

# How to get your life back

Swiss boutique rehab clinic Neoviva aims to provide authentic comfort and successful healing

Treating any kind of mental health issue is akin to unravelling a labyrinth of personal struggles. Recognising this challenge, Oliver Neubert, founder and chairman of Neoviva, a boutique rehab clinic with a picturesque view of the world-famous Lake Lucerne, made it his mission to assist clients in rediscovering life's balance and guide them through their recovery journey.

## Confidentiality is paramount

Creating a secure and nurturing environment is essential for fostering openness and trust among clients. From its captivating surroundings to its residential quarters and therapy spaces, Neoviva is designed for authentic comfort and successful healing. Additionally, the clinic is strategically situated near medical facilities, consulting physicians and partner clinics, enhancing its capacity to deliver comprehensive care. However, despite its luxurious amenities, Neoviva remains committed to prioritising treatment over opulence. Oliver Neubert underscores this ethos, affirming, "We aren't selling luxury, we're selling treatment." Emphasising its discreet operation, the clinic



OLIVER NEUBERT

accommodates a maximum of ten clients at a time, each checking in under pseudonyms, while financial transactions are managed through a third-party wellness company.

## Comprehensive approach in a real-life setting

Neoviva's residential setting, situated within a private section of a public hotel, is intentionally chosen to reflect real-world scenarios, where clients struggling with mental health issues including substance abuse, depression, anxiety disorders or burnout syndrome, encounter daily triggers like social gatherings and interactions. The clinic's comprehensive treatment programme is meticulously designed to support the healing and recovery journey of its clients across biological, psychological and social dimensions. "Our treatment explores the spiritual and philosophical aspects of our clients' lives, leading them through deep reflections on meaning and purpose," says Neubert.

## The importance of family

Neoviva considers the client's entire social system. Neubert stresses, "Our Neoviva Family Programme acknowledges that often it's not just the clients themselves, but someone close to them who might feel powerless in their desire to help but lack the knowledge on how to effectively do so. Acknowledging the significance of a social support network, we extend our support to those close to our clients, urging them to involve



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their family in the treatment process as vital partners in rediscovering life's balance."

## Together towards recovery

At Neoviva, the dedicated team collaborates closely with clients, assisting them in implementing new-found knowledge into their daily lives. For clients facing substance or behavioural addictions, Neoviva's team of Recovery Counsellors are key players in the healing process.

They possess an understanding of the underlying causes of addiction that enables them to help clients learn coping strategies and recognise unique triggers. "In treatment, you start to face the things that scare you. That's why we have staff who are in recovery, some with 30 or more years of abstinence: we understand the client," explains Neubert.

## Continuity of care

What distinguishes Neoviva is its commitment to providing continuous support even beyond the client's return home. Personalised continuing care plans align with each client's lifestyle, while a range of options — from remote

therapy sessions to on-site 'refresher programmes' — offer ongoing support. The daily online continuing care group, accessible to former clients at no cost, reinforces Neoviva's dedication to lasting recovery.



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