



Our services are delivered by a team of professionally and internationally qualified Addiction Counselors

Mr. Peter Degn Olsen has 22 years of sobriety and completed the Chemical Dependency Counselor Training Program at Hazelden Foundation in Minnesota, USA and Talbot Grove, Ireland

Our treatment is based on a combination of the Minnesota Model of Addiction Treatment and the 12 step approach by Alcoholics Anonymous (AA)

- **We have since 2001 specialized in a 5 day residential and intensive program with 12 months on-going personal coaching**
- Limited to 6 participants
- Alcohol treatment - All 5 types (WHO)
- Detoxification and relapse prevention
- **MM - Moderated Management**
- An excellent Stress management course
- **SUDDS - test review (ICD-10 + DSM-IV systems)**
- MAST-screening
- NADA - Acupuncture
- English- and Scandinavian languages



Minnesota Consult

Kongensgade 89 1.

6700 Esbjerg, Jutland - Denmark

Phone: +45 75 45 37 51

Mobile: +45 29 29 69 03 (FaceTime)

Skype: peter.d.olsen

E-mail: info@minnesotaconsult.dk

www.minnesotaconsult.dk

CVR: 32 35 38 51

Contact in Spain.

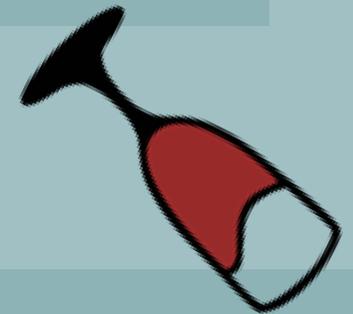
Mr. Poul Steen (Stone) Nielsen

Phone +34 622 042 496

Costa Del Sol, Spain



**Missing
Peace of Mind?
You can find it ...**



We can empower you to manage your life without alcohol or any other drug. We offer you a

5 days residential treatment and 12 months of on-going individual coaching.

5-days treatment in pleasant surroundings in **Southern Spain**



The 5 alcoholic types accordingly to WHO ICD-10

This program is ideal for you if:

You drink too much?

Or too often?

You drink because your are too busy at work?

Or don't have anything to do?

You are in need of stress management?

Or anger management?

Your spouse thinks you drink too much?

Or your friends?

You are not ready to let go of alcohol?

Moderation Management (MM)

Some persons can learn how to cope with alcohol sociable! This is also a possibility to explore in our program. Please contact us for more information

5-day program:

- Residential treatment starts Sunday afternoon and end Friday noon
- Introduction to the program
- SUDDS/ADDIS test
- Individual Screening, Intake and Orientation
- Nada-acupuncture and meditation exercises
- Individual and/or counseling group
- Jellinek exercises and presentation.
- Lectures on Alcoholism and the consequences, Emotions etc.
- Assessment
- Treatment-planning and long - term goals
- Individual evaluation
- Coaching with following-up talks
- After Care groups

Have to change **drinking habits** and attitudes

Alpha Alcoholism – This is the earliest stage of alcoholism, manifesting as a purely psychological dependence on alcohol to relieve pain. While these “problem” drinkers often create problems for themselves and those around them by their drinking behaviour, their addiction is *not physical*.

Beta Alcoholism – These are heavy drinkers that drink nearly every day and have begun to have physical symptoms as a result of their drinking, such as cirrhosis of the liver or nerve damage. Like alpha alcoholics, beta alcoholics *do not have a physical alcohol addiction*. They can also quit drinking without withdrawal symptoms.

Can't

learn how to drink

Gamma Alcoholism – Gamma alcoholics evidence loss of control in their drinking behaviour. They have a *physical dependence* on alcohol and do suffer physical withdrawal symptoms when they stop drinking.

Delta Alcoholism – Like the gamma alcoholic, the delta alcoholic has a *physical dependence* on alcohol and suffers physical withdrawal. However, rather than evidencing a loss of control when they drink, delta alcoholics are unable to stop themselves from taking a drink if it is available.

ADDIS - test review

Epsilon Alcoholism – is the final stage of alcoholism where the alcoholic has a continual, insatiable craving for alcohol, continually drinking to excess. *Physical degeneration* is accelerated with death often the only way that, without intervention, the alcoholic can or will stop drinking.