



SafeHouse
a modern approach to recovery

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Season 05. Episode 05

Podcast Title: Thailand Rehab Reviews

Hi, this this is Bruno J. and welcome to Episode 5 of season 5 of my podcast Busting Addiction and its Myths.

This podcast is sponsored by SafeHouse Rehab Thailand, a premiere drug and alcohol rehab dedicated to enhancing the art and science of recovery.

We represent the *modern approach to recovery*, founded on Safety, which is why we absolutely outperform traditional rehabs when it comes to the four major factors that can make all the difference between a one and done, and a lifetime of clean and sober living.

Something to think about as you check out Thailand rehab reviews.

1. SafeHouse is integrated into a lively, modern Thai community with all the features of real life which better prepares clients to re-enter their world back home.

2. We have developed a more sophisticated intake and detox process to address the trend that is sweeping through addicts' lives today: addiction to multiple and newly emerging substances.
3. We are incorporating new technologies that have been proven to improve and speed the rate of recovery. By that I mean simple or complex technologies that have already shown promise in the field of recovery.
4. If the end goal is long-term sobriety, then an effective after-care program which contains the tools essential to success is the most important aspect of treatment. Our 'We Care' program will follow clients wherever they go to ensure that they own their own recovery, to help them launch and sustain the right trajectory over the long haul.

Today I want to talk about the research you should do before you commit to coming or having your loved one come into a treatment program in Thailand.

We will focus today on the Thailand rehab reviews that will hopefully guide your decision-making process.

We say at SafeHouse that "the first thing we want for you is to make an informed decision about the best treatment course to take at this critical time".

There are several treatment facilities vying for your attention in Thailand, many Thailand rehab reviews, and we thought that it makes sense to consolidate all the advice in one place right here.

By the way, a blog version of this podcast is to be found at www.safehouserehab.com

You may not choose us every time, but we are confident that when you look at all the factors that should go into your decision, SafeHouse Rehab Thailand will stack up very well.

Let's start with our common goals as a category of rehabs in Thailand: to give clients the best possible chance of turning their lives around and begin the journey to a lifetime of clean and sober, joyful and productive living.

You can also use the advice to evaluate any rehab that you might be considering anywhere in the world, for that matter, since basic best-practice truths apply everywhere.

So, based on our research, here are the things to watch for and evaluate as you go about the business of making a choice that will undoubtedly have long-term consequences for yourself and for your loved ones.

These points are in general order of importance:

1. Evidence-based treatment is the foundation.

Best-practice treatment revolves around behavioural therapy designed to help clients lower their stress levels, redirect harmful thoughts, and help clients deal with a variety of complex emotions. A typical label for this best-practice approach is CBT (Cognitive Behavioural Therapy) and ACT (Acceptance/Action and Commitment Therapy) which introduces clients to a new way of thinking and behaving.

These best practices serve as the foundation of our program at SafeHouse, but we are also committed to a more advanced approach to recovery which we outlined earlier.

Make sure that a rehab abides by proven processes that stand up to a rigorous inspection.

Watch for therapies and/or medications that are supposed to work "miracles" which is just a way of extorting hard-earned money from people desperate for just such a thing.

We should quickly point out that no rehab on our Thailand rehab reviews list would ever approach anything like that, but you would be surprised at how many people have already fallen for false cures when there is no cure.

2. Employing fully qualified staff makes a critical difference.

The quality of staff can vary greatly but most rehabs in Thailand do very well on that score because the staff are typically trained in the UK, Canada, Australia or the US all of which uphold the highest professional standards of training in the world.

Our professionals then come to Thailand fully prepared to help clients recover here. We insist not only on a bachelor's or better degree in addictions counselling from senior staff, we also require that a professional have at least 5-years experience as a staff member at a treatment facility or in private practice as an AODA (alcohol or drug addiction) counsellor.

The one thing you will immediately notice, regardless of experience level or type of training, is that professionals in our field demonstrate a genuine calling for this type of work.

Because many of them are in fact recovering addicts or alcoholics themselves, they bring special insight and empathy that no other type of training can possibly instil. That said, all our professionals, recovering or "normal", are themselves exceptional people in their own right.

3. Accreditation and licensure safeguard your investment.

The rules for licensure in Thailand were changed and upgraded recently, which means that all rehabs had to re-submit their credentials to the Thai Ministry of Health, including that of

SafeHouse. Our re-application has just been approved at the time of this writing.

Further, we have a contractual relationship with a regional private hospital and an addictions physician, along with two nurses experienced in addictions treatment.

This is important to know, since detox needs to be assessed in a hospital setting under the supervision of a prescribing physician.

Next to the qualification of the staff, the topic of licensure comes up frequently among Thailand Treatment reviews.

4. Dual-diagnosis treatment could make the difference between success and failure.

We strongly recommend choosing a rehab that is able to treat co-occurring disorders, especially bi-polar disorder, a not uncommon condition. Addictions are often symptoms of a deeper issue, rooted in trauma, abuse or a mental illness.

Key to treating dual-diagnosis clients is precise diagnoses on the front end, followed by professional care customised to the client.

Our counsellors are trained in identifying and validating co-occurring disorders and in treating both the disorder and the addiction. Addiction and mental disorders interact with one another, but neither is necessarily the cause of the other.

5. After-care is essential to long-term sobriety.

The residential treatment program lasts for 30 to 90 days, often followed by a longer stay in a sober living environment.

Therefore, the intensive in-patient treatment, which lasts only for a short period, is but a start on the path toward the end goal: recovery for life, lived one day at a time.

After-care support cannot and should not ever be underestimated. Staying clean in a highly structured environment within the rehab is

one thing, but what about the stresses and triggers of living in modern society?

In recognition of this challenge, we developed a full suite of after-care tools which we call the 'We Care' program. The kit of tools includes a customised follow up contact schedule via Skype, Zoom, WhatsApp, etc., a list of local AA/NA meetings, and reading material to help our clients re-enter real-world society.

6. A supportive family is the safety net.

The sad reality is that the family's well-being is eroded by the presence and progress of addiction as it rips through the home. Without realising it, they have been drawn into a high-intensity co-dependent relationship with their loved one.

Therefore, the family needs to be educated on the nature of the disease, the effect that it's had on the family dynamic, and what type of non-enabling support is necessary to help the addict truly recover.

At SafeHouse, we maintain an ongoing conversation with family members - who are paying the way, most of the time - and we also conduct pre-discharge counselling sessions for the family. We guide the family in unleashing the power of "we" which has been found to be of immense value in supporting the recovery of addicts and alcoholics, as the experience of Alcoholics has so vividly demonstrated.

This is yet another topic that comes up when family members search "Thailand Treatment reviews".

7. Success is more than completion of treatment.

A common success metric is how many clients made it through treatment without dropping out. Of course, this is a woefully inadequate way to measure success.

At SafeHouse, we keep and update records of our clients' progress through life and we are always delighted to hear from them, often years later. Anyone who tells you they achieve an X % success rate needs to be asked "over what time frame"?

If an addict relapses 10 years later, does that mean our treatment has been a failure? Or is it that the addict became complacent about working his program. It's unrealistic to push the responsibility for long-term sobriety to the rehab when we advise clients: *"Own your own recovery, be responsible for caring for yourself, for you have access to all the resources necessary for a lifetime of clean and sober living"*.

What we have learned as we scanned the landscape of Thailand treatment reviews?

1. Watch for best-practice, evidence-based treatment processes and by all means, do not fall prey to miracle cures when we all know there is no cure, but there is treatment.
2. A truly professional treatment program will be licensed by the Thai Ministry of Health and will employ staff specifically trained in addictions counselling, as we have here at SafeHouse.
3. Because many addicts and alcoholics are dually addicted, the staff needs to be able to identify, validate and treat both sides of the equation. The source of addiction might arise from trauma, abuse or mental illness to begin with.
4. After-care is critical to long-term success. This fact also touches on the "success rate" which, quite honestly, is dependent on how dedicated to self-care the client is after leaving treatment. At SafeHouse, we work extra hard at giving clients the best possible chance at long-term sobriety with our We Care program.

5. The bottom line, said another way, is to reduce the odds of a relapse, the fear that all members of the family carry with them.
6. The family dynamic has been warped by the presence of addiction in the house. The family needs to be educated on the nature of the disease and how they can best help their loved one recover, and not enable them further which can lead on to relapse.