



The Beekeeper House

Rest, Recovery, & Rediscovery

Who Are We ?

The Beekeeper House is part of a larger regional mental health and wellbeing group of companies. We own and operate an outpatient facility in Cambodia, as well as inpatient treatment in Thailand. We also own, or part own, a number of wellbeing companies that specialise in Yoga and Holistic Practices.



We are one of South East Asia's leading treatment centres for addiction and other behavioural issues. Founded on principles of compassion, we blend clinical psychology and eastern philosophy together for powerful outcomes for clients. We treat all our clients as a whole - inclusive of mind, body and spirit.





Our Philosophy

Our centre was founded on the principles and values of putting the client at the centre of our approach. Our quality and ethical program is dedicated to the provision of services that completely respect the ethical rights of its clients. This is not just a moral obligation, but also helps enhance the effectiveness of treatment.

Our Ethics

We are a treatment centre that will ensure the clients' ethical rights are acknowledged, respected, and remembered under all circumstances. We believe those in recovery want to be heard and respected. Empowering them in decision-making and respecting them represents the confidence and support they deserve and need for a new, better life.

7

*Qualified
Professionals*

115

*Years' Combined
Experience*

280+

*Clients
Helped*



Why choose The Beekeeper House?



Feel at Home

Our bespoke centre is situated in our own botanical gardens, and resort style accommodation with a pool. We have placed great emphasis on creating a safe and comfortable environment with excellent facilities, including our own Yoga and Meditation Sala and Recreation Sala. We even have a small Buddhist Temple next to our grounds.

Mind & Body

We are proud to incorporate Eastern Approaches as they're proven to aid emotional regulation. They also allow individuals to better understand their own mind and body connection, and that help can bring about positive change. This can have a profound and positive impact on the ongoing recovery process.



Relaxation

The Beekeeper is a relaxing sanctuary. We teach relaxation techniques, as they quiet the mind and body while enhancing inner peace. When coupled with the beautiful and comfortable environment, this aids sleep by promoting overall calmness and improves outcomes for clients.



Exploration

We help clients explore the reasons that make Chiang Mai such a special destination. Clients will have the opportunity to go on regular day trips to see the surrounding areas and incredible and culturally rich sites that Northern Thailand has to offer.

Mindfulness

Mindfulness is a key part of what we do at The Beekeeper, allowing you to focus on being aware of what you're sensing and feeling in the moment, without interpretation or judgement. Practising mindfulness involves different practices to relax the body and mind and help reduce stress.





Programs



Detox Programme *A Necessary Step*

Upon arrival at The Beekeeper House, your physician will work with you, as well as a physician at our partner hospital, to determine your needs for medical detoxification. Most needs for detoxification can be managed at the Beekeeper's Warmth partner facility, a fully licensed detox centre located near the main recovery house. If you require a more extensive detox, the Beekeeper staff will arrange for your transport to our partner hospital in Chiang Mai. Following your safe detoxification there, you'll be able to return to The Beekeeper House to participate in its extensive recovery programs.



Residential Programme

Rest, Recovery, & Rediscovery

Residential treatment is a type of treatment where clients live for weeks or months at a centre, using that time to concentrate on their recovery efforts from a substance use disorder or a mental health condition. It allows you to be in the company of others committed to their treatment and recovery, and allows you to experience healing activities throughout the entire day. During residential treatment, you'll learn how to live your life without the use of addictive substances or processes, and how to effectively manage chronic mental health conditions. To accomplish this, The Beekeeper House offers high levels of medical, mental health and spiritual support. As the client, you will also have significant responsibilities in residential treatment. You'll be expected to participate in individual and group therapy on a daily basis.





Aftercare Programme

The Journey Continues

After months of dedicated effort, the work that you have done to recover from addiction often pays off in a stronger sense of value, self-respect and hope. However, during residential treatment, you will largely be shielded from the demands and stress of normal life. When it's time to leave The Beekeeper House Centre and embark upon the rest of your recovery, you'll need to have a plan for how you spend your time and how you find your support.

Aftercare is the way through which The Beekeeper House provides answers for these needs. It is during this time that you will establish the healthy habits that comprise the foundation of sober living. Your treatment team will begin creating a strong aftercare plan for any mental health issues early in the recovery process, addressing long-term medical, behavioural and spiritual needs. The more thorough your aftercare treatment plan is, the more likely it will be able to provide you with the critical infrastructure of a sustainable recovery. It is during aftercare that you will learn about and engage with your available local resources, receiving referrals for continued mental health support, 12-step based recovery programs, group therapy and other sources of support.

It takes time and energy to create the backbone of a successful recovery. It is not always an easy process, but it usually is an incredibly rewarding one. This page has been written to help you understand the elements of your treatment journey. It is our hope that you will use it to channel your motivation to recover and to create a sustainable, workable template for everyday living that serves you for all of your life.

“If we are facing in the right direction, all we have to do is keep walking.”

- Buddhist Proverb

Accomodation & Facility

The Property

A Serene Garden Paradise, Nested in The Mountains

Our stunning property is an 16 bedroom resort style centre spread out over 2 hectares, situated in beautiful botanical gardens designed by us to create a peaceful environment. We have custom-built a yoga and meditation sala and recreation sala. Our rooms are spacious and comfortable, and you can enjoy views into the forest from the poolside, as well as walks through the gardens. We place great emphasis on creating a comfortable environment at our residential centre to promote sleep, which enhances healing and therapy.





Clinical Psychology



Expert clinicians, at PhD and master's level

Without the proper training and qualifications, you cannot diagnose or treat any underlying issues. The Beekeeper has clinicians that are specialised in various disorders and trauma resolution.

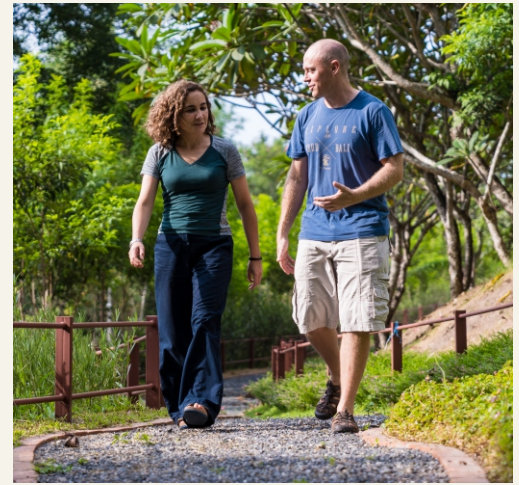
Comprehensive planning and assessment

Comprehensive assessment by a Clinician, which is paired with a medical and psychiatric provider that follows each client through their entire stay into aftercare. This process allows each clinical team following the client to build a treatment plan that encompasses all dimensions of an individual.



Eclectic approach to therapy

An Eclectic Approach to Therapy, that draws upon diverse evidence based approaches in clinical psychology. Our clinical team is trained in a variety of approaches and we don't overly rely on one particular approach, such as just CBT. We make sure the approach fits the clients needs.



Trauma Informed Care

Trauma Informed Care, for those clients that need specific support for this, is available from our expert clinicians. We recognise that this can be an important part of an individual's recovery journey.

Co-occurring disorder treatment

At Beekeeper House we work to heal the entire individual, not just the addiction or behaviour. We treat underlying issues, such as trauma, depression, anxiety, and other mental health or neurocognitive issues, also called co-occurring disorders.



Psychiatric consultation & collaboration

Psychiatry is available to our clients if they need it, and all clients will receive a psychiatric evaluation if required. We work with highly regarded expert Psychiatrists with specific expertise in addiction and associated mental health issues.





A typical day at the Beekeeper House:

Our treatment program is designed to help you build a strong foundation for recovery. Our daily schedule throughout the week incorporates a variety of therapeutic activities whilst providing a routine that aids in creating healthy behavioral change. The following is typical day at The Beekeeper House:



WEEKDAYS

7:30am-8:00pm	○	Meditation or Mindfulness Activity such as stretching
8:00am-9:00am	○	Breakfast
9:00am-9:30am	○	Free Time or Recovery Assignment Completion (Homework)
9:30am-11:00am	○	PsychoEd group or a Relapse Prevention Group – therapist led
11:00am-12:00pm	○	Personal Training or Physiotherapy or Exercise or Individual Clinical Therapy (twice per week)
12:00pm-1:00pm	○	Lunch
1:00pm-1:30pm	○	Free Time or Recovery Assignment Completion (Homework)
1:30pm-2:30pm	○	Process Group (therapist led) or Sound Bowls (1 day per week) or Goals Group or Mental Health Group – therapist led
2:30pm-4:30pm	○	Personal Training or Exercise or Individual Clinical Therapy (2x per week) or Massage or Group Recreational Activity



- 4:30pm-5:30pm** ○ Holistic Activity: Mindfulness/Yoga/Meditation
- 5:30pm-6pm** ○ Free Time or Recovery Assignment Completion (Homework)
- 6:00pm-7:00pm** ○ Dinner
- 7:00pm-8:00pm** ○ Closure Group OR 12-Step mtg (in-house and 1x per week)
- 8:00pm-10:00pm** ○ Free Time or Recovery Assignment Completion (Homework)
- 10:00pm-5:30am** ○ Lights Out

WEEKENDS

- Saturdays** ○ After breakfast until dinner: Excursion
Evening: Free Time / Recovery Assignment Completion (Homework)
- Sundays** ○ Morning 12-Step meeting & lunch (off-site)
Afternoon: Self-Directed Free Time
/ Recovery Assignment Completion (Homework)
○ Evening: Movie Night





Other Clinical Activities to consider

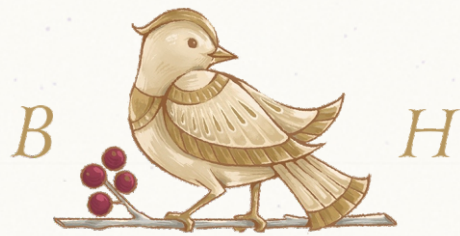
We operate a detoxification facility called the Warmth. This is a fully licensed Rehabilitation Centre and is overseen by the Beekeeper Medical Team, and our specialist Medical Director. We operate a separate site for detoxification to allow clients the privacy and time they need to safely come off the substances they need to. All clients pass through The Warmth before coming to Beekeeper House. The period of time you spend here depends on your own unique needs.

We also offer Psychiatric services for those who need them, this can include evaluations and medication reviews. We do this in partnership with Bangkok Hospital, our hospital partner, who have internationally trained Psychiatrists. We also have our own 24-hour medical team on site, with weekly doctors visits to Beekeeper House for any check-ups that may be required.

Other Therapies we offer:

We understand that our clients might need more than just regular individual therapy. At the Beekeeper our clinical team are qualified and able to facilitate both Family Therapy and Couples Therapy for our clients, when needed. We offer this to ensure your treatment plan is as comprehensive as possible. This can be done either face to face, or we can arrange sessions online. This is offered dependent on the client's needs during your stay with us.





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