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MANUSCRIPT for film sequence on website

Hello

My name is Peter, and I am the Addiction Counsellor in charge at the Minnesota Consulting Treatment Centre.

I am about to introduce our Alcohol Treatment Program to the English speaking community in Southern Spain.

If you're listening to this short presentation you most likely have a drinking problem, or know someone who has.

If you're drinking too often or too heavy your state of mind is confused and may be you're in a delusion: You know you're drinking too much alcohol, and never feel good about it, or you really want to quit drinking but feel you're not ready to let go. Or perhaps you've already tried to quit, but didn't succeed

If this is a recognisable situation you're struggling with a very serious problem – and you have to make a decision. You will not be able to find happiness unless you make up your mind – and quit!

Our program is an alternative way of helping people. It's a short cut to sobriety, however it does not exclude hard work and a motivational attitude to the process.

With only 5 days' residential treatment and 12 months of ongoing individual coaching it's definitely an easier way to live a better life without alcohol.

I can assure you that we have the experience. We are a team of sober and professionally qualified Addiction Counsellors.

For more than 10 years we have specialised successfully in this short term treatment program.

The program is based on a combination of the Minnesota Model and the 12 Step Approach to Alcoholics Anonymous (AA). Our psycho therapeutic tools are Rational Emotional Behaviour Therapy and Rational Therapy.

It is an incredible feeling to live a life without drinking. I know because, since 1994 I have lived such a life and never regret a minute. If you and your family wants a better life, we believe you can benefit from our program.

The staff and I are ready to help you if you are motivated and have the courage to try?

For more information please contact Mr. Peter Degn Olsen or local Mr. Poul Stone Nielsen. You'll find phone numbers on the webpage.