



## Great Holistic Health Centre

holistic, evidence-based rehabilitation

**Great Holistic Health Centre** offers a comprehensive, **holistic, evidence-based rehabilitation program** for chemically dependent men of all ages. Services integrate biological, psychological, social, spiritual, occupational, and familial dimensions, drawing from the **Therapeutic Community, Minnesota Model, Hazelden, Living in Balance, and 12-Step (A.A./N.A.)** approaches.

Treatment occurs in three phases (Phase I: 3 weeks; Phase II: 5 weeks; Phase III: 4 weeks), with a minimum of 90 days for severe cases (45 days minimum for relapses), individualized based on progress and severity.

The program emphasizes multidisciplinary teamwork, client-centered care, dignity, confidentiality, and long-term recovery through community support, aftercare, and relapse prevention. A fully functional on-site medical clinic provides doctor consultations, nursing care, and medication dispensing.

### HERE ARE OUR CORE SERVICES

#### 1. Detoxification

Medical management of withdrawal syndrome is the initial stage to safely stabilize clients physically. It addresses acute withdrawal but is explicitly noted as insufficient alone for long-term change—requiring continuous monitoring for possible drug use during treatment. Integrated with treatment of co-morbid physical conditions.

#### 2. Individual Therapy

One-on-one counseling, typically with a primary counselor (often recovered, same sex/age group where possible) who builds close, less formal relationships. Focuses on personalized exploration of addiction as a primary, progressive, chronic biopsychosocial-spiritual condition. Includes fearless moral inventory, emotional disclosure, and development of an individualized treatment plan. Promotes self-acceptance, responsibility, and reality orientation.

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### **3. Group Therapy**

Gender-specific and other groups combine confrontation with support in a dynamic learning environment. The therapeutic community leverages group and social pressures therapeutically, with the community itself as the principal therapist. Addresses triggers, negative emotions, anger, communication, relapse prevention, and mutual identification/support.

### **4. Treatment of Mild Mental Illnesses / Co-Morbidity**

Integrated treatment for co-occurring mental health disorders alongside addiction (e.g., dual diagnosis). Follows the principle that individuals with coexisting mental disorders should have both treated in an integrated way, using medications where appropriate combined with counseling/behavioral therapies.

### **5. Family Therapy**

Addresses co-dependency, enabling behaviors, unhealthy family patterns/systems, and the impact on significant others. Includes family participation in the recovery process to prevent addiction in relatives and support holistic family recovery. Sessions on family matters, parents, child development, and parenting skills.

### **6. Occupational Therapy**

Helps restore functional abilities and daily living skills affected by addiction. Includes teaching entrepreneurial skills, study skills, parenting skills, and motivational skills by experts, plus vocational/educational goal-setting, money management, and problem-solving to empower healthy lifestyles and societal reintegration post-treatment.

### **7. A.A. and N.A. Meetings (Internal and External)**

Orientation to Alcoholics Anonymous/Narcotics Anonymous, expectation of Step work, and active participation in meetings. The 12 Steps are central (e.g., admitting powerlessness, moral inventory, making amends, spiritual awakening, carrying the message). Viewed as the most viable ongoing sobriety-based support structure after treatment.

### **8. Psychoeducation**

Client education on addiction/recovery basics using reproducible worksheets and lectures. Core topics from Living in Balance include definitions/self-diagnosis, drug education, triggers, planning for sobriety, alcohol/tobacco, spirituality, sex/drugs/alcohol, stress management, negative emotions, anger/communication, relapse prevention (Parts 1 & 2), self-help groups, the 12 Steps, STDs/AIDS, nutrition/exercise, physical wellness, problem-solving, attitudes/beliefs, human needs/social relationships, family/parenting,

educational/vocational goals, money management, sexual abuse, compulsive behaviors, addiction/loss, and grief.

### **9. Consultant Awareness / Health Education**

Health education sessions, including counseling on HIV/AIDS, hepatitis B/C, tuberculosis, and other infectious diseases. Focuses on behavior modification to reduce infection risks for self and others.

### **10. Retreats, Team Building Activities, and Focus Group Discussions (FGD)**

Structured retreats (with specific formats/materials), team-building (clients + staff), and FGDs to foster openness, personal sharing, fellowship, and community-based recovery. Enhances communication, mutual support, and application of principles.

### **11. Recreational Activities, Meditation, and Spiritual Nourishment**

Relaxation, exercise, recreation, meditation, and spiritual practices to support the spiritual dimension. Aligns with 12-Step emphasis on a Higher Power, prayer/meditation for conscious contact and carrying out God's will, and holistic wellness (nutrition, physical wellness).

### **12. Physiotherapy and Medical Clinic Services**

Treatment of physical conditions alongside addiction; on-site clinic for consultations, nursing, and medication. Supports overall physiological recovery.

### **Additional Supporting Elements**

- **Support Groups:** Separate groups for recovering addicts, children of alcoholics/addicts, families with mental disorders, families of recovering addicts, and those suffering from mental disorders.
- **Continuing Care & Relapse Prevention:** Comprehensive discharge plans, community reintegration, booster sessions, and monitoring. Recovery is lifelong; multiple treatment episodes may be needed.
- **Specialized Considerations:** Attention to age, race, culture, sexual orientation, gender, and co-morbidities in all components. Gender-specific (men's) and specialized tracks (e.g., women's curriculum elements adaptable).

All services aim for affordable, professional, client-centered care to achieve substance-free life, reduce relapses, empower healthy lifestyles, and support families—treating addiction as treatable (though incurable) via a multiciliary, community-based approach. Treatment need not be voluntary to be effective and is readily available in the serene Kiambu-Thika (Muguga-Gatunyaga) setting.