

**HC**  
m a r b e l l a

**Detox Unit**







**Treatment for  
substance abuse and  
dependence at HC Marbella**

# The disease

**Addiction is a disease that is becoming a common problem in our society today.**

In actual fact, addiction is a chemical dysfunction in the brain of reward, motivation and memory, that activate and manifest biologically, psychologically and socially.

This makes it impossible to stop using the substance, this leads to loss of control and abusing the substance even though ones life has become unmanageable. The craving for the drug is stronger than your rational thoughts, life then becomes unmanageable.

When using alcohol and or drugs becomes a need, and is out of control using, we find ourselves with a progressive disease, it is chronic and physically debilitating.

This can affect almost all the organs in the body and psychologically affect our mood, often causing depression.

Apart from harming oneself, the user is also harming their loved ones, family and friends, and life manageability.





## SIGNS OF SUBSTANCE DISORDER

It is difficult to describe the complexity of the disease, when it is an addiction to a toxic substance. However, there are a series of characteristics in the behavior that allows a probable diagnosis:

- Continual use of a substance like alcohol or tranquilizers, even though you are aware that you are harming yourself.
- Use of a substance to change or elevate your mood, instead of psychologically (rationally) working through the particular problem.
- Continual use of a substance, even though family and friends are concerned about your substance abuse.
- Lying to family and friends and hiding the substance, with the purpose of continual use of the substance.



The disease of addiction often times can become complicated because of personality disorders, and depression. These can vary from simple anxiety to light depression, or more serious disorders like bi-polar.

The presence of a mental disorder associated with addiction is common. However, it is vital that both disorders are treated at the same time in order to better the probability of treatment success and recovery.



# The Treatment

It is very difficult to identify the specific problems associated with the disease of addiction while the person is intoxicated with their drug of choice.

The majority of addictions cause depression after prolonged and consistent use of the drug of choice. This is caused by the change in neurotransmitters, the substances provoke and affect in specific parts of the brain, the pleasure and reward system.

For a long period of time, the substance dependent person needs to abstain from all the substances they are using, in order to see what other underlying or co-occurring problems they may be suffering from.

The medical procedure to treat the addiction to alcohol and other substances is done in two consecutive phases:

**Detoxification Phase**, where the client is protected from the physical complications of withdrawal.

**Rehabilitation Phase**, more psychiatric and psychological support. Method used is CBT (cognitive behavioral therapy), motivational therapy that is done individually, and in family sessions, group therapy, and individual counseling are implemented daily.

# HC Program for Detoxification

The detoxification program at HC Marbella for alcohol and other substances has the main objective of getting the best therapeutic results, with the results being up to 70%. The phases of the program at HC are:

## Immediate medical assessment and treatment

Based on international medical guidelines. This significantly reduces the risk of complications from detoxing (abstinence). Rapid nutritional supplements are provided to the patient and anxiety relief. At times there maybe metabolic heart fluctuations or other issue of less importance. These can immediately be treated, thanks to medical service, support, that is provided 24 hours a day at the clinic. In the majority of the cases, the patient will be physically well enough to leave the hospital a week after entering for treatment.

## INITIAL PHASE

### During the first two or three days of treatment

The patient receives sufficient medication to be medically stabilized. After a period of being stabilized on the medication, the dose is gradually reduced until it is considered safe for the patient to be off the medication completely.





## First week of treatment

This is vitally important due to the possibility of dangerous medical complications. The abstinence of a drug particularly alcohol can cause convulsions, hallucinations, psychosis, severe tremors, sweating and severe anxiety.

*During this process, which can last between 5 to 7 days, the patients have rigorous medical treatment, and are monitored, during 24 hours a day where they will be administered the medication.*

Psychologically this phase is very important. Because it may be the first time in years that the patient has experienced life without using any type of mood altering drug.

The patient experiences a need to feel safe, supported and understood at this very important stage.



## REHABILITATION STAGE

### Cognitive Behavioral Therapy

Psychological Support is provided daily, to work through the patients insecurities, socially, psychologically and work on their self-esteem in order to not 'use' in the future. Motivational interventions and therapy are done in group, family when appropriate, and in individual therapy.

### Psychological Support

Talk therapy helps the patient understand and confront their emotional unrest, and supports, guides them through the counseling process to understand their addiction, and make a treatment plan for sobriety, and sober living skills. Three to four hours of psychological support is provided daily, in small groups and individual counseling sessions.

Our team consists of a large group of professionals specialized in addictions, who work and collaborate with institutions and international centers worldwide. We offer a safe environment of medical care and professional attention at every level of our detoxification treatment program.

# Psychological Support and Help

The psychiatric supervision and support is part of our treatment program, and in general, a psychiatric session will take place on the last week of the detoxification treatment.

## It is Important:

- To have an initial psychiatric evaluation.
- Start the treatment necessary and that corresponds with other underlying disorders.
- Make a specific treatment plan for the needs of that patient: medication.

The types of treatment will vary depending on the physical and mental state of the patient. HC Marbella adapts the programs, personalizes them, to the specific needs of each patient.



# Place

**HC Marbella is an exclusive hospital that's objective is to offer excellent care in all the medical treatment and specialties that they offer. It is located in a tranquil residential zone, 200 meters from the beach.**

It consists of a large garden and lush foliage, ideal for a tranquil and calm atmosphere needed during a detoxification treatment.

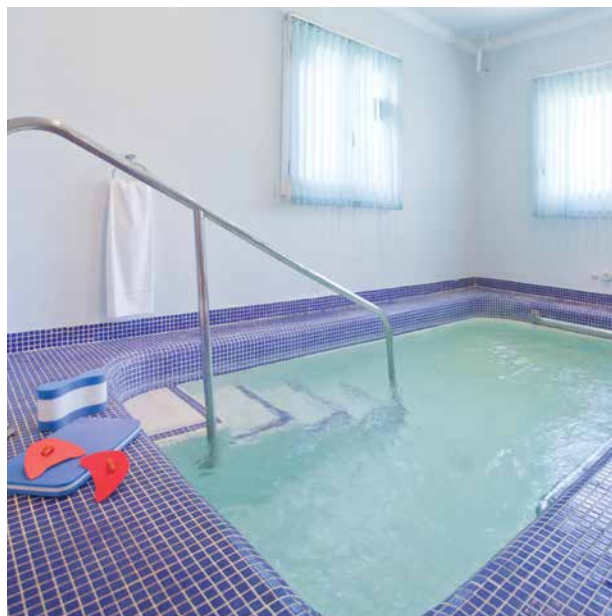
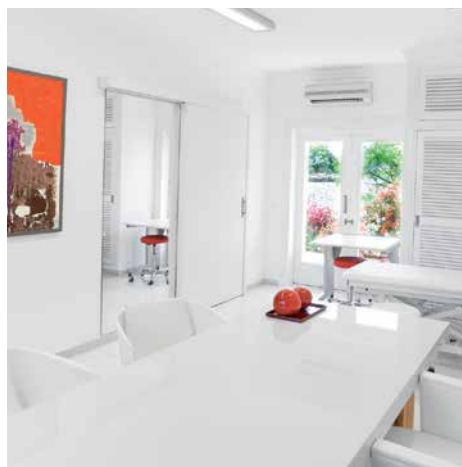
The modern decoration combines beautifully with spanish architecture of the building.

The possibility of receiving treatment in an atmosphere of relaxed terraces under the warm sun, with 24 hour medical supervision, make HC Marbella a one of a kind in hospital care. HC Marbella speciality, and level of care with attention to individualized treatment, make a positive treatment outcome probable, with their personalized detoxification treatment program. The initial treatment and detailed treatment planning, is essential for the positive out come of this complicated disease.

The hospital has rooms that are completely equipped with bathrooms and personalized nursing care that is 24 hours a day.

The close coordination between the nursing staff and the medical team, signifies that any medicine change that needs to be made can be done on an hourly basis, if necessary.







## High Care

### International Hospital

Casa Santa Isabel s/n.

Urb. Las Mimosas

29660 Marbella (Málaga). España

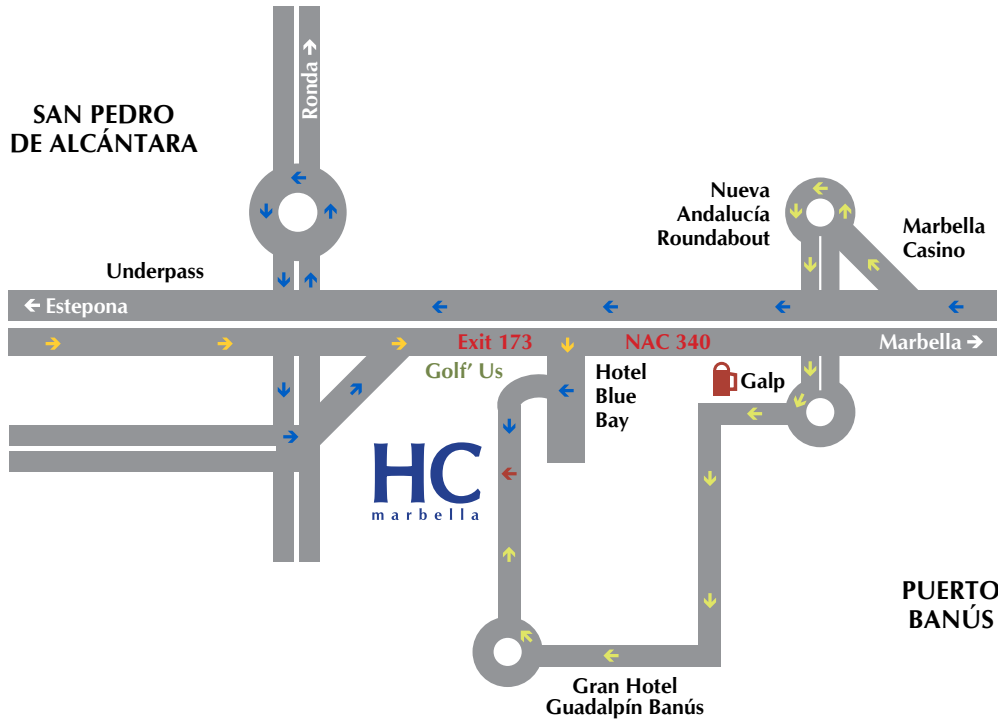
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**SAN PEDRO DE ALCÁNTARA**



**Marbella Casino**

**Nueva Andalucía Roundabout**

**Underpass**

← Estepona

**Exit 173**

**NAC 340**

Marbella →

**Golf' Us**

**Hotel Blue Bay**

**Galp**

**HC**  
marbella

**PUERTO BANÚS**

**Gran Hotel Guadalpín Banús**

- Coming from Estepona
- Coming from Marbella
- Coming via Nueva Andalucía

**Coordinates: Latitude 36.485664 · Longitude -4.970016**

