



RESIDENTIAL REHAB PROGRAM

Modern and Effective Treatment
in Hua Hin, Thailand



Part of the Phufa Enterprise Group
Thailand's Leading Specialist in Detox, Substance Abuse,
and Addiction Treatment Rehab Centre





HEALING ADDICTIONS

Transforming Lives Expert-led Substance Abuse and Addiction Treatment undertaken in tropical beauty and eastern tranquility, a world away from your triggers.

SAHWAN REHAB is internationally recognised as a leader in behavioural health and addiction treatment. Situated in a beautiful, tranquil seaside location, Sahwan Rehab provides modern, innovative, and effective treatment for addiction issues including detox, substance addictions, co-occurring disorders, anxiety, and depression, with an impressive 95% program completion rate.

TABLE OF CONTENTS

Cover	1
About Us	2
Table of Contents	3
Phufa Enterprise	4
Testimonials	5
Clinical Team	6
Licenses & Certifications	7
Why Thailand?	8
Our Approach	9
Program Overview	10
Accommodation and Facilities	11
Relapse Prevention & Aftercare	12
Excursions & Activities	13
Daily Schedule	14
Our Guarantee	15
Pricing & Package Options	16
Contact Information	17



One of our core tenets is
“Returning Loved Ones to Families”
and it is something we strive to do on a daily basis.

Sahwan Rehab is part of the prestigious Phufa Enterprise Co., Ltd., Thailand first and best dedicated addiction treatment group consisting of rehabs and detox hospitals across Thailand catering to both domestic and international clients.

Formed in 2002, the Phufa Enterprise medical group has successfully treated over 1,000 clients and boasts a 95% program completion rate and 90% ongoing recovery rate. Sahwan was created by caring medical professionals with the intention of serving those who want to stop abusing substances and return to living healthy and happy lives again. With the core understanding that not all substance users are the same, we offer confidentiality, security, and professionalism.



TESTIMONIALS

“

*“I am now sober and enjoying life.
It still amazes me when I look back at where I was
and how far I have come today.
Addiction is only an attempt to fill a void in your life.
My advice to anyone out there who is suffering from addiction,
is to give yourself a chance to feel whole again.
Go to rehab and get clean.
Many thanks to Sahwan Rehab for helping me to see that.”*

- Peter P, Singapore -

*“You are powerless to fight
this on your own.
As soon as you realise this,
you have started
your recovery journey”*

- Sarah, client in recovery -

*“I didn't think it's possible,
but you gave me back my sister
and that's something
I will always be thankful for.
Best of luck to you and
all the team at Sahwan.”*

- Gabrielle M, Australia -

*“It took me a long time to realise
I had an addiction problem,
in fact it wasn't until I came
to Sahwan that I really understood
what that meant.
I wouldn't be here today
without the help of my counsellors
who I am eternally grateful to.”*

- Michael F, Australia -

*“I have to admit I was a bit skeptical that you could help my son.
However, I now have my son back,
thanks to you. He cannot speak highly enough
of your beautiful location and counsellors.
I just wanted to write you and say thank you so much,
I will always be grateful to you all.”*

- Andrew P, UK -

TEAM

Our Team of Qualified Addiction Experts

The exceptional team of addiction experts at Sahwan Rehab is the key to our excellent reputation. All of our psychiatrists, psychologists and counsellors are fully accredited, professionally licensed with decades of combined experience.



BOARD CHAIRMAN AND FOUNDER
Dr.Kongla Phuwadonanon



CHIEF EXECUTIVE OFFICER
Dr.Yada Thavorn Phuwadonanon



MANAGING DIRECTOR
Phupa Phuwadonanon



BUSINESS DEVELOPMENT DIRECTOR
Fatarida Phuwadonanon

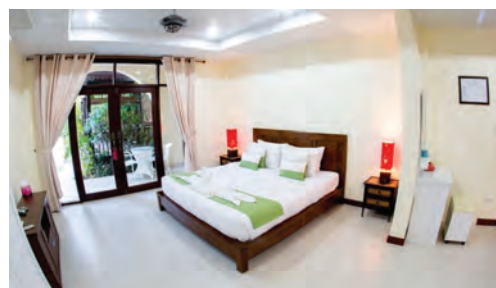
LICENSED AND CERTIFIED

Fully Licensed and Certified by the Thai Ministry of Health



Sahwan Rehab is fully licensed and certified by the Thai Ministry of Health and is staffed and run by a team of licensed doctors, psychiatrists, psychologists, and addiction counselors.

Our treatment methods are proven and endorsed worldwide, and our results are independently assessed.





WHY THAILAND?

Why Hua Hin?

“I look forward to coming back — but not for treatment, **for a holiday!**”

Asif, client in recovery

Thailand is renowned for its warm hospitality, delicious food, captivating landscapes, and warm climate. Our location allows us to offer a world-class, all-inclusive recovery program at a fraction of the cost of premium treatment in the West. Far removed from the stress and triggers of your daily life, you will be able to dedicate yourself fully to your recovery.

OUR APPROACH

The Foundations of Your Recovery

SAHWAN REHAB understands that when it comes to effective, lifelong recovery, primary addiction treatment is just the beginning.

That is why we've created an all encompassing program that addresses all aspects of your health and wellbeing in a fully personalised plan that treats your whole self.

We know getting sober isn't easy, but with us, your recovery and so much more is possible. If you or your loved one are struggling with substance abuse or, we will provide answers and lasting solutions.





PROGRAM OVERVIEW

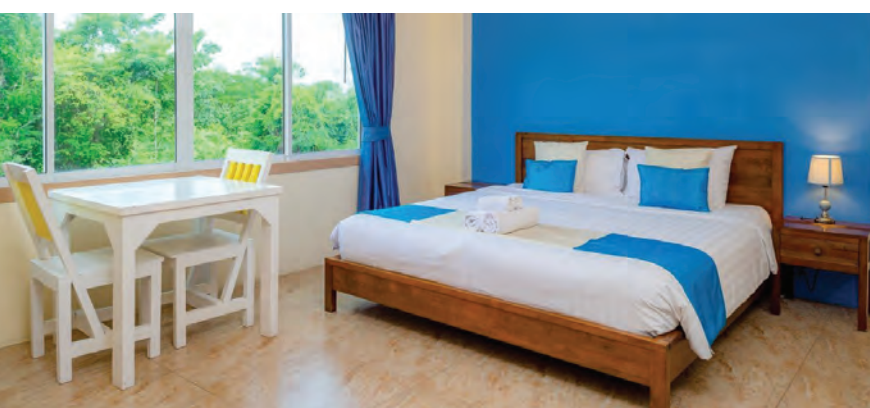
Methods include:

- ✓ Cognitive Behavioral Therapy (CBT)
- ✓ Motivational Interviewing (MI)
- ✓ Individual Counseling
- ✓ Group Therapy
- ✓ Family Therapy
- ✓ Psychoeducation
- ✓ Drama Therapy
- ✓ Hydrotherapy
- ✓ Mindfulness and Meditation
- ✓ Physical Fitness Classes
- ✓ Relapse Prevention
- ✓ Ongoing Aftercare

SAHWAN REHAB employs several proven treatment techniques to be effective in combatting the disease of addiction.

OUR LOCATION, SERVICES AND FACILITIES

Far removed from the stress of your daily life, Sahwan Rehab is a safe place in which you can focus completely on healing. Our centre delivers outstanding service and all the comforts of a luxury resort,



including:

- ✓ Private accommodation
- ✓ Tranquil communal areas
- ✓ Hinterland views
- ✓ Fitness facilities
- ✓ Outdoor sports area
- ✓ Healthy, recovery-conscious dining
- ✓ Private massage and spa
- ✓ Refreshing swimming pool
- ✓ Lush, tropical gardens
- ✓ On-site detox and medical facilities

Distance from Bangkok - 170kms
Travelling time - 2 hours

“
After two failed attempts
at rehab, I thought I would
be an addict forever.

Thanks to the team at
Sahwan, I have been sober
now for seven months. I
feel like **I have my life
back**”

Gale, client in recovery.

RELAPSE PREVENTION & AFTERCARE

“I have been in several rehabs, and I can tell you that it is the counsellors at The Sahwan who make the difference. They know exactly what they are doing. **I trust them.**”

Ben, client in recovery

Essential to an effective addiction treatment program, a structured relapse prevention and aftercare program is essential. At Sahwan Rehab, we prioritize the crucial role of aftercare in preventing relapse and ensuring the success of our treatment programs. We recognize the necessity of providing clients with comprehensive aftercare support. We have developed a highly effective online aftercare program involving both group and one on one sessions.

The therapeutic benefits of online aftercare include:

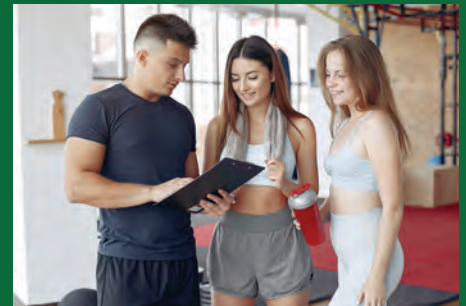
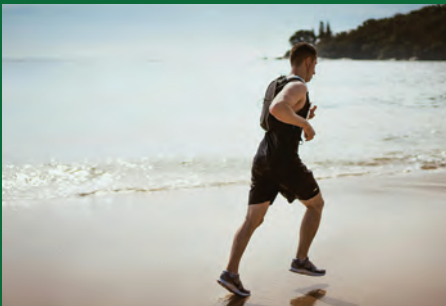
- Ensuring continuity of treatment beyond primary care.
- Proven to prevent relapse.
- Face-to-face interactions with a counselor.
- Convenient access to professional care from anywhere globally.
- Gradual transition for clients leaving inpatient treatment.
- Reconnecting the rehab community for mutual support.
- Access to professional help for relapse prevention.
- Addressing Post Acute Withdrawal Syndrome (PAWS) common in early recovery.



EXCURSIONS & ACTIVITIES

Learning to experience and enjoy life again without the influence of drugs or alcohol is crucial to achieving lasting recovery. At Sahwan Rehab, our unique location affords us the opportunity to offer our guests a wide range of stimulating and fun excursions and activities.

- including:
- ✓ Cultural Tours (temples, palaces)
 - ✓ Sightseeing Tours
 - ✓ Thai Cooking Classes
 - ✓ Flower Arrangement
 - ✓ Beach Excursions
 - ✓ Shopping Excursions
 - ✓ Yoga
 - ✓ Sauna and Spa
 - ✓ Personal Training
 - ✓ Art Classes



DAILY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00. am.	Morning Drink of Water						
07.00 am - 07.45 am.	Exercise @ Gym Room	Exercise @ Gym Room	Gym Cycling	Badminton	Exercise	Gym Cycling	Relax
08.00 am. - 09.30 am.	BREAKFAST / Relaxation Time						
09.30 am. - 10.00 am.	CLINICAL SERVICE (HEALTH CHECK)						
10.00 am. - 10.45 am.	Morning Check-in or Group Psychotherapy	Individual Counseling / Family Therapy + Exercise Techniques	Yoga	Morning Check-in	Body Movement, Performing Arts	Individual Counseling / Family Therapy + Cognitive Behavioral Therapy	Health Check-up + Relax Or Massage
10.45 am. - 11.00 am.	Break						
11.00 am. - 11.45 am.	Body Movement, Performing Arts	Individual Counseling / Family Therapy + Healthcare Education	Healthcare Education	Goal Setting and Motivation Group	Emotional Quotient Group	Individual Counseling / Family Therapy + Exercise Techniques	
12.00 pm. - 14.00 pm.	LUNCH						
14.00 pm. - 14.45 pm.	Mental Disorder Education	Individual Counseling / Family Therapy + Knowledge and Dangers of Drug buse	Seminar Group	Nutrition Group/ Cooking Class	Music Therapy/ Movie CBT	Individual Counseling / Family Therapy + Exercise Techniques	Health Check-up + Relax Or Massage
14.45 pm. - 15.00 pm.	Break						
15.00 pm. - 16.30 pm.	Hydrotherapy	Herbal Steaming	Hydrotherapy	Hydrotherapy	Herbal Steaming	Hydrotherapy	
17.00 pm. - 18.25 pm.	DINNER / Relaxation Time / Activitiy Sumary						
19.00 pm.	Bed Time						

OUR GUARANTEE



If a guest has completed a 4-months long program and relapses within a period of 1 year after treatment, they will be eligible for a 28-day program for free of charge.



PRICING & PACKAGE

Sahwan Rehab limits the number of clients at any one time to ensure optimum group sizes and to ensure our commitment to providing the best quality treatment and service for our guest is met. Please contact us to check availability and book your place.

28 DAY

\$US 12,900

56 DAY

\$US 25,800

84 DAY

\$US 38,700



SAHWAN
REHAB

THANK YOU

For further information and links to our picture gallery, testimonials, media coverage and promotional videos, please visit our website at

www.sahwan.rehab

Contact Us

99 Soi Hua Hin 88, Tub Tai, Hua Hin, Pra Chuab Khiri Khan, Thailand 77110

Email: contact@sahwan.rehab

TH +66 63 908 3999, **Aus Toll Free** - 1800 219 665

