



Narconon Drug and Alcohol Rehabilitation

Narconon is an international non-profit rehabilitation programme. The Narconon programme was first established in 1966.

The fundamental principle of the Narconon Rehabilitation Programme is that it is an entirely drug-free programme. Narconon does not use substitute drugs or medications to attempt to solve the individual's problems caused by drugs or alcohol abuse. Instead, Narconon's approach is to assist the individual to regain control of his own life. The individual is not treated as a patient receiving care, but rather as a student learning key life skills with which to succeed in life. A Narconon student does not commence the Programme to recover from an illness, but enrolls to learn something that he does not already know. Good nutrition is an important component of the delivery of the Programme.

NARCONON Drug-free Withdrawal from Drugs and Alcohol

The Narconon drug and alcohol rehabilitation programme uses a totally drug-free method of withdrawal (we don't substitute one drug to get off another). This first step of the Narconon programme is the withdrawal and gets the individual to cease current drug and/or alcohol use rapidly and with the least possible discomfort through proper nutrition, vitamins and treatments from our experienced Withdrawal Specialist Narconon staff.

Drugs and alcohol create nutritional deficiencies. Our experience has shown that a person receiving a vitamin and mineral therapy will experience a far more comfortable withdrawal from all drugs including opiates. On the Narconon Withdrawal a person regularly takes a special dose of vitamins called a drug bomb and every 6 hours is also given Cal-Mag (a drink combination of calcium and magnesium) to restore any vitamin deficiency and to relax cramping muscles. The Cal-Mag also helps a person rest during the withdrawal.

In Narconon we also use special techniques to relieve accumulated stress to assist in the withdrawal process. Simple in nature, they nonetheless result in a more comfortable transition through the discomfort of withdrawal and help relieve any physical aches and pains.

Food and rest round out the withdrawal portion of the Narconon programme.

Once a person is not experiencing any discomfort and is eating and sleeping well, they complete this portion of the programme. The person then moves on to the first book of the life skills courses, followed by the sauna programme.

Each step of the programme completed earns a certificate which is presented at regular Friday night graduation ceremonies. Accomplishments are recognised



and shared with other students, staff and special visitors, such as spouses or family.

NARCONON New Life Detoxification (sauna) programme

While drugs and their residues quickly become undetectable in blood and urine, some as rapidly as three days after last usage, some drug residues and toxins can remain stored in your fatty tissues for years. These drug residues and toxins can then dislodge and affect your awareness, ability and attitude and can continue to cause you to experience cravings and adverse symptoms, including depression.

The sauna part of the Narconon programme comprises an exact daily regime of nutritional supplements, supervised exercise and periods of time sweating in a sauna, which combine to assist the body to rid itself of many unwanted and potentially harmful toxins.

Upon completion of this portion of the Programme, our students often report greatly reduced or eliminated cravings for drugs. In addition it is often reported that the student feels much brighter, happier, alert and able to think more clearly. After the student has completed this part of the programme and is feeling cleaner physically they are then ready to continue work on the life skills courses.

NARCONON - Life Skills Courses

Once a person has cleaned their body out through the Sauna programme it is time to go to work on the person themselves. Most people who become addicts are using the addiction to deal with part of their life. Over 40 years of practice has proven that these courses are the courses that can help put their addiction in the past. After these courses the person will be able to deal with their life better.

The NARCONON programme gives heavy emphasis to improving a person's ability to deal with life. Some of the areas addressed are confronting skills, communication skills, study skills, integrity, anti-social versus social people, goals and social conduct. The result is an individual more comfortable with his life and able to do well. The practice of these skills is extremely therapeutic in and of itself.



The Therapeutic Training Routines Course

Exercises in confronting and communication skills improve the students ability to be comfortable in any situation and comfortably confront other people, to listen and communicate well and to exercise effective self-control.

The Learning Improvement Course

This is a short, but very powerful course that gives a person some new techniques on how to study more effectively towards the result of a real world ability to apply information learned to their lives. This information is needed in all subsequent courses to ensure the students get the full benefits and will be extremely helpful in all areas of life.

The Communication and Perception Course

Drug addicts or alcoholics frequently fabricate reality and live in a delusional world. When drugs or alcohol wear off an addict feels their life has been shattered. To re-establish the facade they must use again and again, perpetuating the cycle of addiction. This course thoroughly addresses that.

Part One is a course identical to the first one, the Therapeutic Training Routines Course of confronting and communicating, but it is done to a much higher standard. The first course is preparation for the sauna, this tougher course prepares a student for Part Two of this section.

Part Two consists of a series of exercises, done with another student (called a twin), that are run repetitively until certain objectives are achieved. In fact, the exercises are named objectives because they help extrovert the student from past upsets and other chaos associated with past drug and alcohol abuse and get the person's attention onto objects in their present environment. The student learns to be in control of himself and his environment and achieves a better sense of responsibility by helping his twin through the course. Many students experience spectacular life-changing realisations while doing it.

The Ups and Downs in Life Course

The lifestyle of a drug addict is filled with negative associations and influences. These perpetuate the addict's use of drugs and alcohol. This course helps the student evaluate the characteristics of constructive and destructive personality types, so that they can select their friends and associates more carefully to establish a more stable, secure personal environment.

The Personal Values and Integrity Course

This course provides the data and exercises through which confronting past destructive actions; the student regains his personal integrity and accepts personal responsibility.



The Changing Conditions in Life Course

This course enables the student to evaluate the state of different parts of their lives and how to change these for the better, step by step, until not only one achieves a more desirable condition for each but the student can also see how they can achieve all their worthwhile plans.

The Way to Happiness™ Course

This course is a study of a non religious moral code based wholly on common sense. A student will see on studying this course that his own conduct is important to his own happiness and they will also learn how to help others do well around them.

Once a person has completed this last course they are then ready to graduate from the programme.