



EDEN RECOVERY CENTRE

10/438 Chattan Road
Glenferness, Midrand
Johannesburg
South Africa

Welcome to **Eden Recovery Centre**, beautifully situated in the Kyalami area, North of Gauteng. With the insight into the daily demand of substance abuse, it was a goal to open a sanctuary, where people, on every level would feel welcome and would leave with the results they came for...

A well trained, team of experts headed by Carmen Du Toit will make a significant impact in the life of a recovering addict. At **Eden Recovery Centre**, we provide a safe haven for those going through addiction/s rehab. Staffed with kind; dedicated individuals that help client's get through the withdrawal phase and move on to the rest of their recovery.

The most prominent people are the medical professionals who care for the recovering addicts. On the Team of highly trained professionals handpicked for EDEN you will find, Psychologists, Medical Doctors, Clinicians, Counsellors and other trusted professionals. These experts form an extended family for the recovering addict as they make their way through the rehabilitation process.

What is on offer...

- ✓ **Assessments**
- ✓ **Assessment and Detoxification Programme**
- ✓ **Primary Inpatient Programme (6-week plus 1-week after care)**
- ✓ **Primary Extended Inpatient Programme* (3-week extended care plus 1-week after care)**
- ✓ **Relapse Inpatient Programme* (3-week Relapse Programme plus 1-week aftercare)**
- ✓ ***need to have completed primary inpatient treatment**
- ✓ Assessment and screening
- ✓ Medically supervised detoxification regime
- ✓ Individual counselling
- ✓ Group therapy
- ✓ Dual diagnosis
- ✓ Aftercare consisting of 2 individual counselling sessions, group therapy, and 12 step support groups
- ✓ Family counselling
- ✓ Three nutritionally balanced meals per day
- ✓ Urine testing
- ✓ Breathalysing

What to expect...

In order to ensure the development of an effective therapeutic relationship, **Eden Recovery Centre** has the following expectations of their residents:

- ✓ Co-operation
- ✓ Commitment to the programme and completion thereof
- ✓ Adherence to rules and regulations
- ✓ Respect regarding authority and staff/managerial decisions
- ✓ Respect of other residents, their boundaries and personal property
- ✓ Honesty
- ✓ An open mind
- ✓ Willingness
- ✓ A desire and commitment to be in and adopt a culture of recovery

The resident can expect the following:

- ✓ Courteous, informative welcome and induction
- ✓ Safety search
- ✓ Welcome group and introduction to other residents
- ✓ Explanation of systems, methodology, rules and documentation
- ✓ Professionalism
- ✓ Confidentiality
- ✓ Safe and protected environment
- ✓ Broad and in depth staff knowledge base
- ✓ Access to counselling when needed
- ✓ Individual and group therapy on a regular basis
- ✓ Community interaction
- ✓ Commitment to residents themselves, their recovery and general health as dictated by the Constitution of South Africa
- ✓ To be suitably educated regarding addiction and recovery
- ✓ Honesty
- ✓ Ongoing care, encouragement and support when the resident has graduated from the programme

EDEN RECOVERY CENTRE Chemical dependency treatment programme is able to achieve a high degree of success in breaking down the denial system by an approach that combines many essential features:

- To surround the alcoholic/addict with care concern and understanding
- Providing them with a multitude of facts about their illness and its negative consequences.
- A multi-disciplinary approach based on abstinence, patient affirmation, intensive counselling and adherence to a structured, 12-step recovery programme.
- Supplying education about the nature of their illness (the disease of addiction)
- To offer support and assistance
- To help clients live without chemical support, to break through their denial systems
- To teach new coping mechanisms
- Provide a programme of ongoing recovery and relapse prevention
- To recognise that chemical dependency is a disease
- Alcoholism and other drug addictions are not self inflicted
- The primary symptom is denial, and if not treated, the disease is progressive, incurable and fatal
- Treat addicts with dignity and respect
- To empower individuals through a holistic, multi-disciplinary approach, to take responsibility for their own recovery
- To provide a safe and pleasant recovery environment
- Continuum of care

Every individual is different! The Counsellors at EDEN really take the time to get to know the recovering addict on every level by understanding what makes each person tick. The counselling team at Eden Recovery Centre will create a customized plan of recovery for each individual.

Various aspects that are covered in the program include the following:

Working with denial
Differentiating between substance abuse and dependence
Components of the addictive personality
Faulty belief systems
Relapse prevention
Family and the process of enabling
Co-dependency

Adult children of Alcoholics
Addiction in the workplace
Biochemistry of addiction
Family therapy
Education and family
Interactive psychodynamic group therapy
Individual psychotherapy
Marital counseling

