

Oasis Counselling Centre - Helping Addicts Get Their Lives Back

Contributed by AlterSage
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Oasis Counselling Centre is at the forefront of helping addicts fight their addictions. This well-known rehabilitation centre runs an intense and successful recovery programme aimed at helping not only drug addicts and alcoholics to get clean from their demons and stay abstinent indefinitely, but also other forms of addiction including eating disorders, gambling, sex and love, cutting and co-dependence.

Oasis Counselling Centre is an addiction rehab situated in the scenic town of Plettenberg Bay in South Africa, a country which has been struggling with a rising drug dependency problem for some time.

The evils of Tik (Chrystal-Methamphetamine) have been well documented in the media, yet thousands of addicts using heroin, cocaine and other narcotics are experiencing just as much harm. Added to this is the growing rate of other addictions such as eating disorders, sex and love addiction, gambling addiction and other obsessive and compulsive behaviours. South Africa certainly has a need for treatment methods which are successful and long-lasting.

"Our clients come from many different backgrounds and cultures, but their drug use and other compulsive behaviours are progressive and will always take them to the same place if not stopped. Death is not uncommon for those trapped in heavy addiction," explains Helen Schaffer, Director at Oasis Counselling Centre.

The philosophy at Oasis Counselling Centre is to provide excellence in counselling in an environment that is nurturing. The centre does not believe that addicts are 'bad' or weak-willed people - they are in fact quite the opposite. With professional counselling and help, they can be rehabilitated to lead normal and happy lives.

The counselling available at Oasis Counselling Centre is based on the Minnesota Model of recovery - a highly successful programme based on the 12 Steps. The model not only helps addicts process their addiction but provides tools which will help them cope with life on a daily basis. Patients receive intensive therapy from highly experienced counsellors on an individual and a group therapy basis. The combination of individual and group therapy with the 12 Steps is a successful treatment method used by many rehabilitation centres worldwide.

"We believe in providing a caring environment for our clients to nurture their own recovery within, using the help of our counselling facilities and a 12 Step Programme," says Schaffer. "Addicts are not bad people. They may engage in bad behaviours and do things which others may find shocking, but at their core, they are good people who are extremely troubled. Any addict deserves the chance to recover."

Oasis Counselling Centre is categorised as an Extended Primary Care Centre. This means that the centre runs the same programme as a normal Primary Care Clinic, except at a much lower cost and accepts clients for three months. Research has revealed that addicts who remain in a counselling centre for three months or more are far better equipped to remain abstinent once discharged.

Moving to a Secondary Care Facility after Extended Primary treatment allows an even greater chance of remaining sober, and Oasis Counselling Centre also runs Solar House - a Tertiary Care Facility. Solar House is aimed at giving those who have completed their Primary phase of treatment the opportunity to integrate back into society with the support of having a safe 'base' to which they can return every day.

Oasis Counselling Centre also believes in nurturing a healthy lifestyle amongst clients. A balanced diet accompanied by enjoyable exercise has a remarkable effect on general well-being. At Oasis, clients go on a daily beach walk or swim, have weekly horse riding, Sivananda Yoga/stretch classes and nature excursions. A deep sea adventure, an overnight International Outward Bound programme and workshops are also included in the programme. Contact information:

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Oasis Counselling Centre is an addiction rehabilitation centre in Plettenberg Bay, South Africa providing therapy facilities and a healing and nurturing environment for clients.