



Matrix Reload Rehab
Helps you to be with us

Information package

Matrix Reload Rehab Helps you to be yourself



Welcome to Matrix Reload Rehab!

The recognition of a problem and understanding of the fact that you need help must be an essential first step. We really appreciate this first progress. Your decision to visit our rehabilitation center proves your willingness and motivation for the process of getting rid of the addiction. You should be proud of this decision. Now, when the choice is made you have to decide, how much time and efforts you are ready to spend for our program. Only you are able to use as much energy as necessary for achieving sobriety and emotional stability.

The next informational part provides you with brief overview of our program. It describes all elements of our intensive psychotherapy and family therapy, courses on taking control over symptoms and development of skills which help to cope with life's difficulties; and some of our complex procedures.

Traditional medical treatment and complex alternative techniques give the best results of 75% of successes, the highest percentage in the whole World. The combination of these two techniques provides the best service and therapeutic treatment in the whole World. Our team of specialists has discovered the way to success. We believe, that time spent in Matrix Reload Rehab would help you to achieve comfortable sobriety and emotional stability in future.

You've done the first step on the way of getting read of the addiction. Let Matrix Reload Rehab help you to be yourself. We would eagerly answer all questions of your family and your doctor before you come to us. Also you would have an opportunity to communicate with people which have already undergone rehabilitation in our center.

**Sincerely,
The team of Matrix Reload Rehab.**

Main programs used at Matrix Real Rehab



Taking control over symptoms.

The psychological educational group explains the connection between psychological factors and models of addiction. Changes in the mental process, emotional state and demeanour take place during the work in the group. The main purpose is to understand behavioral, medical and psychological consequences of substance abuse. At the beginning of rehabilitation the group helps participants to study their frustration and barriers on the way to rehabilitation and awareness of the need for change.

The ability to cope with difficulties of life.

This psychological educational group helps to collect and interpret the information about alternative and healthy ways to cope with stress, symptoms and related to them conditions. It was created to help patients in development of skills necessary for maintaining long-term sobriety and emotional stability.

12 steps.

The essential element of the program of Matrix Reload Rehab is 12-steps model. The 12-steps support group is an important supplement to our service. This effective system approved around the World helps to learn how to live with the addiction as well as to live happily by improving yourself everyday.

Matrix Reload Rehab does all their best to provide clients with complex therapy and alternative techniques of the highest quality. All procedures are performed by experts who developed them. The list and the description of alternative ways for rehabilitation offered by Matrix Reload Rehab to every client are represented below.

- Yoga
- Consultation on nutrition
- Meditation
- Groups of lifestyle choices
- Emotional therapy
- Personal training /fitness
- Excursions
- Administration of medication



Your individual schedule for rehabilitation:

The prerequisite for the admission to Matrix Reload Rehab is the detoxification which everybody should undergo before the arrival to rehabilitation center.

Everyone coming to Matrix Reload Rehab with help of our personal specialist develops an individual schedule of rehabilitation; also your individual specialist will support you during the whole rehabilitation course. This collaboration is subjected to satisfy your needs and therapy of your symptoms. The development of frank and sincere relations and mutual understanding is an important part of the schedule which would keep you in a sober and stable condition.

We use different unique methods of the addiction therapy. You won't find the description of all these methods because they are appeared to be a kind of a secret key to the recovery of our client. Some of basic elements of your individual schedule are specified below:

- Intensive individual psychotherapy is the most important element of the rehabilitation system of Matrix Reload Rehab. We apply several theories and methods of the therapy which have been developed for achieving the best results of the treatment for every patient. The integrated work with the specialist would help to reveal old experiences and injuries, current irritants and to analyze their influence on the addiction and model of behavior. The psychotherapy helps to reflect on your past and to change the future.
- Group therapy is an important element of daily rehabilitation program of Matrix Reload Rehab. The group therapy is scientifically grounded practice which has become a clinical treasure especially in combination with the individual psychotherapy. The advantage of the group therapy is based on the necessity to attend it and on the fact, that significant results are achieved by interpersonal communication. The group therapy uses the power of transmitted experience, the concept of belonging, acceptance and validation.
- The program of family therapy. Alcohol and drug addiction and the following frustration influence not only the patient but also his family. Matrix Reload Rehab developed special program, taking into consideration difficulties of families and loved ones, associated with patient. The psychotherapeutic intrusion is important for the family as well as for the patient. That is why the rehabilitation program of every patient includes family therapy. Family therapy provides deep mutual understanding between the patient and his family, it helps to renew relationships and to create the system of positive support to maintain sobriety and stability.

- The composition of the life story helps to discover the reason of decess, to find out real reasons of the addiction. This method allows re-living your life again, helps to analyze and recognize your real attitude to the addiction. If you feel anxiety about the possibility to fail the treatment, you can get the failure prevention program as an additional service.

Your first day

Since the day of your arrival to Matrix Reload Rehab our team of specialists will start the introduction of the individual program of rehabilitation to you. After receiving the room and settlement the member of our team would perform an overall assessment. If you are experiencing withdrawal symptoms or other medical difficulties, than our specialist would consult you immediately.

Your first day in our center will become a gentle transition to the therapy. You would feel yourself home. After introduction to our reference book you would be prepared to the full medical examination and psychosocial assessment.

Our therapist would conduct psychiatric evaluation for the disease history and for good understanding your current symptoms and models of behavior. Also he would prescribe you intensive psychotherapeutic treatment sessions. Our personnel would help you to start the program and underline the individual approach, which would be used in your rehabilitation program according to your personal requirements.