

How the “New Paradigm” Recovery Program Works

The "New Paradigm Program" is a comprehensive approach to healing and personal transformation. Let's explore each component in more detail:

Daily Activities (see schedule): The program incorporates a structured daily schedule that includes various activities designed to support your recovery. These activities include morning walk, meditation, yoga, swimming, sauna, physical exercise, journaling, relaxation techniques, and other self-care practices like massages. The daily activities aim to promote emotional and physical well-being, enhance self-awareness, and provide a solid foundation for your healing journey.

EMDR - CBT and NLP one-on-one Therapy: The program integrates evidence-based one-on-one therapeutic approaches such as Eye Movement Desensitization and Reprocessing (EMDR), Cognitive-Behavioral Therapy (CBT), and Neuro-Linguistic Programming (NLP). These therapies are designed to address trauma, change negative thought patterns, and enhance personal growth. EMDR focuses on processing and resolving traumatic memories, CBT helps identify and modify unhelpful thoughts and behaviors, while NLP offers techniques to reprogram limiting beliefs and improve communication and self-empowerment.

Byron Katie - The Work: The program integrates the powerful methodology of "The Work" developed by Byron Katie. This approach involves questioning and investigating the thoughts and beliefs that contribute to emotional suffering. By examining the validity and impact of our thoughts, we can gain clarity, challenge limiting beliefs, and shift our perspective towards a more empowering and liberating mindset. "The Work" offers a transformative tool to address negative thought patterns and cultivate self-compassion and acceptance.

Daily Workshops: The program includes daily workshops facilitated by experienced professionals. These workshops provide a structured and supportive environment for learning and personal growth. They may cover various topics such as coping strategies, communication skills, stress management, resilience building, and exploring core beliefs. The workshops offer opportunities for interactive discussions, experiential exercises, and practical tools to apply in daily life.

Bach Flower Remedy Therapy: Bach Flower Remedy Therapy is a form of alternative medicine that utilizes the healing properties of flower essences to address emotional imbalances and promote well-being. The program incorporates Bach Flower Remedies as a complementary approach to support emotional healing and balance. These remedies are individually selected based on your specific emotional needs and can help alleviate emotional distress, promote inner harmony, and enhance overall emotional well-being.

Daily Self-Reflection: Self-reflection is an essential component of the program. Engaging in regular self-reflection allows you to explore your emotions, thoughts, and behaviors in a non-judgmental and introspective manner. It provides an opportunity to gain insight into your patterns, triggers, and underlying causes of distress. Through self-reflection, you can develop a deeper understanding of yourself, identify areas for growth, and cultivate self-compassion and self-awareness.

The "New Paradigm Program" offers a comprehensive and integrative approach to healing by combining various therapeutic modalities, self-reflection practices, and holistic techniques. It aims to address the underlying causes of emotional pain, foster self-awareness, and provide practical tools and strategies for personal transformation. Through this program, you can embark on a journey of self-discovery, healing, and empowerment.

Daily Schedule

- 05:30 Wake up - Arise and Shine
- 06:00 Morning Walk + Grounding/Breathing
- 06:45 Sauna and Swimming
- 07:30 Meditation and Chanting
- 08:00 Breakfast
- 08:30 Counselling Motivation
- 11:00 Yoga
- 12:00 Lunch
- 13:00 Private Counselling
- 14:00 Self Defence or Muya Thai
- 15:00 Chillaxation
- 16:00 Massage
- 18:00 Dinner
- 19:00 Meditation and Chanting

This daily schedule presents a recipe for success because it incorporates various activities and practices that contribute to overall well-being and personal growth. Here are the reasons why this schedule is beneficial:

Mind-Body Connection: The schedule emphasizes the importance of connecting the mind and body. Activities such as morning walks, grounding/breathing exercises, yoga, and self-defense or Muay Thai training promote physical fitness, flexibility, and coordination. These practices help individuals become more aware of their bodies and cultivate a strong mind-body connection.

Emotional Wellness: The inclusion of counseling sessions, both in a group setting and private, provides opportunities for individuals to explore their emotions, gain insights, and receive guidance. These sessions help individuals develop emotional intelligence, improve self-awareness, and learn effective strategies for managing their emotions.

Mental Clarity and Relaxation: Meditation and chanting sessions, included in the morning and evening, promote mental clarity, relaxation, and inner peace. These practices allow individuals to calm their minds, reduce stress, and enhance their overall well-being.

Physical Health and Self-Care: The schedule includes activities such as swimming, sauna, massage, and regular meals. These activities contribute to physical health, rejuvenation, and self-care. They help individuals relax, relieve tension, nourish their bodies, and maintain a healthy lifestyle.

Personal Growth and Motivation: The inclusion of counseling motivation and self-defense or Muay Thai training sessions encourages personal growth, self-motivation, and empowerment. These activities challenge individuals to step out of their comfort zones, develop resilience, and build self-confidence.

Structure and Routine: The daily schedule provides structure and routine, which are essential for creating a sense of stability and discipline. Having a well-defined schedule allows individuals to prioritize their activities, manage their time effectively, and maintain consistency in their daily practices.

By following this comprehensive schedule, individuals can experience a holistic approach to personal development, emotional well-being, physical health, and self-care. It creates a balanced and nurturing environment that supports individuals in their journey towards success and overall fulfillment.