



Recovery Direct



What We Treat

Substance

Help with substance issues including alcohol, illegal substances or prescription meds.

Depression

Overcome chronic depression to help you get your life back on track so that you can start living again.

Anxiety

Beat persistent anxiety through focused & specialised talk therapy and **evidence-based care.**

Eating Disorders

Anorexia & binge eating disorders managed into healthy lifestyle shifts.

Behavioral

Intimacy issues with sex, porn or other behaviours including compulsive gambling.

Family Systems

Restore broken & toxic family dynamics into a safe & meaningful way forward for all.

The drivers of these behaviours are often rooted in underlying pain or trauma experienced either physically or emotionally.

Our undertaking is to understand what has happened and find emotionally restorative avenues for everyone concerned.



How We Work

Assessment of Needs

Based on what you tell us when you call through for help, we determine which of our team members is best suited to assess your needs.

A qualified clinician will take you through a professional one-hour assessment to understand what is going on and what assistance may be best suited and most effective for you.

Two individual therapy sessions per day can amount to more than 6 months of treatment offered by other “treatment centres”.

All assessments are confidential, evidence based and are conducted by employed professional staff with no commercial bias or intent.

Your Treatment Plan

In the event that an admission is necessary, you will be allocated two specialist counsellors from our multidisciplinary therapist team.

These counsellors put together an evidence based plan that is refined each day in treatment, in order for you to achieve your goals in the shortest time frames possible.

Your Treatment Evolution



Your personal support team helps uncover your personal recovery journey and ensures that you stay on track at all times.



We Got You

Therapy / patient relationships are so fundamental to your success that we are continually measuring our evidence-based guidance and support against your progress.

We are deeply invested in ensuring that you receive the most effective and successful treatment possible, and patently aware of what it is like sitting on the other side of the table.

Each person's life journey has a unique narrative, which is why dynamic evidence based programs are so much more progressive and successful than traditional programs.



Recovery Care Programs

- Inpatient Care
- Outpatient Care
- Day Patient Care
- Online Recovery



Inpatient care is the most intensive treatment protocol with up to two individual therapy sessions a day, groups and activities.

Outpatient, day patient and online care programs are designed for integrating back into your life again and reinforce the tools and thought leadership practices gained in the centre.

This is a non-governmental private facility that provides professional care services that are designed around your personal needs and we will not compromise on your care and treatment.



COMPLEX TRAUMA

Damaged emotions can lead to a lifetime of unstable or compulsion based behaviours if left untreated.

These behaviours often shift, morph and repeat themselves into present day relationships or cycles that cause you further pain or trauma.

The good news is that your mind always wants to heal itself and with the right help we can get you from where you are now, to where you want to be.



Your Mind Protects You

Significant traumatic events can stay resident in your mind long after the threat has passed. These unsettled events become the deeper drivers of many avoidance, denial and self-defeating behaviours that get subconsciously locked into repeating cycles.

Your mind psychologically wants to “protect” or “soothe” you, using these repeating cycles as it sees them as the “safest” option, given the circumstances.

In order to reprogram your mind away from these cycles we need to safely identify and settle your understanding of these past events.

Then discover new channels to functionally fit into your daily life to help you mediate your future self when confronted with new external “triggers” or stressors.

Using simple effective personal development breakthroughs to correct the functioning of your mind, body and spirit as a complete and interconnected system.

Fast Track Your Recovery

Rapid recovery from addiction and other trauma-based issues should be seen as a profound juncture for your personal transformative growth.

Our intensive talk therapy program enables you to shift directly into the root causes of your behaviour patterns and then meaningfully map a constructive path forward through a process of collaborative and mindful re-training.



RD = 9x More
Individual
Counselling In 28
Day Cycle

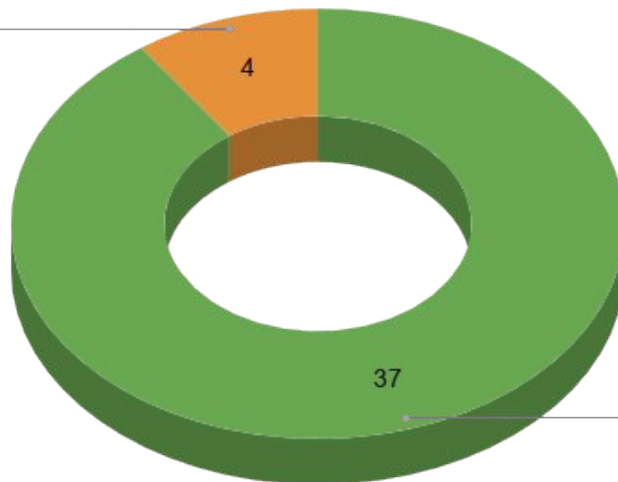
How Much More Therapy Does Recovery Direct Provide?

There is no way to graphically represent the exponential benefit of having a professional multidisciplinary counselling team with direct experience in personal recovery. Nor is there a way to graphically represent the working dynamics of patient collaboration inside this kind of treatment environment.

So we chose a simple graph to demonstrate the critical investment of professional **individual one-on-one counselling** hours inside the **same 28 day treatment cycle** as used by most other “treatment” centres.

Other Centres Hours

9.8%



Recovery Direct Hours

90.2%

Estimated Averages

* Other centres personal counselling hours 1x per week.

* **Recovery Direct's personal counselling hours 2x per day.**



“ The care model recognises that you have been in many traumatic situations in your lifetime, which have left you stuck with emotional blocks that you simply need to work through.

Our no judgement approach

We have been there and heard it all before

We simply provide a safe platform founded on discretion, care, respect and transformative guidance.

We care for you until you are able to love and care for yourself.





Routine Recovery

Food & Gut Health

Healthy food routines have a direct impact on your physical and mental wellbeing.

The centre has designed a highly specific [meal plan](#) that contributes towards restoring your body's natural balance with all organs functioning as they are intended to.

The daily food and gut health schedule is nutritionally designed to restore you from the inside out.

Setting

The daily morning yogic practice is called “setting” in the centre and is designed to “set” the tone and mindframe for your day ahead.

The routine invites you into a combination of yoga, breathwork, meditation and mindfulness based exercises that are uniquely formatted to strengthen your nervous system and your physical resilience in response to daily stressors.

We provide functional tools to help you and your and family through their challenges into the formation of productive roles and routines that support your recovery outside of the centre.



Insight

The insight sessions form the active components of the evidence-led therapeutic educational initiatives that run inside the centre.

[Recovery Direct Online](#) offers lecture playback on demand. These psychoeducational insights are professionally curated as new evidence emerges. Thus we are able to present the most up-to-date evidence based insights as you need them.

Exchange

Professionally led group sessions or “exchange” is an important social dialogue inside your recovery program.

The group consists of other people who have experience with recovery and/or peers that can offer their own insights and support.

These group sessions are scheduled daily and are free for past patients and via the [live youtube stream](#) as part of a continuum of ongoing care.

Every facet of these routines has been designed around sustainability and efficacy inside and outside of the centre.

They are easily adapted and adopted into your mobile lifestyle and busy schedules with incredible effect.



Sync To Your Calendar

< DEC

JAN 2020

FEB >

MO	TU	WE	TH	FR	SA	SU
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

EVENTS FOR JAN

16th

7:30 am - 8:00 am

SETTING

Ananda

8:00 am - 8:40 pm

BREAKFAST

Eight

9:00 am - 10:00 am

INSIGHT

Ananda

1:00 pm - 2:00 pm

LUNCH

Eight

3:00 pm - 4:00 pm


EXCHANGE

Ananda

6:00 pm - 7:00 pm

DINNER

Eight



Our mandate is to ensure that you receive a well researched, well presented, up-to-date, ethical and evidence based therapeutic treatment program.

“This is a collaborative effort and not punitive punishment.

At all times you you will be treated with respect and care. You keep your cell phone, and you are not obligated into “service” duties and other such nonsense.

You are here to get better, we are here to help you focus you on doing exactly that.





Window Dressing


The concept of recovery comes with many disjointed views about what “should” happen to people struggling with mental health issues like stress, depression, anxiety and/or substances.

Traditional “treatments” often follow a “tough love” or “12 step” approach or make up models based on nonsense such as equine therapy, golf therapy, therapeutic safaris under the premise that a “luxury holiday experience” would be able to solve a lifetime of past trauma.

The efficacy of these approaches can be challenged with research or just plain common sense.

Short delivery of professional talk therapy simply means that time wasted on superfluous “activities” extends the treatment timeframes and tie you into longer residential stays than are necessary.

Recovery Direct’s facility purposefully operates like a “five star hotel” only because this format serves as a functional component to the highly intensive evidence based psychotherapeutic care program.



Our uncompromised belief is that treatment should ideally be administered from a safe, relaxed and restorative environment that is specifically crafted to enhance the acute evidence based counselling programs housed within.

Private, Secure, Exclusive, Discreet



The off grid facility houses state of the art solar and water filtration systems that reduce our environmental impacts.

The Recovery Direct family is a mindful living community where clinical care seamlessly integrates with your restorative journey.

Executive Suites



Private Suites



Shared Suites









Admitted Daily Care

- Two Individual Therapy Sessions
- Professional Group Session
- Professional Educational Session
- Professional Mindful Morning Practice
- All Meals, Wifi, Laundry Included
- Integrated Family Support Program
- 24h Professional Nursing & Security
- All Facility Amenities
- Online Support Program

Counselling Care

Marlene Voss

BA in Health Sciences (Psychological Counselling)
Counselling Diploma – SACAP

Elizabeth Berk

Diploma in Counselling – The Blackford Centre

Shaun Pyper

Bachelor of Psychology (BPsych)

Leisha Mostert

Bachelor of Psychology (BPsych)

Riaana Kilpatrick

Bachelor of Psychology (BPsych)

Xavier Clarke

Bachelor of Psychology (BPsych)

Kim Barkai

B Soc Sci, BA (Hons)
HDE (Higher Dip in Education)
SACP (Post Grad)
FAMAC Mediation

Family / Educative Care

Reto Reolon

Cum Laude in Bachelor Applied Social Science (Counselling Psychology)
Certified “Transformative Approach to Couples Therapy” (E. Perel 2019) and “Addiction Psychoanalytic Theory” (L. Dodes 2018)

Psychiatric Care

Dr Marcelle Stastny

MBChB (PTA)
FC Psych (UCT)

Dr Laurence Oliver

MBChB (UCT)
FC Psych (SA)

Medical Care

Dr Lynelle Hoeks

Bachelor of Medicine MBChb UCT

Yogic / Mindful

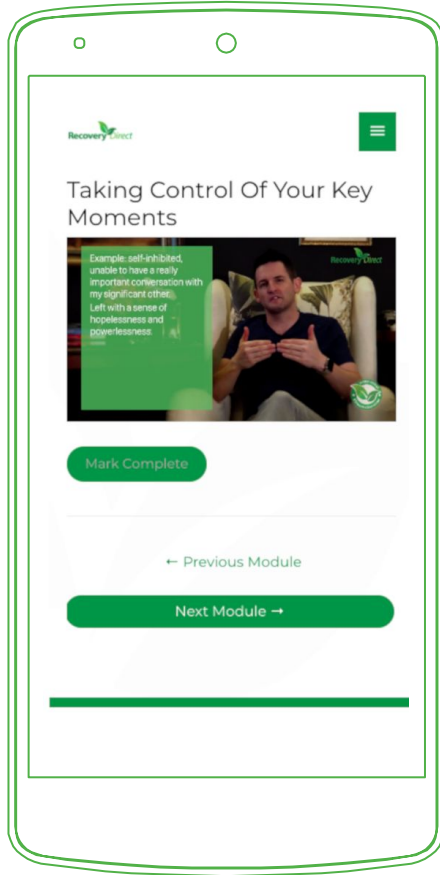
Tamzin Williams

Recovery Consulting

Steve Borloz

Recovery Consulting





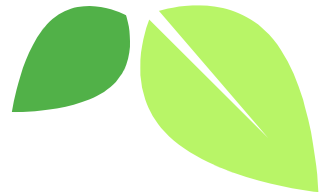
Rethink Recovery

Exclusive access to over 50 hours of centre insight lectures hosted by Recovery Direct's multidisciplinary team.

Playback all the core program lectures and educationals whenever you need them and as often as you like.

The to easy access online program reinforces everything learned inside the centre program and provides longevity of care.

GET STARTED NOW



Limited Access

* 90 days free access to all online modules..



R120k

- **Private Suite**
- 2 Individual Sessions a Day
- Routines, Educational + Groups

R65k

- **Shared Suite**
- 2 Individual Sessions a Day
- Routines, Educational + Groups

All meals, laundry, groups, educational insights and amenities are available to inpatients taken care of as part of your core program.

Incidentals such as doctor visits, on-charges for external professional services, and other personal items may not covered in the residential rate.

R800

- Outpatient / Assessments
- Individual Session

Other

Prices are subject to change according to private suite & room options available.

Prices quoted exclude VAT.