



# IT'S OKAY TO ASK FOR HELP

**The Hills Rehab** Centre, set in beautiful northern Thailand specializes in treating all mental health issues, such as anxiety, depression, and trauma. Give yourself the time and space to improve both your mental and physical health. Our world-class centre, with private villas and a dedicated team of professionals, will transform you back to enjoying the life you so long wish and hope for.

## The Hills Rehab

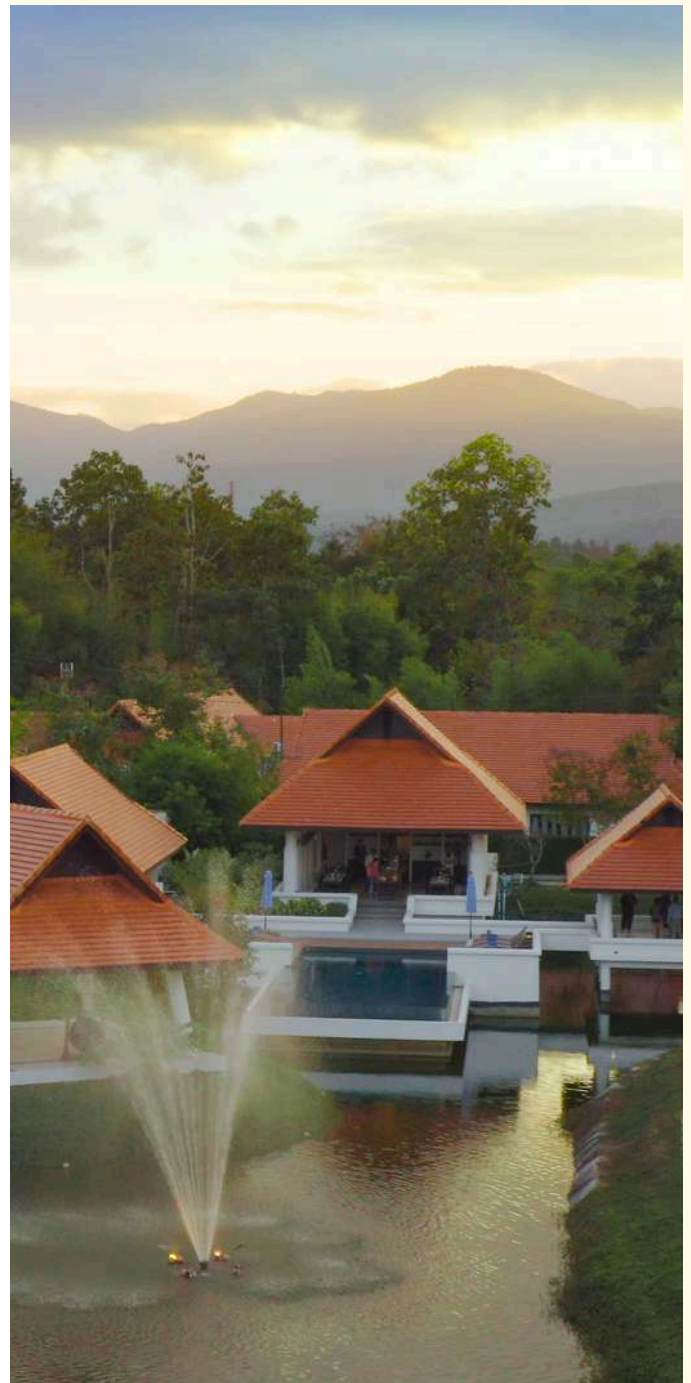
-

### The Most Reputable Luxury Rehab in Thailand

Are addiction, trauma, or mental health issues hindering your desired life?

Do these challenges affect your family, relationships, or career?

At The Hills, our treatment approach comprises of modern, intelligent, physical, and holistic programs. No quick fixes—our single-minded purpose is addressing the core issues, restoring a sound mind and body, facilitating deep healing, emotional repair, and a dynamic personal transformation that results in lifelong recovery.



### Reach out for help

[admission@thehillsrehabchiangmai.com](mailto:admission@thehillsrehabchiangmai.com)

Whatsapp : (+66) 80 387 8577

Telephone : (+66) 80 387 8577

[www.thehillsrehabchiangmai.com](http://www.thehillsrehabchiangmai.com)

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.





# Reach out for help

## What We Treat | Our Levels of Care



At The Hills, our commitment to mental health is unparalleled.

Our specialized programmes for trauma and PTSD stand out, offering a unique and effective approach to healing. What sets us apart is our dedicated Licensed Doctor and psychiatrist, ensuring round-the-clock care and attention. Your well-being is our top priority, and we're here to guide you on the path to lasting recovery.



## Recover with Our Expert Team

- Licensed Psychiatrist
- Full-time Clinical Psychologist
- 24-hour onsite Medical Clinic for medically supervised detox
- English, French, Spanish and Thai speaking Western-certified counselors
- Purpose-built treatment centre on 14 acres of land with private luxurious villas



# Trauma & PTSD

## UNDERSTANDING TRAUMA

Trauma is an emotional response to an event such as an accident, assault or childhood family events. Long term reactions of experiencing traumatic events include unpredictable emotions, flashbacks, difficult relationships and physical symptoms including nausea and, in some cases, has visual / auditory hallucinations.



## SIGNS OF PTSD

- ◆ **LIFE-THREATENING EVENTS**  
Perception of potential danger, whether real or perceived, triggers PTSD.
- ◆ **FLASHBACKS**  
Intrusive, unwanted episodes where individuals feel they are reliving the traumatic situation.
- ◆ **AVOIDANCE**  
Efforts to suppress memories, avoiding situations associated with the trauma.
- ◆ **ALTERED ANXIETY STATE**  
Exaggerated anxiety responses, heightened vigilance, and jumpiness.
- ◆ **CHANGES IN MOOD/THINKING**  
Viewing the world as dangerous, leading to social isolation, depression, and risky behaviors.

## WHY CHOOSE THE HILLS?

- **Expert Trauma Care**  
Our team specializes in trauma-informed care for comprehensive healing.
- **Individualized Approaches**  
Tailored therapies addressing unique trauma experiences.
- **Safe Environment**  
Rehabilitate in a secure and supportive setting, fostering a sense of safety.





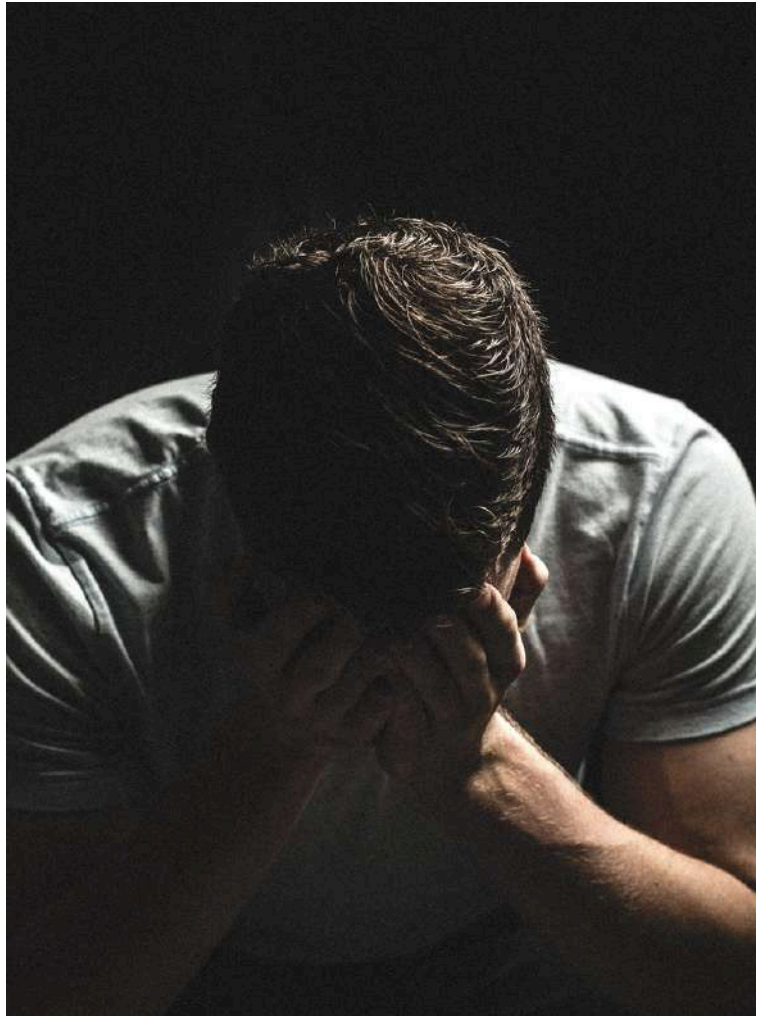
# Depression & Anxiety

## DEPRESSION

Persistent sadness disrupting your daily life may indicate depression. Recognize symptoms like consistent sadness, loss of interest, irritability, and physical discomfort. At The Hills Rehab, we offer comprehensive depression treatment, combining therapy, mindfulness, yoga, fitness, and tailored medication plans.

## ANXIETY

From generalized anxiety to phobia-related disorders, anxiety takes various forms. Find effective treatment at The Hills Rehab, offering therapy, mindfulness, yoga, fitness, and personalized medication options. Engage in Cognitive Behavioral Therapy (CBT) for empowering results.



## WHY CHOOSE THE HILLS?

- **Holistic Healing**  
Our programs address mind, body, and spirit for comprehensive wellness.
- **Experienced Team**  
Benefit from our dedicated team's expertise in anxiety and depression management.
- **Tailored Solutions**  
Individualized plans to meet your unique needs.



# How We Treat Mental Health Struggles at The Hills

At The Hills, we prioritize a comprehensive approach to mental health, employing a range of evidence-based therapies tailored to each individual's needs. Our skilled therapists utilize a combination of Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to address various mental health challenges.

## **EMDR : (EYE MOVEMENT DESENSITIZATION AND REPROCESSING)**

EMDR is a specialized psychotherapy aimed at healing trauma resulting from traumatic life experiences. The Hills Rehab offers EMDR therapy to swiftly alleviate the impact of trauma, a process that traditionally took years through talk therapy alone. This innovative therapy helps restore balance to mental processes, analogous to how the body heals from physical trauma. Our EMDRIA-certified therapists integrate Internal Family Systems (IFS) into EMDR protocols, enhancing the effectiveness of the treatment.



## **ADVANTAGES OF THE EMDR PARTS PROTOCOL:**

- ◆ Developing the understanding
- ◆ Sympathy finding and understanding of thinking, feeling and behaviors
- ◆ Internal regaining trust
- ◆ Stronger identity development
- ◆ Strengthen wound healing flexibility
- ◆ Deal with "Faith Blocking" by more compassionate



**THE HILLS  
REHAB**





## **BRAINSPOTTING**

Brainspotting (BSP) is a distinctive psychotherapeutic approach that harnesses the brain's self-scanning and self-healing properties. By strategically utilizing the client's visual field and identifying specific "Brainspots," therapists can address unresolved trauma or emotional distress. Brainspotting is effective for a wide range of psychological issues, including trauma, anxiety, depression, addiction, performance anxiety, ADD/ADHD, grief, self-esteem, personal growth, and stress management.

### **KEY ASPECTS OF BRAINSPOTTING:**

- Targets specific eye positions related to unresolved trauma or emotional distress
- Leverages the brain's natural healing abilities through visual stimulation
- Integrates therapist-client relational and neurobiological attunement
- Complements traditional talk therapy for trauma processing, personal growth, and emotional well-being

### **ISSUES ADDRESSED BY BRAINSPOTTING:**

- ◆ Trauma
- ◆ Anxiety and Phobias
- ◆ Depression
- ◆ Addiction and Substance Abuse
- ◆ Performance Anxiety
- ◆ ADD/ADHD
- ◆ Grief and Loss
- ◆ Self-Esteem and Personal Growth
- ◆ Stress Management

At The Hills, our therapeutic interventions, including EMDR and Brainspotting, aim to empower individuals on their journey to mental health and well-being. We are committed to providing personalized and effective treatments that promote healing and emotional resilience.



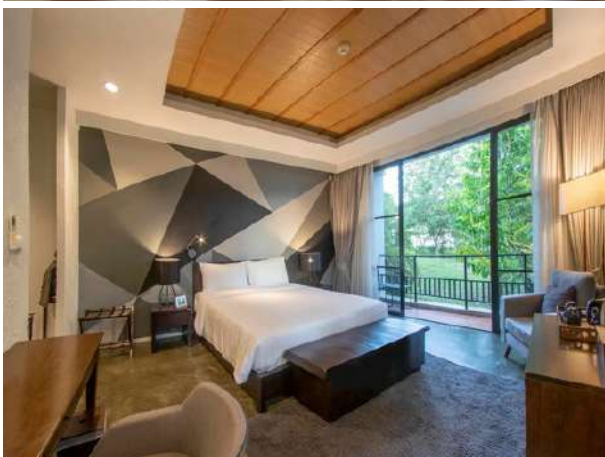


# The Basics of Inpatient Treatment

- Inpatient program completed on site in Chiang Mai, Thailand.
- Distraction-free experience for focused recovery.
- Dynamic programs addressing addiction, mental health struggles, trauma, gambling, sex addiction, love addiction/love avoidance.
- 24/7 onsite nursing support, medical oversight, and medication management.
- Exclusive holistic therapies: yoga, tension release exercise, sound healing, mindfulness, Reiki, and weekly resiliency-building excursions.
- Immersive focus on personal transformation and recovery skills for post-treatment life.
- Seamless referral into our outpatient network for sustained recovery.







# Our Treatment

At The Hills, we understand that addiction and trauma are damaging, especially when people are discouraged from seeking help. Our programme combines highly effective Western clinical counselling and Eastern holistic therapies designed to work across both the mind and body.

Individual and group counseling sessions use evidence-based techniques, including:

- Group Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Therapy (EMDR)
- Brainspotting
- Mindfulness, Expressive Art Therapy
- Physical Fitness Training
- Holistic Programme





# Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Chiang Mai offers beautiful mountains, far from big city noise. Mountain views inspire success in recovery, encouraging an 'anything is possible' mindset. Top-notch amenities include private villas, a world-class gym, multiple swimming pools, and fine dining cuisine.





# Comfortable Recovery at The Hills

Rehab takes hard work, focus, and energy. At The Hills, we make sure everything is taken care of for your comfort and relaxation.

Your recovery depends on it.

Learn more about our accommodation, facilities and services below:



## Accommodation

At The Hills, you'll have your own villa equipped with:

- Comfortable queen size bed
- Mini fridge
- Bathroom with rain shower
- Full air conditioning
- Flat-screen TV with Netflix
- Daily Laundry service
- Daily room cleaning



## Facilities

The Hills offers comforts and luxuries of a 5-star resort:

- Multiple swimming pools with gorgeous views
- Relaxation areas
- World-class fully equipped Gym
- Spa & Reiki services
- Meditation & Yoga pavilion
- Open-air gourmet restaurant
- Fresh smoothie and juice bar
- Sports court for basketball, badminton, and football



## Services

To ensure you're well taken care of during your stay:

- All-day onsite support staff
- 24-hour security staff
- 24-hour onsite medical staff

## Reach out for help

admission@thehillsrehabchiangmai.com  
Whatsapp : (+66) 80 387 8577  
Telephone : (+66) 80 387 8577  
www.thehillsrehabchiangmai.com

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.



# Daily Structure

Each day is carefully planned to support your progress, making sure you have a nice, clear timetable to structure your daily routine.

THE HILLS REHAB CHIANG MAI 40 THONGKRAI ROAD, CHANG MAI		Client Name:				Village: <b>Jasmine</b>		
		Counselor:				Room:		
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:00 - 08:00 AM	Walk Offsite (Optional)					Individual Time	Individual Time	
07:00 - 08:30 AM	Breakfast							
08:30 - 9:00 AM	Yoga	Yoga	Yoga	Yoga	Yoga	Individual Time	Individual Time	
09:15 - 10:15 AM	AA Offsite (Optional)	Process Group	Process Group	Process Group	Process Group	Excursion	Recreation Therapy	
10:30 - 11:15 AM		Group Exercise	TRE	Group Exercise	TRE			Group Exercise
11:30 AM - 12:15 PM	DBT	CBT	Community Meeting	DBT	CBT		Lunch	
12:15 - 01:15 PM	Lunch							
01:15 - 02:00 PM	Presentation	Trauma Group	Art Therapy	Chat with Monk	Relapse Prevention	Pedicure Manicure Haircut		
02:15 - 03:00 PM								
03:10 - 04:00 PM	Sound Healing	Sound Healing	Mindfulness	Sound Healing	Mindfulness			
04:10 - 05:00 PM								
05:00 - 05:45 PM		Thai Language		Thai Language				
05:10 - 06:00 PM	Individual Time	Individual Time	Individual Time	Individual Time	Individual Time			
06:00 - 07:00 PM	Dinner				Special Dinner (2 times a month)	Dinner		
7:00 PM	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	
8:00 PM			Board Game night		Karaoke Night		Movie Night	
9:30 PM	Curfew							
<b>Counselling (1on1)</b>	2 Sessions per Week		<b>Class</b>		<b>Location:</b>		<b>Class</b>	<b>Location:</b>
<b>Personal Training (PT)</b>	2 Sessions per Week		Process Group		Gratitude Room		Holistic / Mindfulness	Chakra Room
<b>Holistic</b>	1 Session per Month		DBT / CBT		Gratitude Room		Yoga	Gym
<b>Massage</b>	3 Sessions per Week		Community Meeting		Gratitude Room		Chat with Monk	Chakra Room
*Extra Charge for more session			Focus Group		Gratitude Room		TRE	Chakra Room
			1 on 1 Counseling		Recovery Zone		Art Therapy	Room 311
			Reflection		Gratitude Room		Group Exercise	Gym
					Breakfast, Lunch, Dinner at Restaurant			

## Reach out for help

admission@thehillsrehabchiangmai.com  
 Whatsapp : (+66) 80 387 8577  
 Telephone : (+66) 80 387 8577  
 www.thehillsrehabchiangmai.com

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.







## CONTACT US



TheHillsRehabChiangmai  
Website : [thehillsrehabchiangmai.com](http://thehillsrehabchiangmai.com)  
Whatsapp : (+66) 80 387 8577  
Telephone : (+66) 80 387 8577