

Welcome to New Paradigm Mental Health Recovery Centre.

Rules and Guidelines for 2024 Retreat Programs.

At our wellness centre, we prioritise the safety and comfort of all our residents and guests. In line with this commitment, we have established certain rules and regulations to ensure a peaceful and healing environment for everyone.

Our work at New Paradigm is taken very seriously. The dedicated team of experts along with Founder Dirk J. Lambert, will guide you every step of the way on your road of recovery as we offer you an unparalleled healing experience for body, mind and soul.

Over the last 24 years many people used this program to create a paradigm shift in their existence and thus were able to stop suffering and pain and start to enjoy a new found happiness and significantly increased quality of life.

The process of healing and recovery is vast, complex and painful as many of you have already experienced. Very often conventional (psycho)-therapy has proven to be ineffective, hence the reason for you seeking alternative help and participating in the New Paradigm Program.

Your time spent with 'New Paradigm' is limited and therefore we ask that the below 'Rules and Guidelines' are followed and adhered to at all times, this will ensure you a smooth, performant and successful recovery program.

At New Paradigm, we are committed to creating an environment conducive to healing and self-discovery. To achieve this, we have established certain guidelines regarding communication, personal care, and conduct during your stay.

1. Mandatory Registration for Immigration Police

- a. We are summoned by the Thailand Immigration Authorities to immediately report your stay at "New Paradigm" from the moment of arrival until your departure. Please give your passport to Ms. Kae Harasai so she can make a copy and fill-in the paperwork. You will receive your passport back after about 30 minutes.

2. Policy on Addiction and Substance Abuse

- a. It is important to clarify that our centre is **NOT** equipped to handle cases of addiction, including alcohol, pharmaceutical, and substance abuse. Our programs and services are not designed to serve as a rehabilitation facility for these specific conditions.

3. Policy on Non-Acceptance of Addiction Cases:

- a. Scope of Services: Our treatment programs are tailored to address mental health challenges like depression, anxiety, PTSD, and burnout. We do not provide services for detoxification, withdrawal management, or rehabilitation for addiction.

- b. **Disclosure Requirement:** Clients are required to fully disclose their medical and psychological history during the intake process. This includes any past or present issues with addiction or substance abuse.
- c. **Cancellation and Expulsion:** If it is discovered that a client has not disclosed their condition related to addiction or substance abuse, we reserve the right to cancel their program immediately. This policy is in place to maintain the integrity of our treatment environment and to ensure the safety and well-being of all clients and staff members.
- d. **No Refund Policy:** In cases where a program is cancelled due to nondisclosure of addiction or substance abuse, the client will not be entitled to a refund. This policy underscores the importance of honesty and full disclosure in the intake process.

4. Personal Communication Devices and External Distractions

- a. In order to foster a conducive environment for your recovery and healing, we have a specific policy regarding the use of personal communication devices and other potential distractions.

5. Restricted Items:

- a. Personal communication devices such as phones, tablets, computers, mp3 players, DVD players and E-readers.
- b. Reading materials not part of the recommended reading list, including books and magazines.

6. Safekeeping of Devices:

- a. We encourage you to entrust us with your communication devices upon arrival. They will be securely stored in a fire-proof safe for the duration of your stay, ensuring their safety and your peace of mind.

7. Limited Communication:

- a. There will be designated times for communication with the outside world, specifically on Sundays. This is the time you may access your devices to contact close family members or check emails.
- b. We advise keeping external communications brief and to a minimum to maintain focus on your recovery.

8. Interaction with Fellow Program Participants

- a. Our primary focus at New Paradigm is your personal healing and recovery. To maintain an environment conducive to this, we have specific guidelines regarding interactions with fellow participants in the program.

9. Limited Interpersonal Communication:

- a. We ask that you **refrain** from sharing your personal story or experiences with other participants. Interactions with fellow clients should be kept to a bare minimum.
- b. This approach helps maintain a space where each individual can concentrate fully on their own healing journey without the added emotional burden of others' stories.

10. Emotional Load Consideration:

- a. Each client is dealing with their own significant emotional challenges. It is neither expected nor encouraged for you to take on the emotional load of others or to offload your own onto fellow participants.

11. Policy on Mandatory Silence

- a. Purpose of Silence: Silence is a powerful tool for self-reflection, mindfulness, and deepening one's connection with the inner self. It allows for a more introspective and contemplative experience, fostering personal growth and healing. We believe in the profound healing power of silence. To enhance the therapeutic experience and promote a deeper sense of inner peace and mindfulness, we have implemented a mandatory silence policy during specific times and activities. This policy includes meals, classes, morning walks, workshops, as well as during pool and sauna times.

12. When Silence is Observed:

- a. Meals: Silence during meals encourages mindful eating, allowing you to fully engage with the sensory experience of your food and to eat in a more intentional and healthful manner.
- b. Classes and Workshops: A silent atmosphere enhances focus and concentration, enabling deeper engagement with the material and practices being taught.
- c. Morning Walks: Observing silence during morning walks offers a peaceful start to the day, allowing you to connect with nature and your own thoughts without distraction.
- d. Pool and Sauna Times: Silence in these areas is intended to create a tranquil and meditative space, promoting relaxation and introspection.

13. Communication During Workshops, Classes, and Meals:

- a. We encourage maintaining a respectful silence during classes, workshops, and meals. Please hold questions until a suitable break or when the instructor invites queries.
- b. The THINK method is recommended for all communications: ensuring that what is said is True, Helpful, Inspiring, Necessary, and Kind.

14. Prohibited Items:

- a. Smoking, vaping, alcohol, coffee and candy or snack consumption are strictly prohibited on our premises to ensure everyone's safety and health.

15. Diet and Beverage Consumption:

- a. We advise against consuming coffee or green tea during your stay, as well as snacking throughout the day. After dinner, we offer chamomile tea to aid relaxation and promote restful sleep.

16. Personal Hygiene and Care:

- a. Due to the active nature of the program, we recommend additional showers throughout the day to stay refreshed.
- b. Avoid using deodorants as they may interfere with detoxification protocols.
- c. Men are advised to shave daily.
- d. Women are requested to refrain from wearing makeup, lipstick, nail polish, and hair extensions to support the detox process.
- e. Please refrain from wearing jewelry both for men and women

17. Medication Disclosure:

- a. Please inform Mr. Dirk Lambert of all prescription and over-the-counter medications you are taking. Self-medication during the program is discouraged. Contact Mr. Lambert immediately for any health concerns or side effects.

18. Symptoms During Treatment:

- a. Be aware of possible symptoms during your treatment, such as headaches, emotional outbursts, flu-like symptoms, changes in sleep patterns, and others. These are normal and part of the healing process.

19. Accommodation Privacy:

- a. Please respect the privacy and comfort of others by **not** entering other residents' bungalows.

20. Dress Code:

- a. In Thailand, and particularly in our retreat, we recommend appropriate and respectful attire. This includes covering shoulders and avoiding revealing clothing. During sports activities, appropriate sportswear is advised. At the pool and sauna, please wear suitable swimwear and cover-ups.

21. Temple Visits and Excursions:

- a. For temple visits, modest attire covering shoulders and knees is required for both men and women. A shawl can be a versatile item for such occasions.

22. Payment and Financial Transactions:

- a. Ensure all payments are settled before the start of your program. Accepted payment methods include bank transfers, PayPal, or cash in specified currencies.

23. No-Refund Policy:

- a. Due to our limited capacity of only four beds, we regretfully cannot offer refunds for cancellations or shortened stays.
- b. We allocate resources and dedicate personalised care to each participant, ensuring the highest quality of treatment and attention.
- c. In the event of a cancellation six weeks or less before the scheduled arrival date, the deposit is non-refundable. However, if the cancellation is due to force majeure circumstances, clients are permitted to reschedule their reservation for a new date within a period of six months. We appreciate your understanding and cooperation regarding this policy.
- d. Therefore, we kindly request that individuals carefully consider their commitment before booking with us.

24. Emergency Contact:

- a. In case of emergencies, family members can reach out directly to Mr. Dirk Lambert via WhatsApp or phone at +66 818.9445.13. This line is always open for urgent matters.

25. Adherence to Rules:

- a. Non-compliance with these rules may result in expulsion from the program without a refund.
- b. This policy is designed to ensure that each individual has the space and peace they need to focus on their own recovery process. We appreciate your understanding and adherence to these guidelines.

We thank you for your cooperation and understanding of these guidelines, which are crucial for maintaining the tranquil and supportive atmosphere of our centre.

Please write below in your handwriting :

“I have read the above 25 rules and guidelines, understand them and will respect them at all times.”

Name : _____

Date : _____

Signature for Approval and Compliance : _____