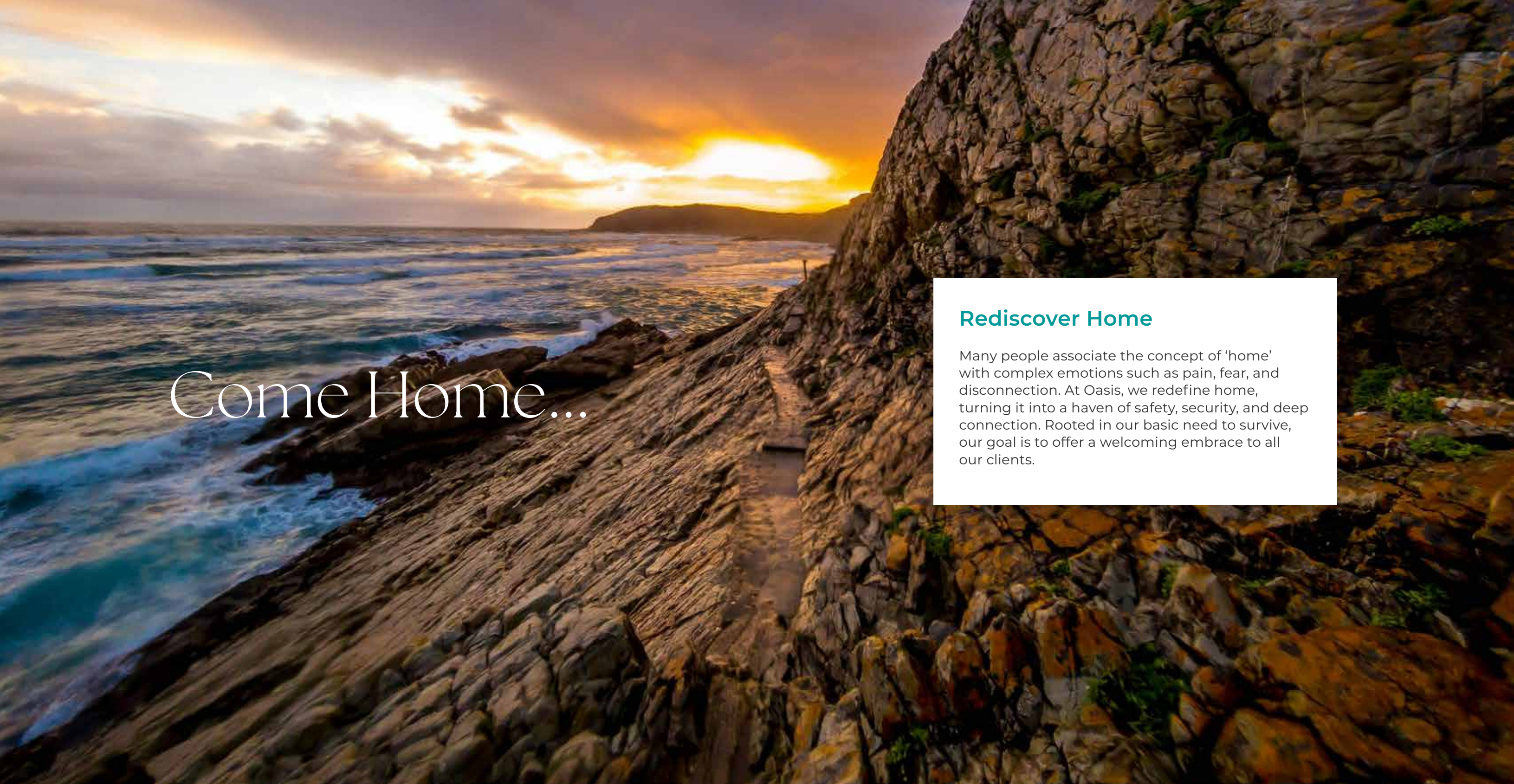




Tel: +27 (0)44 533 1752 | info@oasiscentre.co.za | www.oasisrecoverycentre.com



Come Home...

Rediscover Home

Many people associate the concept of 'home' with complex emotions such as pain, fear, and disconnection. At Oasis, we redefine home, turning it into a haven of safety, security, and deep connection. Rooted in our basic need to survive, our goal is to offer a welcoming embrace to all our clients.

The heart of Oasis

The heart of Oasis

At the core of Oasis lies a deep-seated desire to truly see, hear, and understand each individual who enters our centre.

We recognise that acknowledging personal struggles and seeking change are acts of bravery. Accepting help requires courage, support, trust, faith, and hope—a philosophy that is central to our approach.

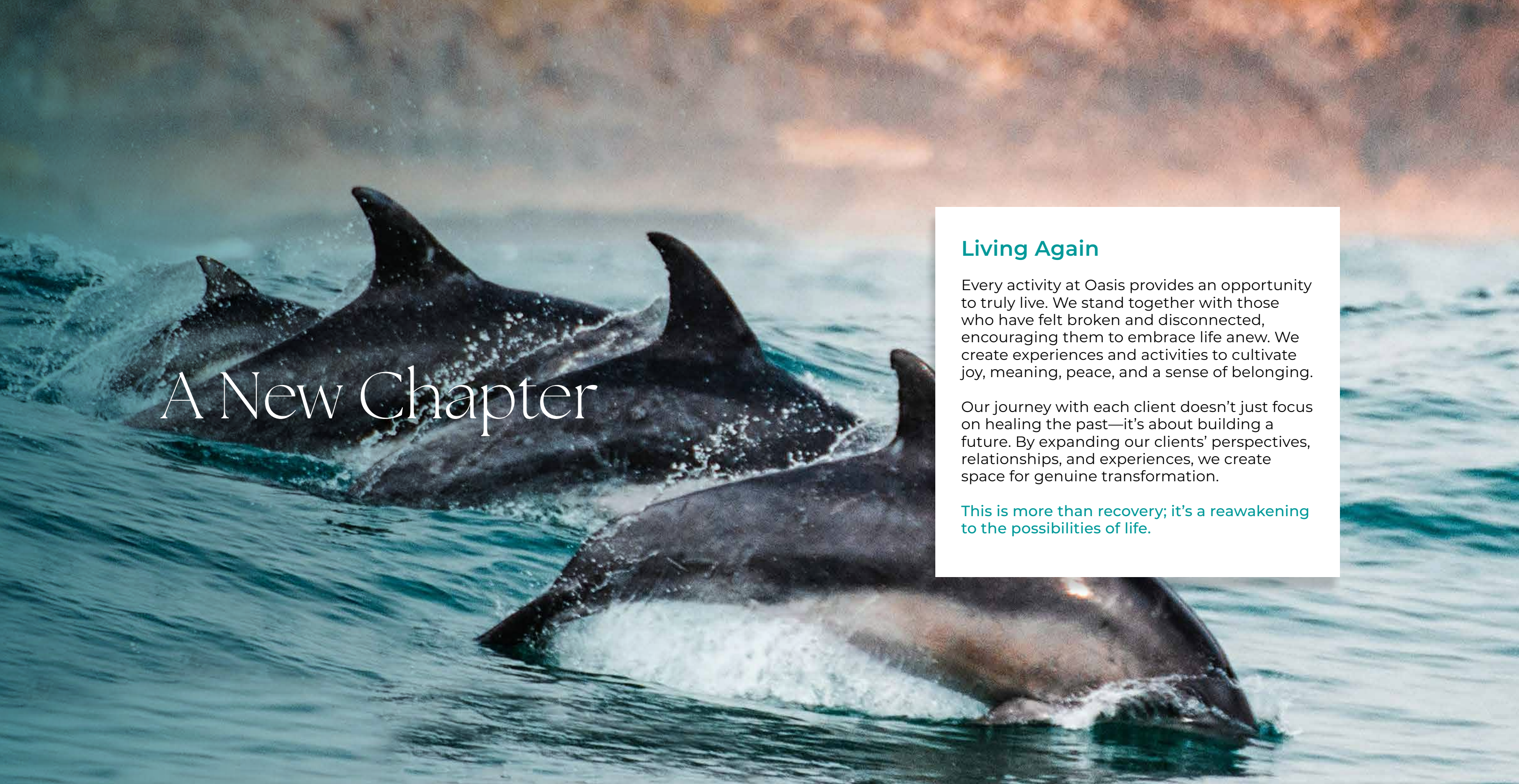
Our Commitment

Oasis adopts a distinct and rare approach to mental health, thoroughly understanding, accepting and providing a space to heal and restore each client's needs. Designing personalised treatment plans, through collaboration with our multidisciplinary team provides insights, knowledge, and experiences, crafting a path to healing and restoration.

Our ultimate goal is empowerment helping clients rebuild and reshape their lives beyond their past constraints of pain, trauma, and labels.

The healing, processing of trauma, creates safety, empowerment, support and connection.

Restoration and healing

A group of dolphins is captured mid-leap from the ocean's surface. Their dark, sleek bodies are arched, with their dorsal fins prominently visible. The water around them is splashing, creating white foam. The background is a soft, hazy sky with warm, orange and pink tones, suggesting a sunset or sunrise. The overall mood is one of freedom and vitality.

A New Chapter

Living Again

Every activity at Oasis provides an opportunity to truly live. We stand together with those who have felt broken and disconnected, encouraging them to embrace life anew. We create experiences and activities to cultivate joy, meaning, peace, and a sense of belonging.

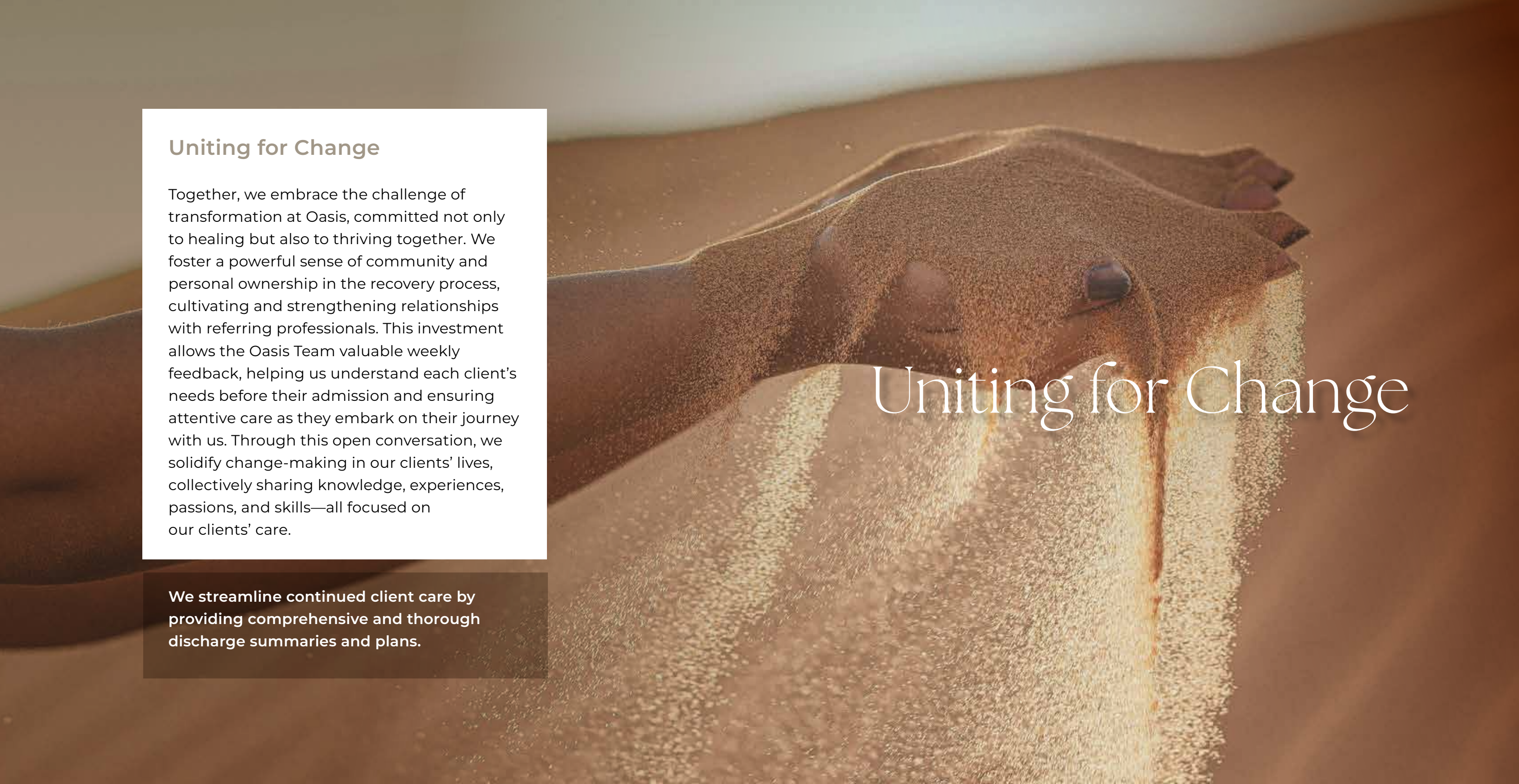
Our journey with each client doesn't just focus on healing the past—it's about building a future. By expanding our clients' perspectives, relationships, and experiences, we create space for genuine transformation.

This is more than recovery; it's a reawakening to the possibilities of life.

Uniting for Change

Together, we embrace the challenge of transformation at Oasis, committed not only to healing but also to thriving together. We foster a powerful sense of community and personal ownership in the recovery process, cultivating and strengthening relationships with referring professionals. This investment allows the Oasis Team valuable weekly feedback, helping us understand each client's needs before their admission and ensuring attentive care as they embark on their journey with us. Through this open conversation, we solidify change-making in our clients' lives, collectively sharing knowledge, experiences, passions, and skills—all focused on our clients' care.

We streamline continued client care by providing comprehensive and thorough discharge summaries and plans.



Uniting for Change

Multidisciplinary team comprising



Psychiatrist



Specialist
Physician



Dietician



Registered
Counselor



Clinical
Psychologist



Addiction
Therapist



Positive
Psychology Expert



24 hour
Nursing staff



EMDR Specialist



Social Workers



Occupational
Therapist



Equine Therapy



Mindfulness
Practitioner

A person is walking on a stone labyrinth on a beach. The labyrinth is made of smooth, grey stones arranged in a complex, winding pattern on the sand. The person is wearing a dark, patterned top and dark pants. In the background, there is a large, dark rock formation and the ocean with gentle waves. The sky is overcast.

Our Treatments

Therapeutic Approaches

Therapeutic Approaches

Our therapeutic offerings encompass evidence-based modalities tailored to individual needs:

- **Individual Therapy:**
One-to-one sessions for personalised exploration and growth.
- **Group Therapy:**
Support and connection in a communal setting.
- **Psychodynamic Therapy:**
Exploring unconscious patterns and emotions.
- **Motivational Interviewing:**
Empowering clients to find internal motivation for change.
- **Trauma-Focused Therapy:**
Addressing and processing traumatic experiences.
- **Cognitive Behavioural Therapy (CBT):**
Rewiring negative thought patterns and behaviours.
- **Emotion-Focused Therapy:**
Enhancing emotional awareness and regulation.
- **Interpersonal Therapy:**
Improving relationships and social functioning.
- **Schema Therapy:**
Reshaping deep-seated emotional patterns
- **EMDR (Eye Movement Desensitization and Reprocessing):**
Uses guided eye movements to help reprocess and alleviate distress from traumatic memories.

Therapeutic Approaches

- **Eco-Therapy:**
Harnessing nature's healing power for holistic well-being.
- **Holistic Expression Therapies:**
Integrating Drama, Art, and Yoga for Comprehensive Healing.
- **Equine Therapy:**
Is an experiential, holistic approach utilizing activities with horses as a means of treating trauma, mental health issues and behavioural problems.
- **DBT Dialectical Behavioural Therapy**
Helps people develop skills to manage intense emotions, improve interpersonal relationships, and tolerate distress.
- **Art Therapy**
Is an expressive process that teaches clients concepts of grounding, mindfulness, and distress tolerance whilst discovering the role of creativity and the practice of making art as part of the mechanisms in processing.
- **Family Therapy**
Family support is a cornerstone of successful recovery, providing the emotional backing necessary to face the trials of addiction.
- **12 Step Process**
Incorporating the 12 STEPS into your daily routine can significantly enhance your sense of calm and tranquility, with the work book creating a peaceful space for reflection.
- **Play Therapy**
Is a therapeutic approach utilised to help individuals explore their lives and freely express repressed thoughts and emotions through play. It helps express emotions, address traumas, and communicate without the constraints of language.



Supportive Therapies



12-Step Program



Volunteer
Program



Nature
Engagement



Beach Walks

Creative Therapies



Art Therapy



Play Therapy



Drama Therapy



Yoga Therapy

Physical wellbeing programs



Group gym
Training



Personal
Training



Yoga Sessions



Physiotherapy
and Bio-kinetics



Guided Hikes



Beach Walks

Break away

Break away

Our clients seek solace in an exclusive corner of the Garden Route, Plettenberg Bay, where they simplify their worlds amidst a stunning landscape of mountains, streams, forests, beaches, and nature's sanctuaries.

The pure air, soothing sea sounds, and warm, home-like setting create a welcoming and nurturing atmosphere.



Mountains



Forest



Beaches

Personalised nourishment and comfort

Clients enjoy personalised meal plans prepared by onsite chefs, complemented by amenities like weighted blankets, noise-canceling earphones, and customised MP3 sounds tailored to individual preferences.

Personalised nourishment and comfort



Personalised
meal plans



Weighted
blankets



Noise-cancelling
earphones

Seasonal delights and relaxation

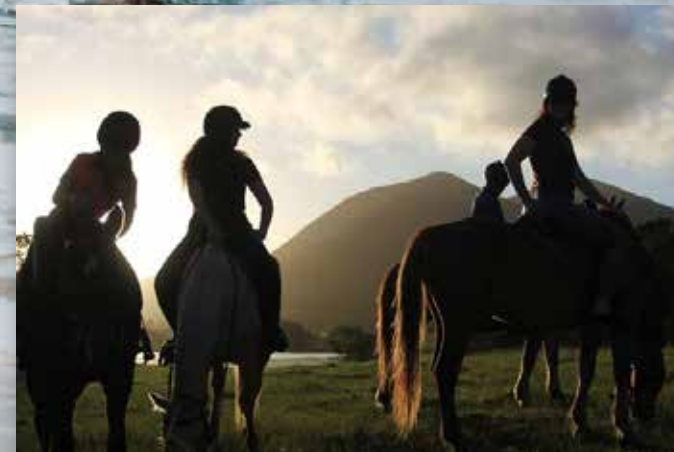
Throughout the year, whether by cosy fires in winter or refreshing swims in summer, alongside serene garden lounging, our clients experience comfort and relaxation in an environment attuned to seasonal delights.



Cosy Winters



Summer swims



Engaging activities for new experiences

Engaging activities for new experiences

Themed nights, water games, and delightful dining experiences are designed to foster new connections with the world and create memorable experiences for our clients.



Themed nights



Experience new
connections



Delightful dining
experience

Meaningful Connections

Meaningful connections and self-discovery

Through guided nature walks, elephant interactions, community outreach, beach ceremonies, and explorations of mountain and forest trails, clients forge meaningful connections and embark on journeys of self-discovery amidst the harmonious blend of Plettenberg Bay's natural wonders.



Guided
Nature Walks



Embark journeys
of self-discovery



Community
Outreach



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