



A week with our team

WEEKLY RHYTHM

Each day you have the chance to meet a different specialist, so you experience a range of methods and perspectives.

Monday

- **Paweł Skrzypczak** addiction therapist
- **Ahmed** psychologist

- 9:00 shared breakfast and preparation for therapy
- 10:00 psychoeducation session with Paweł: the mechanisms of addiction, a film and a group discussion, a therapeutic task
- from 11:00 individual and group sessions in English with Ahmed
- after 14:00 individual sessions with Paweł

Tuesday

- **Piotr Sawicz** psychotherapist
- **dr Sławomir Rejowski** physician

- from 9:00 to 18:00 in-depth psychotherapy sessions with Piotr, around 90 min. with a break if needed
- a therapeutic task after the session
- individual medical consultations (between sessions)

Wednesday

- **Paula Klajnowska** psychologist - CBT

- cognitive behavioural (CBT) sessions with Paula
- individual sessions with no time limits
- the option of a breathwork session and yoga, working with the body and breath

Thursday

- **Paweł Skrzypczak** addiction therapist
- **Ahmed** psychologist

- **dr Rejowski** physician
- 9:00 shared breakfast and preparation for therapy
- 10:00 psychoeducation session with Paweł, a film and a group discussion, a therapeutic task
- from 11:00 individual and group sessions in English with Ahmed
- individual medical consultations (between sessions)

Friday

- **Anna Binder** addiction therapist
- **Ahmed** psychologist

- individual sessions with Anna Binder
- from 11:00 individual and group sessions in English with Ahmed
- time to consolidate the week's work

Saturday

- **Ahmed** psychologist

- from 11:00 individual and group sessions in English with Ahmed
- the option of a shared film screening and discussion
- time for activity, rest and building the therapeutic community

Sunday

- **free time and visits**
- **dr Sławomir Rejowski** physician

- rest, time for yourself and visits from loved ones, medical consultations
- Shared trip to an AA (Alcoholics Anonymous) meeting. Optional: those who wish can take part, accompanied by Paweł, who is with the group throughout the trip.

Our team

THERAPY AND PSYCHOLOGY TEAM



Paweł Skrzypczak
addiction therapist
PL



Piotr Sawicz
psychotherapist
PL · EN



Anna Binder
addiction therapist
PL



Paula Klajnowska
psychologist
PL · EN · SV



Ahmed Ali Mohamed
physician /
psychologist
AR · EN

MEDICAL CARE 24H / 7



dr Sławomir Rejowski
physician
PL



Marcin Mateusiak
paramedic
PL · EN



Anna Kazusek-Hymon
paramedic
PL · EN



Anna Białkowska
nurse
PL · EN



Milena Lizniewicz
nurse
PL · EN



Sylwia Jąłowska
nurse
PL · EN

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