



## Contact Us

Visit our website [www.caminorecovery.com](http://www.caminorecovery.com) for more information. Alternatively, please phone us for an informal chat. All enquiries are treated in confidence and with respect.

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**Camino Recovery Centre**  
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29670 Malaga  
Spain

Our nearest airport is Malaga, from which it is approximately a 45-minute drive to the **Camino Recovery Centre**. We will collect clients arriving from abroad at the airport.

## Our Facilities

The **Camino Recovery Centre** is housed in a large private villa with a pool, surrounded by beautiful and tranquil gardens. The Centre is just a few minutes' walk from the Mediterranean Sea and a long sandy beach.

We offer comfortable, en suite bedrooms. There is also a lounge and dining room for clients' use, as well as an open-plan living room/kitchen for clients' families, who may visit on Sundays.

We provide home-cooked meals, with alfresco dining possible throughout the year. We are open 365 days-a-year.

# Camino

RECOVERY

The Camino Recovery Centre  
Healing addiction, trauma,  
depression and anxiety

[www.caminorecovery.com](http://www.caminorecovery.com)





The **Camino Recovery Centre** is an intimate and homely 8-bed residential facility, based near Malaga in Southern Spain. We specialise in the treatment of addiction. This includes addiction to:

- Alcohol
- Drugs
- Food
- Gambling
- Sex

We also treat associated conditions, known as 'dual diagnosis', such as:

- Trauma
- Anxiety
- Mood Disorders
- Bipolar Disorder
- Anger and Rage
- Grief and Loss
- ADD/ADHD
- Depression
- Eating Disorders
- Body Image Concerns
- Family of Origin Issues
- Relationship Conflict
- Obsessive Compulsive Disorder

## Treatment

Our clinical team has specialist knowledge and over 30 years' experience in the treatment of addiction and co-existing conditions such as trauma, depression and anxiety.

We provide the highest quality treatment delivered in the most professional, cost-effective and caring manner:

- Medically supervised detoxification for drug and alcohol addictions
- Minimum 30-day residential primary care:
  - Minnesota Model 12-Step approach
  - Eye Movement Desensitisation and Reprocessing (EMDR)
  - Equine Assisted Psychotherapy (EAP)
  - Family work
- 30- to 60-day secondary care (following completion of a 30-day residential programme)
- Weekly aftercare

## Our Approach

In our view, addiction is a progressive illness; it is an illness that also affects the whole family. Seeking proven treatment is crucial to the process of recovery.

Group therapy – underpinned by a 12-Step programme and a special focus on family work – is central to the treatment we deliver at the **Camino Recovery Centre**. We also specialise in EMDR and EAP – effective therapeutic interventions in the treatment of addiction and trauma.

We offer highly individualised care because no two people are the same. We only have eight beds, which means that people can't get lost in the shuffle; equally, there's no place to hide. Our overall aim is to prepare individuals – mind and body – to maintain long-term sobriety, peace of mind and quality of life.

Don Lavender, BA, M.Div., Programme Director.