

Dr Philip Townshend
(PhD, Opioid Substitution Treatment, MA Social Sciences,
Post Graduate Dipl. Clinical Psychology)
Treatment Director, DARA Thailand

Dr Philip Townshend is Treatment Director at DARA Thailand – one of the world’s most affordable, luxurious rehabilitation centres, and Asia’s premier destination for addiction (drug, alcohol and gambling rehabilitation) treatment.

He oversees a staff of 16 comprising South East Asia’s most professional team of medical and allied health professionals, including addiction specialists/psychologists, academics, counsellors and personal trainers, at DARA located on the tropical island of Koh Chang.



Dr Townshend is a Clinical Psychologist, trained and registered in New Zealand. He has more than 30 years of professional experience in a variety of settings, including residential treatment facilities, Employee Assistance Programs, gambling addiction, treatment of chronic pain, Maori mental health and private practice.

Having held clinical, research, teaching and management roles in addiction in New Zealand and Australia, Dr Townshend has worked in the areas of substance abuse and gambling addiction throughout his career.

Dr Townshend is widely published on addiction in academic literature and holds a PhD in ethics and conflict in opioid substitution treatment. Furthermore, he has contributed his knowledge and expertise at many addiction-focused conferences worldwide.

Dr Townshend is fascinated by the way research into neuroscience is re-shaping our understanding of changing addiction treatment and the ways in which it can help individuals and the families of those affected by addiction.

The rewarding and humbling experience of assisting people facing addiction and helping to change their lives represents Dr Townshend’s professional motivation. He is fascinated by the many paradoxes in this area, the opportunity to keep learning, and that there is no one right way to recovery.

On a personal note, Dr Townshend has a close family, with a long-term partner and three sons, and enjoys most outdoor activities and reading.

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To coordinate an interview with Dr Phil Townshend, please contact Kirsten Bruce or Mark Henderson from VIVA! Communications on + 61 (0)401 717 566 / + 61 (0)431 465 004.