



PLETTENBERG BAY - SOUTH AFRICA

Recover.

Start now.

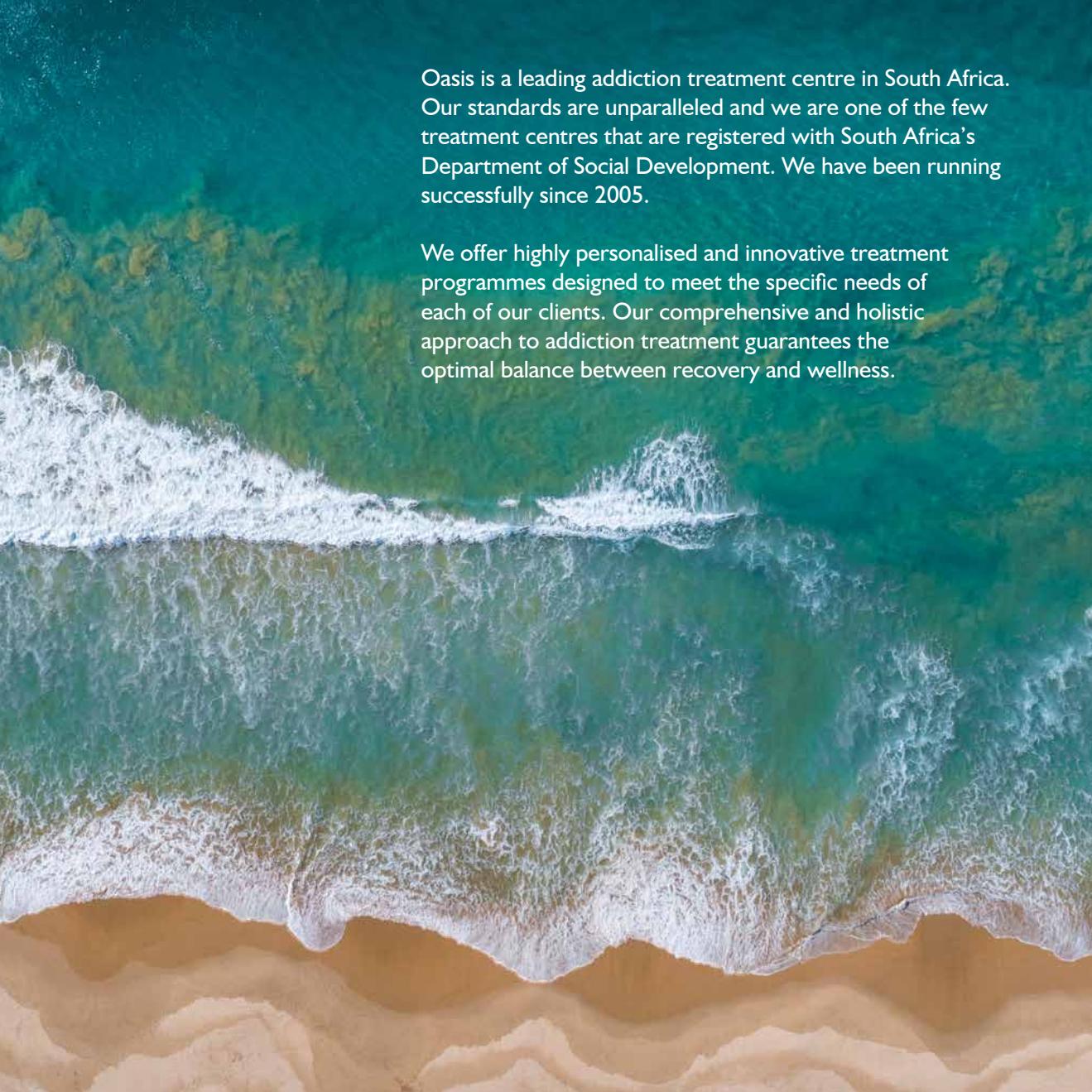
*Start where you are,
with what you have.*

Start with pain.

Start with doubt.

Just... start.

Start and don't stop

An aerial photograph of a beach. The top half of the image shows deep turquoise water with some darker patches. Below that, a line of white, frothy waves breaks across the frame. The bottom half of the image shows the golden-brown sand of the beach, which has some darker, wet patches where the waves have receded.

Oasis is a leading addiction treatment centre in South Africa. Our standards are unparalleled and we are one of the few treatment centres that are registered with South Africa's Department of Social Development. We have been running successfully since 2005.

We offer highly personalised and innovative treatment programmes designed to meet the specific needs of each of our clients. Our comprehensive and holistic approach to addiction treatment guarantees the optimal balance between recovery and wellness.



OVERCOME ADDICTION STEP INTO SOCIETY

At Oasis, our mission is to help rebuild lives through hope, compassion and dedication.

We are a boutique residential treatment and rehabilitation centre dedicated to an integrative treatment approach to addiction. Our goal is to identify the root of our clients' addiction and guide them in developing new ways of coping and communicating.

We believe that uncovering and understanding the function of addiction in our clients' lives is the route to effective and long-lasting recovery.

At Oasis, we provide our clients the opportunity to practice new skills in a safe and tranquil beach environment that supports healing and change.







WHY CHOOSE OASIS

At Oasis we pride ourselves in providing an effective treatment programme, while offering the highest quality standards and services.

Our all-inclusive inpatient treatment programme combines:

- Effective treatment planning within a multidisciplinary team
- Licenced and accredited team of clinicians with extensive experience in the field
- Intensive individual and group therapy
- Family Treatment Programme
- Comfortable accommodation at our beautiful beachside centre
- Weekly excursions and holistic wellness therapies
- 24-hour nursing support
- Complementary relapse prevention treatment
- After-care support
- World class treatment at a fraction of the cost of international centres

*“I had to clear up my messy life.
By letting go of the debris and filth,
I have come to a deeper more soulful beauty and clarity like an oasis in the desert.
From that place of clarity,
a vision of what I could have,
what I could do,
who I could be has emerged if I allow my heart to become a place of compassion,
acceptance and forgiveness.”*



TREATMENT PROGRAMMES

There is often the perception that treatment for addictive disorders and various dual diagnoses has to be uncomfortable, punitive and unpleasant.

The process of admitting that we have a problem that we can't solve, and the process of healing is difficult enough.

It is our privilege at Oasis to deliver personalised multidisciplinary treatment programmes in a non-judgemental and compassionate environment that is effective and transformative, comfortable, stylish and tranquil, reassuringly confidential and spacious.

Our skilled and experienced team of therapists, counsellors, psychologist, psychiatrist, doctors, support workers and 24-hour nursing staff will help you feel comfortable, at home and safe through your life changing time at Oasis.





OUR APPROACH CAN SUPPORT THOSE WHO STRUGGLE WITH;

- ALCOHOL ABUSE

- GAMBLING

- SUBSTANCE ABUSE

- GAMING

- EATING DISORDERS

- SEX ADDICTION

- BEHAVIOURAL ADDICTIONS &
CO-DEPENDENCY

- CO-OCCURRING DISORDERS &
PSYCHIATRIC CONDITIONS



LEVELS OF CARE

MEDICAL DETOX

Clients requiring acute medical detox for drug or alcohol abuse are treated at a specifically selected off-site hospital, under the care of an experienced detox team.

Once our clients are physically stabilised, we continue to manage their detox as they begin their therapy with us.

RESIDENTIAL INPATIENT TREATMENT

Our residential treatment programme provides 24 hour a day nursing and therapeutic care. The initial stage of treatment is structured and highly individualised, according to each client's needs.

Each client works closely with our multidisciplinary team, that includes our psychiatrist, registered dietician, doctor, primary therapist and social worker.

Referring psychiatrists, physicians and therapists are an important part of our collaborative team and comprehensive treatment planning for each client.

AFTER-CARE PROGRAMME

Our after-care programme provides a structured treatment plan suited to each client's needs, with decreased monitoring where our clients continue to live on site with access to staff.

Autonomy and accountability are essential to this level of care, and our clients continue to engage in individual and group therapy during this phase.

Ongoing after-care is provided to our clients, as we support and guide them as they return home. Thorough discharge planning is pre-arranged, in which appointments, meetings and ongoing therapeutic care is scheduled.

EFFECTIVE TREATMENT

We make the referral process as easy as we can for both our clients and referring professionals. Admission is expedited, and we accept clients 5 days a week. Pre-arranged transfer services are available across the globe.

Oasis clients receive comprehensive medical, psychiatric and social assessment within 48 hours of admission. All of our eating disorders clients also receive a nutritional assessment in order to help achieve optimal wellness.

Referring professionals are considered as part of our team, and ongoing consultation and communication is provided to the degree to which each referring professional prefers. Progress reports as well as thorough discharge reports are provided.

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