



....offers a range of programmes on an out patient basis that are based on a proven and viable approach to dependencies irrespective of their source.

New Treatment Approach for all Dependency

Dependency is not related to substance only. One can become dependent on virtually anything. InDepend does not follow the commonly used and often adapted 12 step approach to dependency. Its treatment programmes are based on an entirely different approach influenced by new findings in the neurobiology of the brain and in the field of Integral Traumatology.

Maintaining Normal Environment

InDepend believes that (with a few exceptions) placing dependency patients in quarantine and removing them from their normal environments (family, school, work, etc) is not optimal for recovery prognosis. This is evidenced by the high relapse and failure rate of many in-patient based programmes along with the negative connotations associated with such an approach, for both the patient and those close to them.

Dependency is not a contagious condition. InDepend's programmes are conducted on an out patient basis because it believes dependency patients must, during recovery, continue to function in the usual environments and carry on doing so afterwards. So too, must those close to them.

Isolation from reality is counterproductive.

Cost effective

Treatment costs are affordable. On average 30 – 40% less expensive than institutionalised treatment programmes, making treatment attainable for self-funders.

Dependency Specific Programmes

Programme are tailored to the dependent and dependency encountered, age group, gender, and the patients personal requirements as well as those close to the patient.

No dependency is treated in groups simply because, as with each and every other condition, each individual is different.



...maintains the dignity of the dependency patient and their close ones confidentiality and with minimal intrusion into daily living.

Discreet and Confidential

By dealing with patients on an individual and out patient basis dependency is treated on a discreet and confidential basis ensuring complete privacy.

Programme Details

There are four programmes which are used, depending on requirements.

1. EARP (Emergency Addiction Recovery Programme)
The dependency patient often reaches a point where they urgently feel they require assistance with the trauma of their dependency. This is a positive development (shift) marking the beginning of the dependency recovery process.
This is a primary 14 week intervention programme which provides the basis for the InDpend's recovery treatment approach.
2. ARCS (Addiction Resiliency Confirmation and Stabilisation Programme)
This is a programme provides further immediate maintenance of the EARP process if necessary.
3. ARRP (Addiction Recovery Reinforcement Programme)
This programme is designed to assist patients who may experience the secondary traumatisation of the desire to resort to dependency reversion.
4. ADDUS (Addiction Understanding and Support Programme)
This programme is utilised in conjunction with the EARP and provides the necessary dependency understanding, resiliency and dependency management capabilities for those close to the patient who experience the vicarious traumatisation of the dependency.

Professional Dependency Treatment

Providers of the InDpend addictionological treatment services are all qualified professionals in their fields. They have specific specialised training in dealing with dependency and addiction in its various forms.

InDpend is leading the way to dependency recovery!

Unit 1 Bagley Office Park

Bagley Terrace

Northcliff, 2195

011 023 4431

indpend@traumatology.co.za

As with any other intervention, no guarantee of whatsoever nature (explicit or implied) are given by InDepend, its management, representatives, staff or authorised service providers as to the successful outcome or otherwise of its dependency or addiction programmes.