



## **SELF Enhancement for Life Foundation, Inc.**

SELF is a non-stock, non-government organization dedicated to the treatment and rehabilitation of individuals suffering from drug and alcohol abuse, and other related disorders.

Since its inception in 1992, it has provided residential treatment services to hundreds of troubled men and women of varied ages. Of those who have completed the program, 85% are living sober and productive lives. Through a Value Formation program called the Therapeutic Community (TC), SELF not only rehabilitates its clients but works towards developing their talents and potentials so that they become empowered and productive members of society. It is one of the few centers that employs a dual approach program of Behavior Therapy complemented by Clinical Therapy.

SELF has been at the forefront in developing rehab technology in Asia. It has pioneered numerous methods of intervention which are now widely used by most treatment centers in the Philippines and abroad.

Over the years, SELF has evolved from being a center that promotes recovery to an institution that is concerned with improving the quality of life in recovery. We go beyond rehabilitation to maximize the growth potentials of each member of the community through an undergraduate program which trains its residents to perform with excellence and Pride in Quality.

The hallmark of SELF's Therapeutic Community approach is its insistence that the entire family participate in the healing process. Toward this end, regular meetings are held to provide seminars and family therapy workshops where issues on co-dependency are discussed.

Supervised Practicum programs and job opportunities are also made available to undergraduates who wish to further enhance their personal skills. And as an added bonus, all graduates enjoy the support of a Lifetime Aftercare Service.

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