

CARDIFF CONTRAL CLINIC – COMPLETE TEXT OF WEBSITE

Home Page

“Cardiff ContrAl Clinic is a non-residential clinic providing a unique highly-successful treatment programme to people suffering from addiction.

We are based in Cardiff, South Wales.

ContrAl focuses on curing excessive drinking, alcohol abuse and alcoholism.

International research, and our experience locally, has proved that the ContrAl programme is more effective than other treatment methods currently available.

The ContrAl programme is based upon providing assessment, psychological treatment and medication. This significantly reduces alcohol craving without causing unpleasant side effects.

Uniquely, the treatment requires you to continue to drink whilst you are on the programme.

For more information on the Cardiff ContrAl Clinic programme please contact us for more information.

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About us

About Cardiff ContrAI Clinics

Cardiff ContrAI Clinic's aim is to continue providing its successful treatment programme to excessive drinkers who wish to control their drinking.

Our treatment allows excessive drinkers to reduce their craving for alcohol and enables people to either control their drinking or to cease drinking altogether.

There are a number of advantages to the ContrAI programme:

- It works – see "Proof it works" for more information
- The course does not rely on willpower- you must continue to drink to be successfully treated
- You do not have to stay on an expensive residential programme, but can continue to live your normal life
- We have a personalized approach and focus on ensuring you get what you want out of the programme
- It is confidential
- You will only see fully qualified staff, who have been working in this area for many years

25 years of research has led to a programme of assessment, psychological treatment and medication, which is being used successfully across the world – in particular in the US, UK and Finland.

The treatment is based on successfully combining medication, assessment and psychological treatment. Together, these significantly diminish alcohol craving without causing any unpleasant side effects.

Who are we?

Cardiff ConrAI Clinics was set-up in the UK by:

- Dr Roger Thomas MB, BCh, MRCPsych
- Mr Lyn Price RMN RGN
- Mrs Eryl Barker RMN RGN

Many of our clients still see one of these three founder directors.

The treatment programme

The treatment programme consists of medication, psychological and physical assessment and behaviour modification. These combine together to ensure success.

How does this work?

The medication is taken whilst the client continues to drink and significantly weakens the client's desire for alcohol.

Unlike alternatives, the medication does not create a physical aversion to alcohol. It simply removes the craving to drink.

At the same time, clients attend an outpatient assessment programme, which is tailored to their particular needs.

Each client sets their own goals for the programme. Generally, this will be to reduce dependency upon alcohol drinking and to be able to control drinking in the future.

The psychological support uses a cognitive-behavioural framework and focuses on decreasing alcohol consumption. Clients keep a detailed diary of their drinking, medication use and success, which is discussed at each session.

See "The Science behind success" for more detailed information on the treatment programme.

The Science behind success

Drinking alcohol causes some neurons in the brain to release a substance like morphine called endogenous opioids, which produces the positive feelings associated with drinking alcohol.

This substance stimulates the opiate receptors in the brain to physically change, which has the impact of "reinforcing" the alcohol drinking.

In effect the brain is "learning" to enjoy alcohol.

This means that you will be more likely to desire a drink and also physically more able to take your drink.

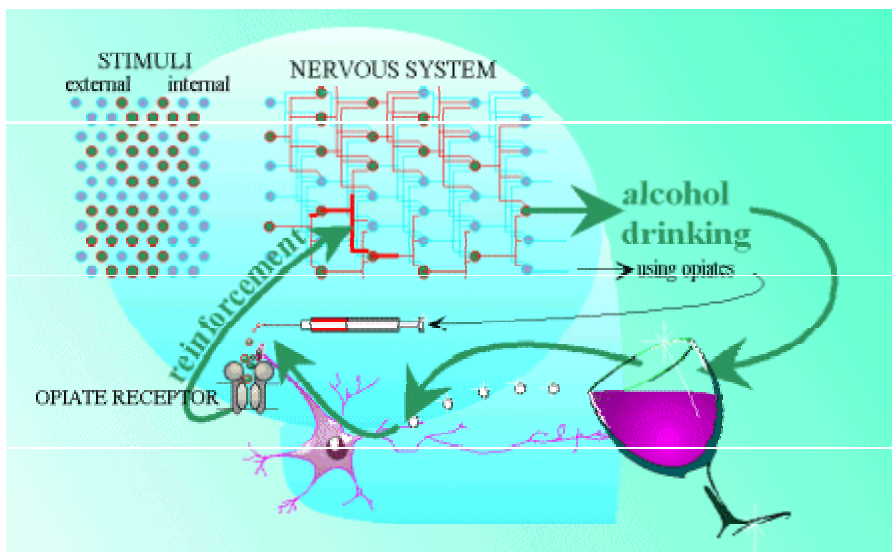
Some people, partly due to their genes and partly due to their own experiences, have alcohol drinking grow so strong that it can dominate their lives. They cannot control their drinking, nor can anyone else.

The good news

Just as the brain has learned how to drink alcohol, the brain can learn not to crave alcohol.

The medication works by blocking alcohol's ability to affect the opiate receptors – therefore preventing opioids being released to the opiate receptors.

Therefore drinking alcohol no longer increases your desire to drink further. In due course, the craving for alcohol will be extinguished.



Proof it works

Our experience

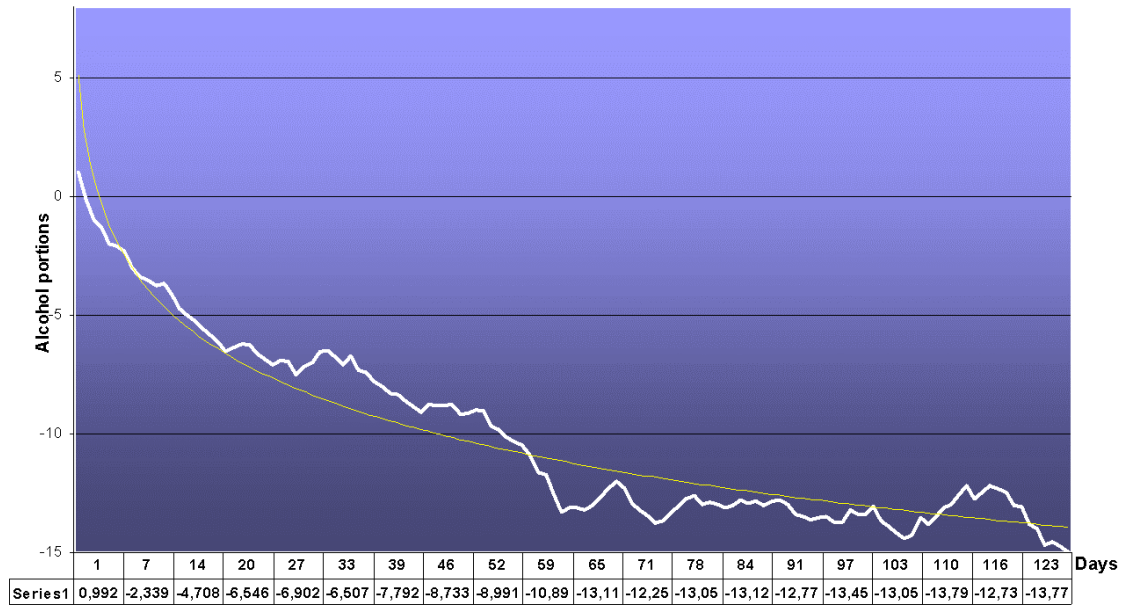
Across the world, hundreds of people have been treated using the medication combined with the ContrAI method of treatment.

Locally, in South Wales over one hundred people have been successfully through the programme.

78% of people who have been through the ContrAI programme have achieved their goal, whether it be controlled drinking or abstinence. This compares favourably to other treatment methodologies.

All of our clients are asked to keep track of their alcohol consumption and use of medication. These results are tracked anonymously.

The following graph uses this data to show the success we have had in reducing the amount of alcohol consumption within the programme compared to the average for the two weeks before starting treatment.



Further evidence

See the links to relevant articles in scientific journals
See our testimonials from successfully treated clients

Alcohol and alcoholism – some things you may not know

What are the symptoms of alcohol dependence?

Four common symptoms of alcohol dependence include:

- Craving alcohol
- Experience withdrawal symptoms from alcohol
- Inability to control amount of alcohol consumed
- Increased tolerance for alcohol

What are the safe limits for alcohol consumption?

Department of Health guidelines state that:

Men – drinking between 3 and 4 units a day indicates no serious risk to health

Women – drinking between 1 and 2 units a day indicates no serious risk to health

Some other facts about alcohol

- Alcohol is a factor in 20% to 30% of accidents (Honkanen, 1993)
- Children of alcoholics are four times more likely to become alcoholics than children of non-alcoholics
- 3% of cancers are attributable to alcohol (Doll, 1996)
- In 11% of cases, alcohol is the prime cause of high blood pressure in men (Vandongen, 1994)

Frequently asked questions

Why does this programme work better than others?

The programme does not rely on will-power nor group therapy, but recognizes that excessive drinkers need help both physically and mentally with their addiction.

By combining medication with the right supportive counselling, trials have demonstrated much higher success rates than alternatives.

Is the medication dangerous?

No.

It is not addictive, nor does it create any nasty physical reaction to drinking alcohol.

It can be taken by most people unless they are suffering from certain physical conditions (e.g. chronic liver disease). Before the treatment commences, your health and suitability will be assessed.

How many people have been successfully treated on the programme?

Over 100 people with a 78% success rate.

How long does the programme last?

This will vary from person to person, although we expect the programme to last between 3 to 6 months, with a 6 month follow-up. Additional sessions can be arranged according to need.

Where is the clinic?

In Cardiff.

Who attends the programme?

The individual seeking to reduce their drinking. However, we can arrange sessions for couples / families by special request if needed.

How much does the treatment cost and is it available on the NHS?

The treatment programme costs significantly less than residential programmes, but is not available yet on the NHS.

The cost may vary from person to person so we prefer to discuss the potential cost with individuals in person. Please contact us to find out more.

Where can I find out more?

Please contact us for more information or see our links on news coverage.

Testimonials

For reasons of confidentiality we are not able to use clients' real names, but here is a selection of the feedback we have received:

30 year old single woman:

"I am so relieved to be free from fear and once again I am in control of my personal and professional life"

37 year old businessman:

"My physical and psychological health have vastly improved. I am so grateful to be able to focus on my career once again."

45 year old married woman:

"I can't believe how great it feels to be free from fear of my addiction. If only I had known it would be this easy."

52 year old married man:

"I have regained the respect of my wife and family. Thank you"

Publications

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