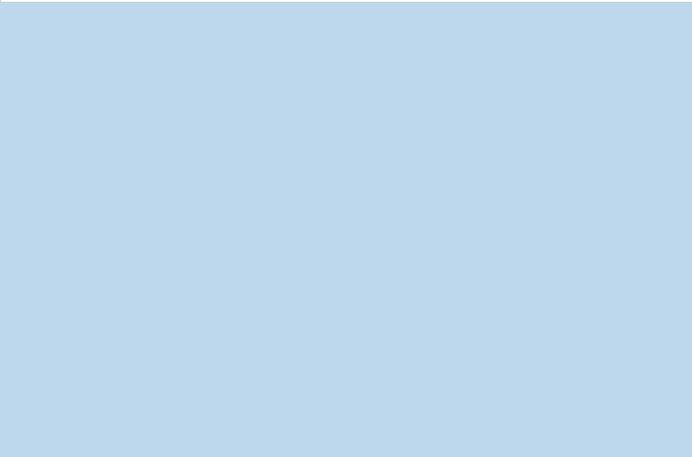
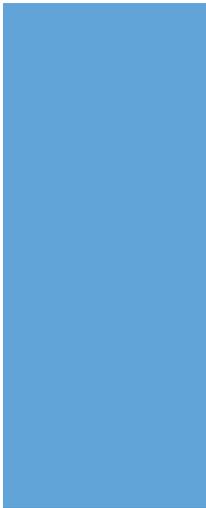




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# Take the first step towards freedom, today.

**N**estled amongst the sugar cane fields of KwaZulu-Natal's South Coast, our private addiction treatment centre provides a solution to addiction. We enable our clients to make positive and long-lasting life changes in a healing and safe therapeutic environment located far away from life's temptations.

Situated 14 km inland from Scottburgh, the peaceful and tranquil homestead features beautifully landscaped gardens and trees. Our staff complement comprises certified addiction counsellors, each with their own personal experiences in recovery, our medical doctor, social worker, on-site nurses and kitchen staff.

Every layer of The Cedars' philosophy is geared towards living life differently. One on one counselling, powerful group therapy based on the 12 Steps, cognitive and behavioural therapy. Weekly yoga under the trees, even our dietician approved menu is part of the journey to living a life free from addiction.

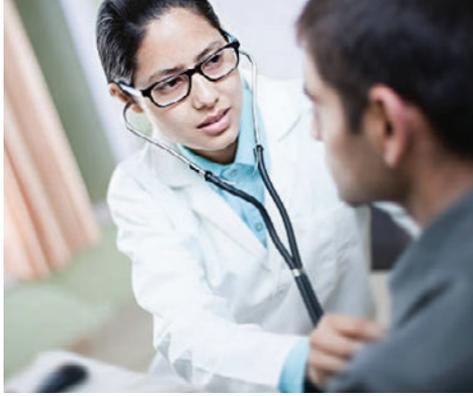
Families are included in our program too. We offer a monthly educational family workshop and an opportunity for family members to spend time with their loved ones at our facility on Sundays. Our wish for every client is a new adventure, and most importantly, a new way to live!



## Multi-Disciplinary Approach

**I**n line with best practice in the treatment of addiction, The Cedars use a multi-disciplinary approach, making sure that a range of skill sets are on offer to our clients. Our detoxification protocols are outsourced to our medical doctor and administered by our on-site nursing team. Not only do our clients benefit from a thorough 12-Step program but also a combination of various clinical models of psychotherapy on an individual and group basis.

This comprises one-on-one counselling, medication-assisted treatment (MAT) and cognitive and behavioural therapy either for the individual, the group, or both. Our clients become a part of our highly effective therapeutic community (TC) during their stay with us – a participative, in-patient, group-based treatment modality that has a good track record with treatment for substance abuse. Every client gets the individual help that they need.



## Treatment Phases

### PRIMARY

*The foundation of our highly effective addiction treatment program.*

After a physical health assessment, a customised detoxification plan will be drawn up by our medical doctor and nurse to help clients abstain from substances safely and comfortably. The client begins one-on-one counselling, 12 Step treatment, group therapy, a healthy diet and mild exercise.

### SECONDARY

*Client and counsellor put action into recovery skills and long-term behavioural change.*

Deeper exploration into the root cause of the substance abuse and other compulsive, self-defeating behaviour. Client and counsellor work together through the 12 Steps using cognitive and behavioural techniques to encourage change.

### TERTIARY

*Maintaining a life in recovery, relapse prevention, and reintegrating into society.*

Preparation for relapse prevention and reintegration back into life – family, employment and society. This phase takes into consideration the choices that are most beneficial to sustaining long-term recovery.



## What Makes Us Different?

**O**ur program is designed to be truly thought-provoking, effective and a catalyst for real and lasting behavioural change. We also make our clients' treatment stay as exciting as possible, taking part in various team building challenges, excursions to 12 Step meetings, regular exercise, good food and most of all an opportunity

to create platonic, recovery-orientated friendships. Chat with one of our addiction professionals today. Please note that you may be covered for up to 28 days of addiction treatment on your medical aid or hospital plan.

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