

QUICK GUIDE

ON PREPARING FOR YOUR PRIVATE PROGRAM

This Private Intensive Cognitive Behavioural Therapy (CBT) & Mindfulness Program is an opportunity to take a step back from your daily routine life and focus only on you, your healing and your recovery in a non-clinical environment to work through your fears. Taking the decision to seek help can be a daunting process and by choosing to face your fears by stepping out of your comfort zone is the way to start your healing. The reasons why this psychotherapy program has so much more to give than a typical approach are:

- Bali is a natural ground for healing and recovery.
- The location the program takes place is carefully selected to be conducive for healing and recovery.
- 2 hours of daily CBT sessions allows for more indepth work than the typical 50mins weekly session.
- According to the National Institute for Health and Care Excellence (NICE) Guidelines in the UK, CBT is the recommended psychological treatment intervention for Anxiety, Depression, PTSD and other mental health issues.
- 8 days of our intensive program is equal to 16 hours of CBT, which according to NICE guidelines is the recommended number of hours to notice improvements for symptoms of anxiety & depression.
- The combination of CBT with daily mindfulness practices like yoga and meditation allows for hands on experience with practices that are known to improve quality of life.
- Spa treatments can also help in promoting wellness
- The combination of mindfully prepared food with fresh ingredients along with all the above points encourages ones healing



Visa

Please make sure that your passport is valid for over 6 months.

On arrival, you have a 30 days free visa entry. If you are considering staying for longer than 30 days you can purchase a 30 days extension visa upon arrival at the airport.

Flights

There are many flight options to travel to Bali. You could check Skyscanner.net that will help show you the best flight deals.

Do make sure to check the number of layovers and transit hours.

Vaccinations

Bali is safe and there is no compulsory need to have a vaccination.

It is advised however to bring along with you a mosquito repellent and to make sure to use it in the morning and evening time.

Clothing

The temperature throughout the year in Bali ranges between 30 and 32 degrees Celcius. However, humidity levels can vary, making it feel hotter than it is.

Cotton and natural fibers are recommended. Please make sure to have comfortable clothing for your stay and don't forget to bring sun protection!



Dr. Jeremy Alford

Jeremy holds a BA, MPhil and PhD in clinical psychology from the University College Kensington. He is a graduate member of the British Psychological Society. Member of the International Association for Cognitive Psychotherapy, and the British Society of Clinical and Academic Hypnosis.

He is also a qualified clinical hypnotherapist, neurofeedback/biofeedback therapist and integrative cognitive behavioural therapist including mindfulness. He has over 17 years of multicultural mental health experience and a proven adaptability to international settings, having worked in several countries in the Middle East and Europe.

