



The Leading Residential Centre

for the treatment of
alcohol & drug dependencies

In Wales

www.brynawel.org

About You

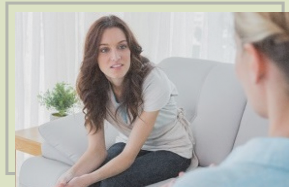
Acknowledging that alcohol or drugs are negatively impacting your life is the first step towards an effective and successful recovery.

We're here to guide and support you every step of the way.

Our full programme runs for 16 weeks and we offer an 8 week stay for private guests.



**Group
Therapy**



**Individual
Therapy**



**Experiential
Therapy**

About Us

Nestled in the Welsh countryside we are close to beautiful beaches, hills and lakes where we regularly go with our clients to connect with nature and relax.

We are a secular organisation delivering evidence-based interventions, primarily as part of a residential treatment programme. We hold a unique position in that we are the only residential rehabilitation centre in Wales which has Cognitive Behaviour Therapy and Social Learning at the core of our treatment programme.

We work with our clients through a supportive, structured programme of therapy, wellness and learning as they learn to live life again, free from dependency.

Our Services

Our range of holistic recovery programmes are specifically tailored to your individual needs and circumstances.

Each specialist session gives you the opportunity to increase your self-awareness, openly communicate, receive constructive feedback and practice new ways of being, thinking and interacting with other guests in a safe and structured environment.

At the core of our services, we offer Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Motivational Interviewing, Relapse Prevention and Psychosocial Interventions including Family Therapy.

We also teach DBT and relapse prevention skills. These are powerful, simple tools for regulating emotions, communicating effectively with others, and maintaining calm in difficult situations. This is all supported by meditation classes, yoga, nature walks and a good healthy diet.



**Alternative
Therapy**



**Canine Assisted
Therapy**



**Family
Counselling**

After Care

Your time with us doesn't end when you graduate from Brynawel. We have a dedicated aftercare team and we continue to support you in sobriety for up to a year after you leave us.

We currently offer our graduates ongoing online meditation classes, weekly or monthly check-ins, group away days and if needed, crisis assistance.

Whenever You're Ready, We're Here.

Come See Us



The best way to decide if Brynawel is right for you is to come and see us.

You can have a look around, experience the facilities, speak with the staff and guests and generally get a feel for what it is like to spend time here.

Your successful recovery is only one conversation away. So contact us today.

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www.brynawel.org

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