

Rehab that works

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

We are living in the midst of a global addiction pandemic, with stimulants (cocaine, crack, amphetamines) and opiates (heroin, oxycontin, methadone) widely used and abused. Conventional rehab techniques such as 12 Step and Smart recovery work for a few but are ineffective for many.

Set in rural Portugal and launched in July 2018, Tabula Rasa Retreat offers a uniquely powerful way of recovering from addiction: iboga plant medicine in a medicalised and holistic therapeutic setting. Iboga, a bark extract from West Central Africa, is the most effective way of interrupting addiction on the planet. Without the brain reset of ibogaine (the principle alkaloid of iboga), it's simply not possible to come off a miserable life on maintenance drugs such as methadone and all addicts are prone to relapse.

Combined with pre and post treatment counselling, holistic therapies and the best techniques from conventional rehab (process and focus groups and elements from the 12 Steps), Tabula

Rasa Retreat genuinely turns lives around and represents a new paradigm in addiction recovery.

The retreat centre does things differently to ibogaine clinics elsewhere: there is a medical team in house and a strict screening policy.

Safety is the number one priority.

Successful ibogaine treatment is not just about taking ibogaine. Pre-treatment therapy helps clients dissociate from their addiction, connect with their authentic self and take ownership of their recovery.

Meanwhile, Tabula Rasa Retreat's aftercare programme is designed to ensure the best possible long-term results. The team of therapists and counsellors supports clients and helps them to adapt new habits, find their life purpose and establish healthy relationships.

Tabula Rasa Retreat was set up by two Brits Alvaro and Jade de Ferranti. Alvaro is a successful businessman and a former crack-addict (healed by iboga), whereas Jade is an EFT therapist. They were fed up by the obsolete and evidence-free approach to drug policy and addiction back in the UK and moved to the more enlightened climes of Portugal.

"We didn't set up Tabula Rasa to get rich, but to prove that ibogaine-assisted therapy can be done right. Eventually, ibogaine will be an approved medicine around the world. Until then, we're focused on turning lives around and gathering a dossier of data showing the efficacy of ibogaine-based recovery." says Alvaro.

