

Marshak Clinic

About the Clinic



Marshak Clinic is the only drug treatment centre in Russia, which applies the methods of personalized medicine to addiction treatment and conforms to the level of the best clinics of the USA and Europe. The Clinic was opened in 1996, carries out activities under the license LO-50-01-005435 from 4 June 2014 and holds membership in the National Narcological Society

and in the Russian Narcological League. The result of the long-term work of the drug treatment centre's specialists has yielded more than 50 scientific works, dozens of papers presented at different conferences (both in Russia and abroad), the license № 2402974 to the authoring methodology of diagnostics, treatment and rehabilitation of drug and alcohol dependent persons, which allows to the clinic to achieve high remission predictors.

The Clinic provides its patients with the best service and living conditions:

- private and semi-private rooms with all conveniences
- VIP department
- four meals a day, based on a special diet
- maid services
- 24-hour medical and psychological supervision
- anonymous submission
- 24-hour security



Our team consists of highly professional specialists in different areas of science and medicine:

- addiction psychiatrists

- psychotherapists
- psychologists
- neurologists
- cardiologists
- geneticists
- rehabilitation and family counsellors



Marshak Clinic is the only clinic, which applies a unique technology of personalized treatment, of which efficiency is confirmed by the license and by high statistics of recovery.

By the latest estimates by experts, after a complete recommended course of treatment and rehabilitation at Marshak Clinic, sustained remission (recovery) is present in more than 80% of cases. The Clinic provides a legally admissible two-year result warranty, if a backslide (“slip”) occurs nonetheless during this period, a refresher course of treatment is given gratis (two-years term is a critical one, after that the risk of return to alcohol and drug use is minimal).

How we do cure

The program of treatment and rehabilitation at Marshak Clinic addresses the recovery of all vital body functions (CNS, liver, cardiovascular system, GIT, etc.), working with the underlying cause of addiction (genetic predisposition, problems in the psycho-emotional domain), teaching a patient to ways of maintaining of mental equilibrium and comfort, which are particularly effective for him or her.



There are some people who by their nature often suffer a seemingly reasonless psycho-emotional discomfort: they suffer mental tension and

mood swings; they are impulsive, uneasy, sometimes aggressive, and feel anxiety because of the lack of self-confidence. They cannot find the “equilibrium point” and are always searching (often unconsciously) for something that would give them a necessary sense of happiness and harmony, and, sooner or later, find a panacea — a substance (drug, alcohol, medicine), which provides them with a stronger sense of delight and euphoria than this one of an average person. Such people cannot safely renounce psychoactive substances, because it is these feelings that have always lacked them painfully. And this problem is not a psychological one, how many people think, but a biological one, because it is biochemical metabolism in the brain which is responsible for mental equilibrium and comfort, or, more specifically, the substances participating in this metabolism:



neuromediators (dopamine, thrombotonin, noradrenaline), whose disbalance (deficiency or excess) depends on the variants of genes that code a long chain of chemical reactions, supporting neuromediator balance.

When elaborating a personal treatment regimen, the specialists of Clinic of Marshak with a help of DNA analysis diagnose how neuromediators do form, are transported,

“digest” and are degraded, which of them is produced in deficiency and which of them — in excess, detecting thereby a type of disorder - a “weak link” in the neuromediator chain, which is to be affected. According to the results of a medico-psychological examination, the specialists evaluate a patient's real health status and, on the base of data received, select the most efficient traditional and authoring treatment mode, able in a short time to normalize neuromediator metabolism, to recover a psycho-emotional and physical state, to liberate the patient from old thinking and behaviour stereotypes, and thereby eliminating the cause of disorder (behavioural and psycho-emotional disorders, which permanently push to the search of “equilibrium” with a help of psychoactive substances) and to develop the patient's self-control skills, skills of overcoming the psychoemotional strain and “cravings” for term of life!

Methods

- The individual drug therapy: in its course the most particularly effective for every patient medicinal drugs are selected, in a way that facilitates a punctuate effect upon disorders of neuromediator metabolism and arrests “cravings” (pathological attraction to drug or to alcohol). Using the method of pharmacogenetics (with a help of DNA analysis), we can choose precisely an optimal form and dose of a substance, excluding adverse reactions.
- The individual metabolical therapy implies selection and prescription of amino acids (necessary “construction material” for natural neuromediator synthesis), vitamins and microelements, allowing to normalize biochemical balance and to provide an organism with necessary elements.
- Kinesiogenic therapy (“kinesis” and “genesis”) is an antidepressive, supportive therapy, which includes special psychophysical exercises, breathing and psychological techniques, selected in dependence to a type revealed of neuromediator disorders and allowing to redress biochemical balance in a natural way without adverse effects. A person can use exercises of this complex for the reminder of life, thereby maintaining emotional equilibrium and peace of mind.
- Individual and group psychotherapy is aimed at creation and strengthening of recovery motivation, resolving personality problems, forming of “newer” healthy behavioural models (art therapy, ericksonian hypnosis, symbol drama, Jacobson's neuromuscular (progressive) relaxation, trainings, etc.)
- Family psychotherapy includes individual consultations and familiar sessions, intended to teach relatives to help and support a dependent person at every step of recovery, as well as working with “codependency syndrome”.
- Elements of a “twelve-step program”, which helps to realize a problem and to acknowledge the necessity of treatment and teaches the basic principles and skills of life without addiction.
- Body-oriented psychotherapy allows affecting the psycho-emotional state of a patient by means of working with his or her body and develops the basic skills of self-control.

- CES therapy (cranial electrotherapy stimulation) is a gentle electrical impact, which stimulates natural production of beta-endorphins and other neuromediators and normalizes the psycho-emotional state of a patient.
- BFB therapy (biofeedback) is an instrumental method with the use of detectors and computer programs, which allows to manage own emotions and to develop self-control skills.
- Hyperthermic SPA-capsule “Alfa Oxy Spa Narcology”, striking a balance between impacts of oxygen, aromatherapy, sound therapy and gentle massage, restores the physical and psycho-emotional state of a patient and improves functional abilities of an organism.
- ILBI (intravenous laser blood irradiation) is one of the methods of luminotherapy, based on the impact of quantum energy on blood directly within vessels. As a result of intravenous laser therapy, vessels dilate, blood velocity increases, as well as the quantity of vascular fenestrations (collaterals).
- Ultraviolet laser blood irradiation is a method based on the irradiation of the patient's blood with ultraviolet rays and having a salutary effect on his or her immune system.

Warranties and statistics

In case of undergoing a complete recommended course of treatment and rehabilitation, Marshak Clinic provides a legally admissible two-year result warranty and, in case of “slip”, gives a refresher course of treatment gratis.

If you or your relatives have yet been under drug or alcohol treatment and have not obtained the looked-for result, please apply to Marshak Clinic — we work with things that others do not see and do not know, and for the very reason we have such high cure rates.

VIP department

Specially for the most exacting and exigent patients, which have got accustomed to choosing the best service and exclusive living conditions, claim the most attention of psychologies, need an

own convenient training schedule that would allow them to continue their working activity, want to take rehabilitation in a quiet home environment, we have established the VIP department.



The VIP department is a four-storey palace, optimised for **eight patients**, either of which undergoes rehabilitation according to **own program** (the program's duration is from 14 days), elaborated by the doctors of Marshak Clinic. All activities are

either **individual** or in mini groups. The patients are supervised 24-hours by a qualified personal; herewith, no sensation of staying in hospital appears, in a way that facilitates and greatly **accelerates the process of rehabilitation**.

The VIP department patients have at their disposal **own tennis court, two swimming pools, universal playground, gym, sauna and recreation room with billiard, accommodated yoga and fitness room, beautiful garden and relaxation zone**.



The VIP department allows to the patients' relatives to participate actively in the process of rehabilitation. We have provided **the possibility of regular visits** on weekends for communication with patients and individual consultations with psychologists.

Patients and their relatives choose Marshak Clinic because:

- It is possible to undergo a complete course of treatment of dependence from psychoactive substances (alcohol, drugs, medicines, etc.) — from detoxification to rehabilitation — at the Clinic
- The addiction treatment at Marshak Clinic is cardinally different from treatment in all the other drug treatment clinics and rehabilitation centres
- The treatment at the Clinic corresponds to all the principles of the most contemporary direction of world's health care — of personalized medicine

- A whole complex of contemporary methods of addiction treatment is applied at Marshak Clinic
- An individual program of treatment is elaborated and realised on the base of multiple diagnostics, including DNA analysis
- Marshak Clinic works with unmotivated patients and works individually with the patients' relatives
- Thanks to the long-term successful practice and high efficiency of treatment programs, we provide a program of warranty maintenance
- Marshak Clinic owns ISO certificate
- The diagnostics and treatment base of Marshak Clinic allows to undergo a screening for genetic predisposition to various diseases of the organs that alcohol and drugs influence in the most serious way (diagnostics of dependence complications) and to elaborate an effective mode of treatment and preventive measures
- The Clinic observes the strict rules of confidentiality and protection of anonymity
- The prices of the treatment programs of Marshak Clinic correspond with quantity and quality of the services offered: the best specialists, modern treatment base, service and living conditions conforming to the high contemporary standards and to the level of the best drug treatment centres of the world
- The errors omitted during the attempts of treatment in other clinics and rehabilitation centres are corrected scrupulously and carefully by the specialists of the Clinic
- The Clinic offers a possibility of accommodation both at in-patient department and at the VIP department

Applying to Marshak Clinic, you confide yourself or your relatives in reliable and careful hands.

Call us; we help even in the most complicated cases!

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