

ALL OF YOU - TAILOR-MADE REHABILITATION

If after difficult or traumatic life-experiences one does not have the possibility of adequate recovery with time to process and reorientate, destructive consequences may well follow. They may manifest in several areas of life; psychological, physical, social, economic and existential. One complicated domain may trigger negative effects also in the others.



We meet people who despite various positive initiatives in different areas of life, still do not attain that much desired and comprehensive turn-around. When such disappointments become permanent, and the hope of ever being able to change one's situation fades away together with energy, lust and motivation - then the necessary elements for any positive development are simply exhausted.

That's where **ALL OF YOU** comes in.

In this rehabilitative program we offer you a completely new beginning, designed according to your unique and individual needs; limitations as well as resources. You are given the opportunity to rediscover yourself at a deeper level, in a secure community and environment.

We map and embrace the overall situation, focusing on how one aspect bears upon the other, with yourself placed at the centre. Together we sort out whatever has become complicated, work out suitable plans and methods for healing and consolidation, planning for the way ahead step by step. As support and help, we offer close guidance by a personal supervisor as well as rehabilitative and inspiring interventions.

The **ALL OF YOU**-program includes:

- Holistic evaluations of experienced health and general wellbeing
- Personal plans with frequent follow-ups
- Counselling by personal supervisor
- Psychotherapy
- Group-based course addressing vital life-issues

Individual interventions are added as required, consisting of for example: Light physical exercises, relaxation exercises, tactile stimulation, creative tasks, walk-and-talk, etc.

The **ALL OF YOU**-program is run in cooperation with public Healthcare providers in Gotland.

GET IN TOUCH - WE'LL BE HAPPY TO TELL YOU MORE!

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