

Ibogaine for PTSD

“Sometimes, people with
the worst pasts can
create the best futures”

~Anon

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**
Safe, monitored and compassionate ibogaine treatments
- **PRE AND POST CARE**
We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards
- **HOLISTIC THERAPIES**
Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food
- **ON/OFF SITE COUNSELLING**
Our expert counsellors will hold space and guide you through your processes
- **NAIKAN THERAPY**
Naikan introspection therapy is a wonderful way to get back in touch with yourself
- **IRM**
FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

Those suffering from addiction often also suffer from Post Traumatic Stress Disorder (PTSD). PTSD is far more common than is often realised – up to 75% who have experienced violent or abusive trauma end up with PTSD. In addition, PTSD can result from an injury or accident, experiencing terrorism or the death of a loved one.

When you engage with us, we'll quickly work out through our psychological assessments whether PTSD is also at work in your addiction. We will address both in the case that it is.

Two aspects of our approach to treatment make Tabula Rasa a perfect destination for PTSD sufferers. Firstly, the careful and controlled use of ibogaine that works effectively with the mind, especially in the field of buried memories. Secondly, the location. Well away from the everyday surroundings and their emotional triggers that bring the onset of attacks, the tranquil rural setting of the Alentejo is the ideal place to tackle the inherent problems of PTSD.

Depression, sensitivity, detachment, social dysfunction, aggression, nightmares, intimacy rebuttal, insomnia, disinterest in what was previously loved – all are ongoing experiences for many with PTSD. Our retreat centre is the escape that's needed to get away from this darkness.

Although we have moved on from the days of shell shock and 'being a man' about things, in some circles there is still some way to go to accept and understand the true nature of PTSD. We may know what has set it off, be it a sexual attack, an act of war, a kidnapping or a brutal accident but few are truly aware what is going on deep inside those who have witnessed such atrocities.

At Tabula Rasa Retreat we're making huge strides in the treatment of PTSD. Through the use of memory-resetting ibogaine coupled with our holistic programme of therapies, many of our clients are experiencing a new lease of life. Stronger family bonds, improved results for ongoing therapies, forgiveness from (and to) others plus a reduction in fear and anxiety levels are all experienced following the treatment.