, and CBT provides you with tools to help you stay sober and live more effectively.

Recovery-Coaching

Unless you feel able to cope day-to-day, you are going to keep on being pulled back to old maladaptive behaviours. The transition from a treatment centre back to the home environment can be a real challenge, but our recovery-coaching program is designed to make this easier. It means that while you are still with us, you will get to practice your new skills outside of rehab.

We are honored to be the only rehab to devote the time and resources required to offer this profound service.

Activities

Overcoming an addiction is a serious business, but this doesn't mean that it can't be enjoyable. In fact, we see fun excursions and activities as a key element of your treatment. We are going to teach you how to enjoy life again because we know this is going to increase your commitment to sobriety.

We reintroduce fun back into the lives of our clients in a safe and exciting way. Learning to help each other enjoy new experiences brings its own rewards by raising self-esteem and dispelling loneliness.

Pillar 2: Mindfulness

The Goal of the Hope Mindfulness Program

One of the first things I suggest to newcomers at Hope is their brain has been tricking them and that this is the real cause of their suffering. Most clients have no problem accepting my theory, in fact, it's usually something they have figured out for themselves already. The problem is that just knowing that your brain is tricking you is not enough to stop your brain from tricking you.

The goal of the Hope Mindfulness Program is for you to develop the ability to see how these tricks are being performed – once you gain insight into a trick, you can never be fooled by it again. The more of these tricks of the mind you understand, the more freedom you gain.

Mindful Communication

Most of us have used alcohol or drugs as a substitute for effective communication tools. As a result, we never actually developed our ability to communicate. This means it is usually something we need to work on in recovery. Mindfulness can be of great help in this regard.

Mindfulness of Cravings

The physical component of a craving is much easier to deal with than the actual thoughts about using again. By moving our attention to the physical aspects of cravings (the feelings in the body), it becomes much easier to manage these desires.

The Stages of Meditation at Hope Rehab

The meditation path we follow at Hope has four levels:

- Resting in the body
- Opening up
- Deepening concentration
- Insight

Each of these levels provides a particular way for dealing with addiction cravings. Those of us who are new to meditation will probably only be able to work with the first two levels (at least in the beginning), but the last option offers the possibility of complete freedom from addiction cravings.

Stage 1 – Resting in the Body

By the time we arrive at rehab, we are usually completely disconnected from the body. We have spent years fluctuating between chemically induced numbness and out-of-control thinking. The chemical mental fog may last for the first few days or weeks of rehab, but once it wears off, we can find ourselves completely at the mercy of our thoughts. One of our first goals when we meditate is to begin resting in the body. The goal is to direct our attention away from thinking to the physical body.



Stage 2 – Opening Up

Concentration is like a flashlight that allows us to see what is happening in the mind. The more of this mental stuff we can see, the more likely we are to develop insight.

Being ‘closed off’ from the world means we have built strong defences around ourselves that require excessive thinking to maintain. Our mind is in a state of siege, so it is no wonder that when we sit down to meditate, we find it hard to concentrate. The practice of the Brahma Viharas (divine abodes) is probably the most powerful way to begin letting go of those powerful patterns of thinking that are blocking our way to deep concentration. Meditations based on the Brahma Viharas include:

- **Karuna** (compassion) allows us to just be with discomfort rather than escaping into obsessive thinking
- **Mudita** (sympathetic joy) is the cure for patterns of thinking associated with jealousy, competitiveness, envy, and conceit
- **Upekkha** (equanimity) is the ability to just be with what is, rather than escaping into thoughts about how things should or shouldn't be
- **Metta** (loving kindness) allows us to develop a sense of openness towards the world

The Importance of **Metta** in Recovery

Most of us who end up in rehab will have developed a bad attitude towards ourselves along the way (it may have been why we turned to alcohol and drugs in the first place), and this tendency towards repetitive thinking based around self-loathing means we are at high-risk of sabotaging our future happiness. Metta meditation teaches us to begin valuing ourselves more highly so we are far less likely to settle for the sad existence of addiction.

Stage 3 – Deep Concentration

Once we have begun to overcome the obstacles to meditation, we can start to access the deepest states of concentration. Here we will discover amazing bliss and peace – comfort and ease way beyond what we have achieved using any drug. At this stage, meditating for an hour or more becomes effortless, and the wonderful feelings we enjoy in meditation will start to follow us into our daily lives.

Stage 4 – Insight

Deep states of concentration give us a taste of freedom, but it is insight (vipassana) that makes this freedom a reality – it is through insight that we get to understand the tricks our mind has been playing on us so we can never be fooled again. If we want to begin understanding the mind, we usually need to have a high level of concentration to observe it in action. This means we just sit and look. We can also use self-inquiry (e.g. who is experiencing this?) to guide our exploration of the mind.

It may take many years to progress from stage one to stage four of meditation, and it is not a journey you are going to complete during your time at Hope. Don't worry – you can begin to notice amazing improvements to your life even at stage one of meditation (in fact, you may never feel the need to go beyond stage one).

"I always say, get up before your addiction does – at Hope we are up and exercising before breakfast. Not every action brings happiness – but there is definitely no happiness without some action, so little by little you will get stronger. Higher power is within, you never know what you are capable of, come to Hope and find out."

- Simon Mott

Pillar 3: Fitness

What we offer:

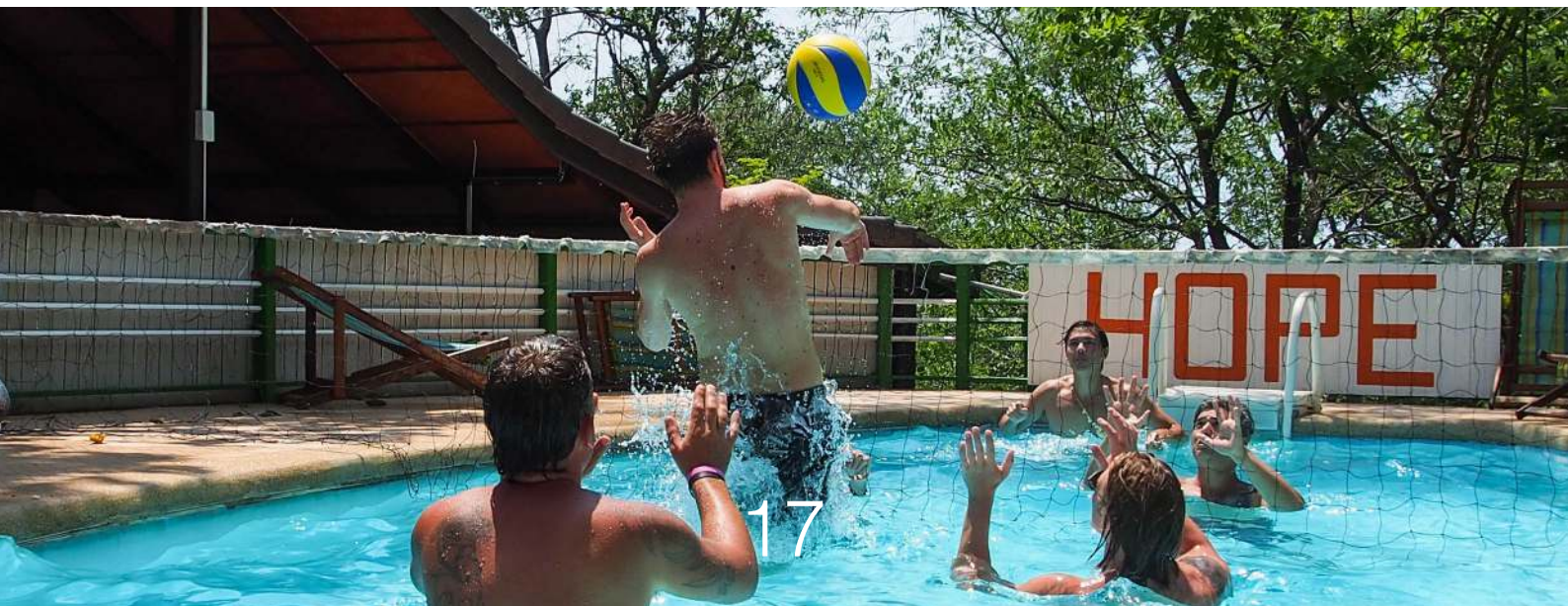
- Yoga
- Muay Thai Boxing
- Tai Chi
- Running
- Bicycling
- Team Sports
- Gym & Personal Training
- Hiking
- Swimming
- Pilates
- Kayaking
- Boot Camps

Healthy body = healthy mind = healthy soul. An important part of rebuilding life after addiction is to develop healthy habits in body and mind. At first, a fitness routine might seem hard to adopt while trying to stay clean & sober. There are no doubts, though, that exercise will become your #1 ally on your journey to recovery – and long after.

Don't believe it? Science actually proves it: Numerous relevant studies have shown that in addition to counselling and support groups, a consistent exercise program will greatly enhance your capacity to stay clean & sober for the rest of your life. We don't want to sugarcoat anything: Yes, it will be difficult and challenging at first. However, the benefits outweigh the costs by far.

Benefits of Exercise

- Lifts your mood out of dark spaces (thanks to dopamine & serotonin)
- Builds your self-esteem and confidence
- Boosts your immune system
- Improves your sleeping patterns
- Alleviates stress and anxiety
- Prevents muscle loss
- Increases your energy and endurance
- Improves your balance and coordination
- Lowers the risk of several cancers
- Prevents and reverses many metabolic diseases





*a little daily
progress adds
up to big
results*



Yoga

Yoga is a wonderful practice for people in recovery because it has physical, mental and spiritual benefits that allow you to experience this amazing gift of life that the universe has given you. Its benefits range from increased flexibility and muscle strength to improved pain management, detoxification and digestion.

It is understood that you might not be in great physical shape when you first come to us, so you start off with just some gentle stretches. The nice thing about yoga is that you always have control when it comes to pace and exertion – don't worry, you won't be expected to stand on your head. As you start to practice on a regular basis, you can expect to notice improvements to your physical health. You are also likely to walk away from these sessions feeling incredibly relaxed and energised.

Yoga is accessible to anyone, no matter what one's physical conditions and/or limitations are. Most importantly, yoga's mental, emotional, ethical and spiritual components offer an endless well of resources for those seeking refuge and healing from addiction and/or mental health challenges.

- Increases mindfulness
- Boosts self-esteem
- An effective tool for stress management
- Yoga in the evenings promotes sleep
- Creates an increased sense of inner peace
- Improves ability to deal with challenges in life

Tai Chi

Tai Chi is sometimes described as a type of moving meditation. One of the things that is going to help you to find happiness in recovery is for you to become less influenced by negative thought patterns and uncomfortable emotions. The way you develop this ability is by becoming more mindful. One effective way to develop mindfulness is to establish a daily sitting meditation practice, but it can be difficult for some of us to sit still for long periods. If you are dealing with post-acute withdrawal symptoms, you may have a 'fuzzy brain', and this can make it hard to focus. Tai Chi is a way to develop mindfulness in an active state.

The secret to successful sobriety is for you to pick up a number of effective tools to help you cope with challenges and develop your potential. Tai Chi would be one tool that could improve your life going forward. Practising the Tai Chi form outside first thing in the morning can be wonderfully relaxing, and it is the perfect way to start your day.

Pilates

The name 'Pilates' may sound a bit exotic, but it is actually the surname of Joseph Pilates who developed these exercises in the early part of the twentieth century. He studied and incorporated health promotion activities from both the west and the east. We have found Pilates to be an excellent activity for people in recovery, and this is why we offer it at Hope Rehab Centre.



(Pilates continued)

“Self-care means exercising control over your body, and to have that, you need awareness – that is, you must listen to your body and listen to what it is telling you. The more you practice this art, the better you become at deciphering its messages.”

– Brooke Siler

(The Women’s Health Big Book of Pilates)



Benefits of Pilates for People in Recovery

- Can be practised by any age or physicality
- Provides a whole body workout
- Supports your mindfulness practice
- The health improvements can be enjoyed with just two classes per week
- Promotes restful sleep

Muay Thai Boxing

Muay Thai Boxing is much appreciated by the fitness orientated among our clients and we offer a fully comprehensive program with a resident expert. Muay Thai is one of the most important sports in Thailand, and it is fast becoming a popular, whole-body, fitness workout – not only at Hope Rehab but also in many cities around the world.

What is Muay Thai Boxing?

Muay Thai Boxing uses almost every part of the body, and it is for this reason that it is sometimes referred to as ‘the art of the eight limbs’. It is one of the deadliest martial arts on the planet, but it is also something you can learn for fun. Muay Thai can be viewed as a sport, art, fitness routine, self-defence practice, or even a spiritual path. It is one of the activities you are going to get to experience during your time at Hope Rehab.

Many of us who arrive at Hope may feel a bit hesitant about Muay Thai training. Due to years of addiction, we are often terribly out-of-shape physically when we first arrive and we may worry the training is going to be too much for us.

The reality is you are unlikely to have any real problem with Muay Thai due to your current physical fitness level or age – there are even people in their seventies who take it up for the first time. Your personal training program takes into account your current condition, and you will be amazed at how quickly your body can adapt to this type of training.



The Benefits of Muay Thai

- It is an excellent physical workout that uses every part of your body – if you make this a regular part of your life, you are likely to achieve a high level of fitness
- Improves self-discipline
- Improves self-esteem
- It can be an effective way to manage stress levels
- It’s a nice way to learn more about Thai people and their culture
- It’s fun
- Joining a Muay Thai gym is a way for you to meet some new people
- In order to progress in this martial art, you need to learn patience and humility
- It can teach you some self-defence techniques
- It can be a cure for insomnia – a common experience in early recovery

How to Help a Family Member

How to help a loved one get to Rehab

Many family members contact Hope Rehab on behalf of their loved one; a son, daughter, husband, or wife, or even on behalf of a friend. So you are not alone.

“Many addicts need to hit bottom before changing, in fact, this is true for most humans, however your tough love may get them here sooner”

- Simon Mott

It is very painful watching your loved one struggle with an addiction problem. You can end up feeling helpless, powerless and overwhelmed. Having repeatedly tried reasoning, pleading, coaxing, and even threatening them to stop, what options are left?

It can be difficult approaching someone about rehab and addiction issues, however, you are welcome to contact us for guidance. Drug or alcohol addiction can be the toughest challenge a family can face.

Are we completely powerless to stop a family member self-destruct due to addiction? No, but getting it right, i.e. helping without enabling, is important.

“I always say, addiction/alcoholism is a family disease because it affects everybody involved” - Simon Mott

Family disease – why?

Drug and alcohol abuse can transform a loved one into an untrustworthy stranger or unpredictable tyrant. Addiction is referred to as a ‘family disease’ because it creates family dysfunction. Living with an addict means life can be an emotional rollercoaster.

The addiction causes changes in a person’s brain that leads to an inability to stop a behaviour even when its harming them and others. I refer you to the pages on [‘what is addiction’](#).



*“A tough love intervention can save a life”
I also say “When an addict reaches out
we should always help”*

-Simon Mott



What is an Intervention?

The intention is to challenge, be heard and get through to an addict or alcoholic who otherwise rejects concerns about their behaviour. It's usually focused on offering help.

When an individual or someone emotionally involved tries an intervention alone, it can be easier for the addict to deny they have a problem. But it is much harder to do this when confronted by a group of people who care. This is what makes an intervention so powerful.

Denial Busting: It is quite natural for an addict or alcoholic to be in some denial. This cognitive defence mechanism is part of the addiction process and the intervention can help break through the denial of 'harm to others'

How to Stage an Intervention

Sit down with those who are going to be involved beforehand and decide on how you are going to proceed. Include someone who is greatly respected and admired by the person. Choose a time when this person doesn't have an excuse to escape the meeting. Calmly tell your loved one about your concerns sticking to the facts (e.g. you were supposed to collect the kids from school, but you drank so much you forgot, or finances) Try not to be overly judgmental – this person is sick, not bad.

Prepare a plan for dealing with unpredictable behaviour, such as anger (defensive) or breaking down in tears when confronted by reality.

Providing your loved one agrees, it is important to have a solution to offer right away so investigate rehab options beforehand.

From the moment you intervene formally you must no longer do the following:

NO Enabling: To aid an addict to use in any way

NO Care-taking: Protecting them from consequences

NO Rescuing: Saving an addict from difficulties



Family Involvement Therapy

At Hope Rehab we suggest clients choose to involve their families, loved ones and anyone who has been affected by their addiction. Even though we are located in Thailand it is still possible.

We do this in many ways, but one way which is effective is the feedback questionnaire we can send out. For clients struggling with acceptance and forgiveness, feedback therapy may help them.

The benefits to doing this is a stronger recovery and better use of their time at Hope. Honesty in treatment means listening to the uncomfortable truth. It also helps those offering the feedback who also need to recovery and feel part of the treatment process. It gives them a chance to get difficulties of their chests before the person comes home which is safer.

Building a Recovery-Focused Home Environment –

What Families Can Do?

You may be wondering what you can do to support your loved one once he/she returns home. Over the years, we have helped many family members to create a recovery-focused environment at home to increase the chances of success. Of course, the client is fully responsible for her/his own recovery, but there are things you can do to help your loved one more forward in the right direction. We will send you our family support guide that will help you manage these issues.

NOTE: Support can make a real difference but always remember the 3 C's:

1. You did not Cause the addictive behaviour
2. You cannot Control the addictive behaviour
3. It is not your job to Cure the addiction

When clients finish their treatment at Hope, they will have the tools and knowledge to build a healthy life and achieve long-term abstinence

The Dangers of Going Back to Normal

When treatment ends and your loved one comes home, it is understandable to expect a return to 'business as usual' or 'normal life-style' however this would be a mistake.

Maintaining Recovery requires fresh boundaries, changes and action, like going to support groups and having an alcohol-free environment. We will supply you with a guide of do's and don't's.

TRUST: It can be hard to trust that a loved one has changed – especially if this person has repeatedly let you down in the past and has a long history of broken promises. Trust needs to grow, but try to stay away from rescuing, blaming or bringing up things from the past. Neither you nor your loved one would benefit from doing so.

Here are some reassuring reasons why Hope is a wise choice for your loved one:

- We are a highly secure facility
- We practice sensible policies to ensure health and safety
- Travel to Thailand is inexpensive
- Thailand is often more appealing
- Distance from using environment
- Private rooms and shower
- The most affordable rates
- Effective evidenced based program
- Regular updates and communication
- Detox included in the price
- Longer term rehab options
- Alternatives to returning home
- Family involvement therapy



What are Hope Rehab's success rates?

Hope's retention and completion rates of 98% are high when compared to most rehab facilities in the west. That means clients successfully finish our program. Early discharges due to breaking our rules are very rare.

The majority of our clients request to stay longer than a month and many go on to stay at our advanced program – some even become volunteers and remain in Thailand long-term. Overall, clients tend to stay with us for longer than they initially planned. It will come as no surprise that the difference in results between one-month stays and two-month or even three-month stays is significant.

Of course, the true test comes after leaving treatment. However, it can be dangerous to focus too much on relapse rates when still caught up in addiction. Addiction is a notorious relapsing condition, so the numbers can be off putting. The worry is that the ill part of us could latch on to the negative – this then justifies continuing using and drinking rather than coming to Rehab. The fact is rehab works.

It is important to be honest about relapse as it is a real possibility as with any other chronic illness – there are no guarantees, and any treatment program that says otherwise is being deceptive. The good news is that even if a person does relapse following treatment, it is not necessarily the end of the world. A client will not unlearn all the lessons or completely lose all the progress they made while at Hope Rehab.

Rehab statistics and success rates could be seen as a complete nonsense, as what gets someone clean, maybe a life time of attempts all coming together finally. It certainly was in my case. Yes, it is important that you find a safe and constructive place for this to happen.

Demand for Hope Rehab's service has increased dramatically, and we have grown from the original 10 beds in 2013 to 32 beds in 2018.

FAQs

How much does it cost?

We truly understand that cost is a significant concern for clients and their families. Therefore, we are determined to keep our prices reasonable and competitive. Our aim is to make rehab accessible to those who would otherwise not be able to afford help. We prefer to discuss price on an individual basis according to ability to pay and length of stay. As we know that the latter increases the chances of your success we have priced our program to encourage longer-term stays.

How long is the treatment?

Most of our guests choose the one month option, however, the majority decide to stay longer. It took time to develop the habits and practices that feed your dependence, and it will take time to learn proper coping techniques to overcome them.

Does Hope have a refund policy?

Hope has a very fair and well thought-out refund policy. You pay a deposit of \$2000. After you arrive, you will have a few days to decide if you are comfortable and only then pay the balance.

Is Hope licensed?

Yes, Hope Rehab is licensed by the Thai Ministry of Health and a number of international bodies (e.g. NAADAC registered in USA and FDAP Affiliated in the UK). We are also APCB certified in Asia.

Is Thailand a safe place for rehab?

Thailand is now a well-established destination for quality healthcare and rehab. Hope's location is in a particularly safe, non-touristy area. We are located in the charming city of Sriracha, the Japanese centre in Thailand.

If you are experiencing difficulties as a result of your problem then contact us and get some free advice or information.

enquiry@hoperehabthailand.com
+66 895 291 297



The Hope Rehab Advanced Program

Long-term treatment for long-term success

Returning home from a 30-day rehab program can be a difficult transition for some. For those willing to commit to a second stage of recovery, our Advanced Program is an ideal way to further develop and embed your recovery skills while still receiving therapy from your counsellor. The program begins approximately 6-8 weeks after primary detox and/or treatment at Hope.

The Benefits

This is a program based on the strong foundation built during the initial weeks of treatment at Hope Rehab. 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.

Learn Advanced Skills and Strategies for Sober Living

By choosing to attend our Advanced Program, you will 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.

What the Advanced Program Offers

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 focuses on behaviours that are unhelpful and helps people to grow towards more helpful behaviours.

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.

Refuge Recovery is a new peer support group started in California using Mediation and mindfulness as its foundation.

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 as 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 is combined with doing a meeting in Bangkok and every Friday is 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.

*“A sign of
Hope”*



HOPE

THAI HOUSE

GROUP ROOM

GYM SALA

OFFICE

SWIM

MAIN HOUSE

Hope's Pre-admissions Agreements

Transport and flights: Book your flight to Bangkok Airport (Suvarnabhumi BKK) and send us the flight itinerary. All clients are expected to go to the agreed meeting point at BKK international airport, 'meeting point one' in the arrival hall where our staff will meet you.

Drink or drug use while at Hope: This is strictly forbidden and results in immediate discharge. Very rare because there is no access to drugs/alcohol near Hope Rehab.

Aggression: Immediate discharge, thankfully this has never happened.

Sexual conduct: No sex or romantic relations with other clients at Hope – We understand its only human, however, we have had to move clients to other rehabs in Thailand on these grounds.

Detox at Hope: Hope's service and philosophy is to keep clients safe, comfortable and engaged during detox. To some extent we allow the client to lead detox regimes themselves within reason. We use our local private Hospital for medical support and medication.

Rules and boundaries: Clients are expected to respect our community by keeping to our liberal and well thought out boundaries for everyone's safety and to get the most value out of treatment. On admission, all clients complete our intake package, this is when we explain all of the above.

Confidentiality and privacy: At Hope, we find a balance between client confidentiality, family therapeutic involvement and client safety. If a client plans to do something we deem high risk, we must inform next of kin. After treatment, we recommend going straight to your next "safety zone" on your recovery plan.

Mental health: Most clients come with some mental/emotional issues (depression/anxiety) However, some mental health issues are more severe (psychiatric) We understand many clients have tried other services, and in desperation seek help from us, but Hope Rehab is not a substitute for a specialist psychiatric service. We do treat addiction with personality disorder, e.g. bipolar and BPD, if medicated and managed reasonably.

Visa: On entry to Thailand most foreigners receive a 30-day visa for free; this can be extended at our local immigration office for a further 30 days for \$50. Thereafter it requires a 3-hour drive to the land border to get a new 30-day visa at a cost of \$100. This can then also be extended by 30 days locally for a total stay of 4 months per visa. Hope organises this, but clients pay for it themselves. Not all countries qualify for the visa-on-arrival, please contact your local Thai Embassy if in doubt. If a client experiences any immigration related difficulties or there are changes to the rules outside of our control, Hope cannot be held responsible. We will always do everything in our power to help anyone who has visa difficulties for any reason.

General healthcare: You will be safe at Hope unless you do something outside of our control. We do have nurses on staff, but if you think there is a possibility you will need such healthcare, although it is relatively cheap in Thailand, we recommend taking out travel insurance. Hope is a fully licensed therapeutic rehab facility not a Hospital and our staff are generally not medical staff.

Smoking: Smoking cigarettes is allowed at Hope - but only in the designated smoking areas. You can't smoke in your room.