

Find out more on our website
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The Kusunacht Practice⁺

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The Kusunacht Practice⁺
Addiction Treatment, Psychiatry
and Biomolecular Restoration





The world's most exclusive treatment centre

Our clients receive absolutely unique treatment programs which are custom-designed and implemented by our international team of specialists. We treat one client at a time, which ensures that our clients experience the most focused, effective and private treatment available anywhere in the world. Our extensive facilities enable us to adopt this one-on-one approach with up to 9 clients simultaneously, without any client ever coming into contact with another.

During their treatment, clients stay in one of our luxury, Swiss 6-star residencies on Lake Zurich, where they live with their individual counsellor. A personal butler, gourmet chef, maid and driver ensure that any non-clinical elements of a client's stay are also provided to the highest standards of Swiss excellence.

We pay the closest attention to every single detail of each client's stay and ensure that every aspect of our 6-star exclusive services are provided in the luxurious, stylish and discrete manner for which Switzerland itself is famous.

Our goal

Our ultimate goal is to provide each client with the individual treatment they need to ensure their lasting recovery. We ensure that, when leaving our centre, clients are freed from the addictions or other harmful behaviours they once suffered, they are not reliant upon medical pharmaceuticals and balance has been restored to their biochemistry, neurochemistry and self-perception. These elements, combined with our Continuing Care Program, provide each client with the tools they need to reclaim control over their own lives.





Successfully treating the widest range of psychological disorders

Our treatment programs cover the widest possible range of psychological disorders, including depression, alcohol, nicotine and other drug addictions, eating disorders, sex and love addiction, pathological gambling, codependency and many others. We also specialise in treating personality disorders, anxiety disorders, trauma and abuse, chronic pain syndrome, burnout and bipolar disorder.

Our experienced team of international experts creates and implements tailor-made treatment programs which address the root causes of such disorders, so as to ensure a lasting recovery.

We treat one client at a time, using intensive treatment programs that combine a wide range of clinical and complimentary therapies. We also encourage a client's family members to attend our Family Systems Therapy program, to help them understand their loved one's disorder and how they are involved in it. Once a client returns home, we continue to support their ongoing recovery through our world-class Continuing Care Program which offers local support, including mentors, anywhere in the world.

The combination of our experience and treatment methods ensures that each client leaves our centre with the greatest chance of avoiding relapse and enjoying a permanent recovery.

Biomolecular restoration is fundamental to lasting recovery

The disorders that we treat develop from a combination of physical, psychological, bio/neurochemical, genetic and social factors. These create bio/neurochemical imbalances which affect how the brain's neurotransmitters work. In turn, this can cause anxiety, depression, insomnia and cravings which reinforce destructive behaviour patterns and jeopardise a lasting recovery. We believe that the failure to remedy biochemical imbalances is why many other treatment centres have relapse rates of up to 80%.

We use cutting-edge technology to analyse a client's biochemistry. We then create unique biochemical restoration plans that significantly improve cognitive skills and emotional stability, which increases the effectiveness of our treatment programs.

Each plan includes a computer-generated supplement of organic amino acids and micronutrients, which is as unique as the client's fingerprint. It also includes a personal nutrition plan, adapted physical activity and relaxation techniques which minimise the risk of relapse.



Our team and treatment programs

Our clinical team of doctors, psychotherapists, counsellors and nutritionists includes world-renowned medical practitioners with unparalleled expertise.

Our complementary therapy team includes yoga instructors, acupuncturists, reflexologists, masseurs and personal trainers who excel in a vast range of complementary and holistic therapies that complement the clinical aspects of a client's treatment plan.

Our client-support team includes personal butlers, gourmet chefs, maids and drivers who are dedicated to ensuring that our client's expectations are fulfilled and exceeded during their stay in their choice of our Swiss 6-star luxury residences.

Each of our team members was chosen for their expertise, experience, dedication and discretion. Both collectively and individually, they ensure the satisfaction of exclusive clients with the very highest standards.

Our treatment programs are absolutely unique and combine the latest technological advances with the most effective traditional therapies. Each program involves more intensive, one-on-one treatment in a day than clients could expect to receive in a month at many other treatment centres. Possible elements of a treatment plan are shown in the diagram opposite.



A sample day of treatment

Since each client's treatment plan is entirely unique, the diagram below is merely an example of what a client's daily treatment plan may include.

