

## About DARA Thailand

**DARA Thailand is Asia's premier destination for addiction treatment. Providing drug and alcohol rehabilitation to clients from more than 50 countries worldwide, DARA uses a mix of proven methods for treating addiction at its two centres located on Koh Chang (Elephant Island) and in rural Chanthaburi (City of the Moon).**



DARA's founder and many of its counsellors have first-hand experience with addiction. Due to their understanding of addiction and the need for access to safe, comfortable, and private therapy, DARA's founder subsidises up to 60 per cent of the cost of its luxurious, evidence-based rehabilitation therapy.

### About DARA Thailand

DARA has been operating for longer than any other rehabilitation facility in Thailand, providing professional, private, world-class treatment programs at its two centres.

Among the world's most successful, cost-effective, 5-star rehabilitation facilities, DARA offers an all-inclusive, four week treatment program for less than AUD \$7,000, which is significantly cheaper than comparable Australian private rehabilitation clinics. Furthermore, the completion rate for DARA's treatment program is 92 per cent.

DARA subscribes to the highest levels of client confidentiality, and as such, makes no report of a client's treatment to their respective government, employer, company, school, or related organisation.



If you have a high profile at home, it is unlikely you will be recognised at DARA, noting extra security measures can be put in place for high profile clients, upon request.

DARA regards addiction as a chronic disorder, and that sustained recovery requires the client to develop an understanding of their own addictive processes, vulnerabilities and personal strengths.

The minimum recommended drug and alcohol rehabilitation program run by DARA is 28 days. Under special circumstances, DARA does accept clients for shorter periods than this. DARA also offers six, eight and twelve week rehabilitation programs.

## Treatment at DARA

At both its Koh-Chang and Chanthaburi facilities, DARA utilises its Integrated Behavioural Treatment Model (IBTM) components, including, but not limited to:

- Cognitive Behavioural Therapy
- Rational Emotive Therapy
- Dialectical Behavioural Therapy
- Transactional Analysis
- Schema Therapy
- Relapse Prevention Therapy (including Relapse Prevention Track)
- Intensive Behavioural Therapy
- Motivational Interviewing

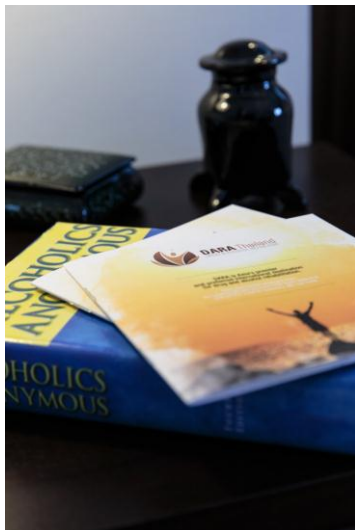
Further to its IBTM methods, all of DARA's drug addiction treatment programs include:

- Acupuncture
- Massage
- Yoga
- Tai chi
- Dietary evaluations
- Fitness evaluation
- Fitness programs customised to the individual client
- Highly customised relapse prevention planning
- Free addiction aftercare (for life)
- Integrated family treatment
- Post-discharge Sober Coach and Sober Recovery Programs.



Cognitive Behaviour Therapy (CBT) is a relatively short-term, focused approach to the treatment of many types of emotional, behavioural and psychiatric problems. The application of CBT varies according to the problem being addressed, but is essentially a collaborative and individualised program that helps individuals identify unhelpful thoughts and behaviours, and learn or relearn, healthier habits and skills.

All of DARA's certified counsellors have specialised training in CBT, and combine CBT with other modalities to create a tailored treatment program to its clientele.



DARA's Integrated Behavioural Therapy (IBT) model works by using CBT to help clients recognise the situations in which they are most likely to use drugs or alcohol, to help them avoid these situations, and to cope with a range of problematic behaviours associated with substance abuse.

Noting situation as the first priority in this model, DARA works with its clientele to identify the situation, problem or event that drives them to substance abuse. Using the CBT model, DARA focuses on the thoughts, emotions, physical feelings and actions associated with the situation, and works together with its clientele, to overcome these barriers to recovery.

Before commencing DARA's IBT program, an individual is assessed by their primary therapist to ensure this is an appropriate treatment option for them.

The therapist then explains the treatment plan to the client, to ensure they are satisfied with this approach. Next, the client determines which specific issues they wish/need to address at DARA in the short, medium and long-term.

The therapist and client then work together, to develop a treatment plan that addresses specific client goals and issues through CBT in combination with other therapies.

### **Steps to Recovery – DARA Chanthaburi**

DARA Chanthaburi offers clients a tailored, 12-step recovery treatment program, Steps to Recovery.™

The Steps to Recovery™ program utilises the guiding principles of both Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) to help clients overcome addiction, while also focusing on reconnecting them with their spirituality.

The program is non-denominational, and compatible with all spiritual belief systems.

Based on the 12-Steps of Narcotics Anonymous, DARA's tailored Steps to Recovery™ program encourages participants believe in a higher power to help them overcome addiction, and focuses on helping participants to:

- Look at life in a new and improved way
- Have no regrets about the past
- Stop fearing people, places or things
- Stop worrying about finances
- Become less selfish, focusing on less self-seeking behaviour
- Achieve greater happiness
- End self-pity
- Learn how to intuitively handle situations
- Put an end to feelings of uselessness
- Increase their ability to help others
- Achieve a level of serenity.

DARA's Steps to Recovery™ program can be tailored to a participant's individual needs through:

- 12 step meetings, written work and philosophies
- Integrated individual and group counselling
- Focusing on biological, psychological, social, and spiritual healing
- Rehabilitation between four and 12 weeks, consistent with DARA's personalised approach to addiction treatment and recovery
- Offering treatment to the substance abuser who has not crossed the line into addiction and dependence
- Offering specialised treatment to those addicted to prescription medications
- Psychological and psychiatric evaluations
- Nicotine cessation treatment
- The ability to treat process addictions, including gambling, sexual promiscuity, and compulsive eating
- A family therapy component
- A 'professional' program tailored to treating physicians, attorneys and other high-level/high-profile business people and executives.



Further to this, DARA Chanthaburi's Steps to Recovery™ program accounts for all aspects of an individual's health and wellness, which may include:

- Stress management
- Relapse awareness
- Art therapy
- Group exercise and sports
- Group communication skills development
- Journaling
- Massage
- Meditation and Yoga
- Sessions with a certified personal trainer
- Tai Chi and Thai Boxing
- Water workouts.



If you, or someone you know and/or love, is battling an addiction and requires help or more information, contact DARA Thailand 24/7 on +66 87 140 7788, email [info@dararehab.com](mailto:info@dararehab.com) or visit <http://dararehab.com/>

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For more information, please contact Kirsten Bruce or Mark Henderson from VIVA! Communications on + 61 (0)401 717 566 / + 61 (0)431 465 004.