



# From Desolation to Hope

## The journey of breaking free from addiction

**Tranquility Clinic** offers a multi-modal therapeutic approach that includes both individual and group therapies, either with fellow patients or friends and families. Educational workshops with relaxation therapy and support, allow each patient to get to grips with the issues that govern their lives. Through this therapy the root cause of issues is ascertained.

### Inpatient treatment programmes

The inpatient treatment model is typically characterised by a thorough and ongoing assessment of all aspects of the client situation and of multi-modal therapeutic approaches.

The unique treatment plan includes medically supervised detoxification, clinical assessments, group and individual therapy sessions, workshops, recreation and relaxation therapy, family education and support, relapse prevention, as well as other internationally recognised treatment therapies.



A multidisciplinary team of professionals plan and assist in the treatment process for each client. Treatment provides practical tools and a context for the client to learn new ways of living without alcohol and other drugs. Each day consists of a comprehensive schedule of treatment activities.

### Family support is a central part of the therapeutic process

The family programme is designed to promote the well-being of those who live with or care about an adult with an addiction.

Experience has shown that an alcoholic/addict affects an average of 16 people around him/her. The stress of living with alcohol or

drug addiction can have physical, emotional, social, and spiritual consequences. Families of alcoholics and addicts often feel confused, resentful, frustrated, angry, hopeless and helpless.

The family programme helps to alleviate confusion and anxiety. It promotes healing by identifying how addiction affects families and what family members can do to take care of themselves.

Loved ones of those with addiction learn that they can't control addiction, they didn't cause addiction and they can't cure addiction. By becoming aware of the beliefs and experiences that shape their own behaviours, family members identify practical ways of coping with addiction and relationships.



**Gibson Manick Kistan** is the founder of Tranquility Clinic



### Outpatient treatment

A six or eight week programme has been designed for clients that are suited to outpatient treatment, including:

- Clients who are in the beginning stages of addiction where their lives are starting to become unmanageable.

- Clients who are able to commit to stopping all substance use for the period of the programme.
- Clients who work full time and feel that outpatient will be better suited to their needs because of their work commitments
- Clients who are sent to an outpatient programme by their employer.

## Ms K's Journey

Born into an addictive environment with a father who was an addict and alcoholic and a mother who divorced her father when Ms K was two years old, only to marry another man who was also an addict and alcoholic, Ms K grew up being sexually molested by an older brother and two step brothers and their friends.

Starting cannabis at 10 years of age and progressing onto harder drugs as she got older; falling pregnant and miscarrying the baby at 16; becoming a prostitute to finance her drug habit, and 12 rehabs later, she came to a turning point in her life.

### “For the first time I believed recovery is what I wanted”

“This was the first time I believed that recovery is what I wanted and that if I chose anything else I would die. I stayed at rehab number 12 for two months. There was no treatment programme or any sort of counselling but I was able to clean up and find the real me again. Unfortunately the rehab shut down.

That’s when I was lucky enough to come to Tranquility Home Rehab Clinic. I had known of Tranquility and knew a few people who had cleaned up there. As I walked in I knew that this was God’s plan for me, I felt God in my presence from the moment I stepped foot into the facility. The love I felt was like no other, they accepted me for who I was and I never felt judged.

My experience at Tranquility was very emotional and for the first time in my life I was honest with myself, I dealt with things that I had swept under the carpet for so many years. I worked step 1 and it was tough, having to see who I had become and the things that I did. It hurt, it was painful to admit, yet so freeing. I remember the one night I looked into the mirror and started liking the person I was becoming.”

### “I look forward to another tomorrow”

“I was able to start seeing things for what they were, come to terms with things that had happened to me ,and things that I had done. I also saw my wrongdoings and took accountability for them. I was able to forgive myself and to forgive those who had hurt me. I began to love myself, respect myself, be honest with myself and be honest with those around me.

While I was in Tranquility I started repairing the relationships with my family; ones I never thought would ever forgive me, forgave me.

Tranquility Clinic has helped me get my life back. Today I have a life; I am happy, healthy and free from active addiction. I was able to complete my matric and passed with three distinctions. I have a family who loves me, cares for me and trusts me. I now add value to the world and I am no longer a worry or a burden. Today I want to live and I look forward to another tomorrow.”