

# LivSmart program

Liv Sober-Motivated-Active-Recovery-Tuned

## Recovery through experiential learning

*"I hear and I forget  
I see and I remember  
I do and I understand"- Confucius*

Elim Clinic has developed an additional programme specifically aimed at those who find it easier to learn through experience. Often one consequence of drug use is that memory and concentration is impaired and formal learning becomes harder. **The LivSmart program** focusses on learning through experience.

### Who benefits?

- Drug users crippled by the effects of drug use.
- History of poor academic achievements.
- Learning limitations.
- Stuck in the drug sub-culture.
- Onset of drug use at a young age.
- Repeated unsuccessful efforts to stop.
- Not coping with basic life challenges.

### Program

- 20 day inpatient treatment-period of stay can be extended.
- Daily morning routine compliance program.
- Indoor and outdoor recreational program.
- A treatment approach based on experiential therapy principles.
- Individual/group/family therapy.
- Spiritual support.

### Benefits

- Experience recovery in a practical way.
- High level of active involvement in therapy.
- Daily exposure to healthy recreational activities.
- Conditioning to normal routine and self-care.

### Objectives

- Development of a sense of self.
- Set basic life goals.
- Acquire basic life skills.
- Understand recovery challenges.
- Define recovery strategies and plan.



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