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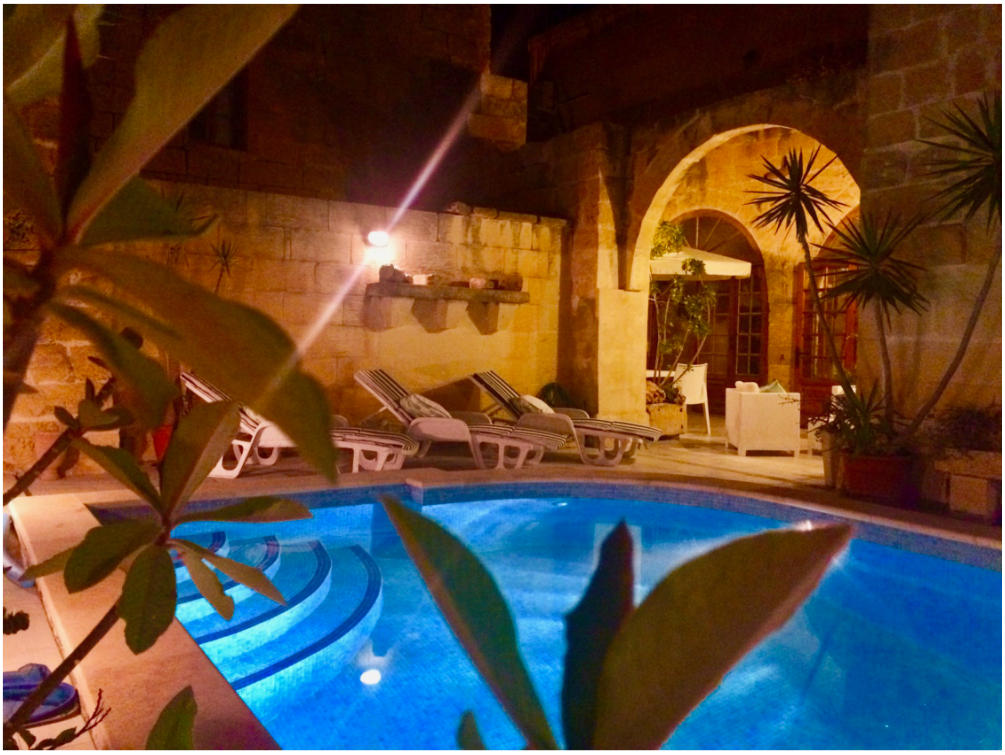
established in 1994

clean and free therapy®

fast and ultimate addiction relief

HOFFMANN CENTRE GOZO

A personal guide for people who want to shape their lives with renewed self-determination



111 DAYS FOR A NEW DIRECTION
7 days of personal intensive support on Gozo
100 days of implementation and support in everyday life
4 days of integration and future planning

Personal support by Hans Hoffmann | Gozo, Malta

A confidential first overview for people affected and their families. An enquiry does not commit you to anything.

01 / WHAT YOU SHOULD KNOW BEFORE STARTING

You are at the centre

Dependence can develop gradually. What began as relief, a reward or a way to manage inner tension can increasingly shape decisions, relationships, health and professional security. Shame and concern that others may find out often make it difficult to seek support in time.

At Hoffmann Centre Gozo, the process does not begin with judgement, but with a confidential conversation. Together, we clarify your situation, your goals and what form of support is appropriate and responsible.

What you can expect

- An exclusive 1:1 concept: support tailored to your situation and personal goals.
- A clear structure with Hans Hoffmann personally present during your stay on Gozo.
- A combination of psychological work, naturopathic applications, rest and practical everyday planning.
- A subsequent 100-day online challenge to support implementation and consolidation in your own environment.

Safety comes first

Withdrawal from alcohol, benzodiazepines, opioids or other substances can involve medical and psychiatric risks. If there may be an acute risk, severe withdrawal symptoms, seizures, delirium, overdose or an acute psychological crisis, appropriate clinical or specialist care is required first. A private setting does not replace emergency or hospital care.

Suitability and the process are assessed individually. No blanket assurance is made that every person can detox without medical or clinical support.

Safety first: Hoffmann Centre works with Gozo Hospital in case an emergency occurs. Gozo Hospital is only a few minutes from Hoffmann Centre and can be reached quickly. In an acute emergency, the local emergency service and/or Gozo Hospital will be contacted without delay.

02 / UNDERSTANDING YOUR SITUATION

Dependence is not a character flaw

Repeated substance use may be connected with habits, stress responses, cravings, physical adaptations and changes in everyday life. The reasons differ from person to person. Respectful support takes the individual seriously while strengthening personal responsibility and options for action.

During the confidential initial conversation, we discuss, among other things:

- Type, frequency and course of use, as well as previous withdrawal and treatment experiences.
- Health, sleep, stressors, medication and any co-occurring psychological concerns.
- Triggers, typical situations, cravings and strategies used so far to manage them.
- Family, work and social circumstances, as well as your own goals.
- What support at home may be useful and accessible after your stay.

CLEAN AND FREE THERAPY® understands change as a learning and development process. Your personal attitude and experience are part of the approach; they do not replace individual assessment or any necessary medical treatment.

Your goals set the direction

The focus is not a general promise, but a realistic plan developed together. Depending on your situation, this may involve safer substance use, a substance-free lifestyle, greater self-control or preparation for further treatment. Goals must fit your health situation and the appropriate level of care.

Treatment is useful when it fits your situation. If a different or higher level of care is needed, this will be discussed openly.

03 / THE 111-DAY TRANSFORMATION

From clarification to implementation

CLEAN AND FREE THERAPY® combines an intensive stay on Gozo with a subsequent phase in which new choices are practised and reviewed in everyday life.

01 CLARITY

Arrival, assessment, personal goals and a safe, individual daily plan.

02 STABILISATION

Rest, daily structure and suitable applications following the initial assessment.

03 BODY AND EVERYDAY LIFE

Attention to sleep, movement, nutrition and personal stress patterns.

04 SELF-REGULATION

Exercises to notice stress, inner tension and personal response patterns.

05 EMOTIONAL WORK

Psychological support and suitable exercises to process difficult experiences.

06 NEW DIRECTION

Exploring personal values, identity, relationships and concrete everyday decisions.

07 INTEGRATION

Identify warning signs, personal resources, support network and next steps.

The 7 days are an intensive starting point, not a guarantee that dependence will be fully overcome within a set period. Scope, sequence and applications depend on individual assessment and progress.

04 / SUPPORT ON GOZO

A protected setting for your change

Hoffmann Centre on Gozo offers a private setting for personal time away. The daily schedule is tailored individually and combines one-to-one appointments with rest, meals, movement and time to reflect.



Hans Hoffmann and Melanie Probst — personal support at Hoffmann Centre Gozo.

Possible elements of support

- Psychological conversations and individual change work.
- HRV measurements as an additional observation of stress and recovery; they are not independent proof of detoxification or treatment success.
- Naturopathic applications such as ear acupuncture, moxa, massage and other individually selected options.
- Relaxation and self-regulation exercises, brainwave applications or CES only after suitability screening and with appropriate information.
- Movement, rest and a daily structure that strengthens personal resources.

Transparency about applications

Not every application is suitable for every person. Effects and limitations are explained clearly; applications are not presented as a substitute for necessary medical treatment. If symptoms, risks or uncertainty arise, the procedure will be adjusted, paused or referred to appropriate professionals.

05 / AFTER YOUR STAY

Change is consolidated in everyday life

Returning to your usual environment is an important part of the process. You will again encounter the situations, people, responsibilities and feelings in which earlier patterns developed. That is why the 7 days on Gozo are followed by a 100-day online challenge.

The 100 days are intended to help you:

- Put personal routines and new responses into practice in everyday life.
- Notice triggers and early warning signs more consciously.
- Practise concrete strategies for stress, cravings and difficult situations.
- Reflect on progress and adjust your personal plan when needed.
- Arrange reliable support in your own environment and, where appropriate, with professional services.

The final 4 days are intended for integration and future planning. Together, we review which changes are sustainable, where further support is needed and what the next steps should be.

If substance use happens again

A return to use should be taken seriously, but is not a reason for shame. The priority is to assess risks immediately and activate appropriate help. If there is a risk of overdose, severe withdrawal symptoms or acute danger, contact local emergency services without delay. The plan will be reviewed and adjusted as needed.

Continuity means you do not have to face a difficult situation alone. The agreed contact arrangements and the limits of support are discussed transparently in advance.

06 / SCIENTIFIC CONTEXT

What research and guidelines emphasise

The following findings provide a professional framework. They do not automatically demonstrate the effectiveness of every method or application at Hoffmann Centre. Suitability and benefit are considered individually.

Safety during withdrawal

The WHO recommends supported withdrawal for alcohol dependence. When clinically indicated, medication can relieve withdrawal symptoms and prevent dangerous complications. Selection and monitoring must reflect individual risk. A private stay must not replace necessary medical care. [1]

Respectful, individual planning

NICE recommends considering medical, psychological, social and occupational needs, substance-use history, previous treatment and personal goals when planning care. Respectful contact, appropriate coping strategies and collaboration with other providers are part of sustainable support. [2]

Recovery as an ongoing process

SAMHSA describes recovery as a personal process of change that strengthens health and well-being and supports a self-directed life. Relationships, safe living conditions, meaningful activities and social support can be important dimensions. [3]

Sources

[1] WHO, Management of alcohol withdrawal:
https://www.who.int/teams/mental-health-and-substance-use/treatment-care/mental-health-gap-action-programme/evidence-centre/alcohol-use-disorders/management-of-alcohol-withdrawal

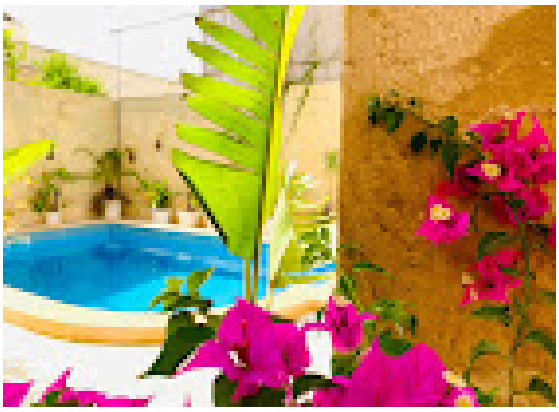
[2] NICE, Drug misuse in over 16s: psychosocial interventions, CG51:
https://www.nice.org.uk/guidance/CG51/chapter/recommendations

[3] SAMHSA, About Recovery:
https://www.samhsa.gov/substance-use/recovery/about

These sources provide general professional context and are not an individual diagnosis or treatment recommendation.

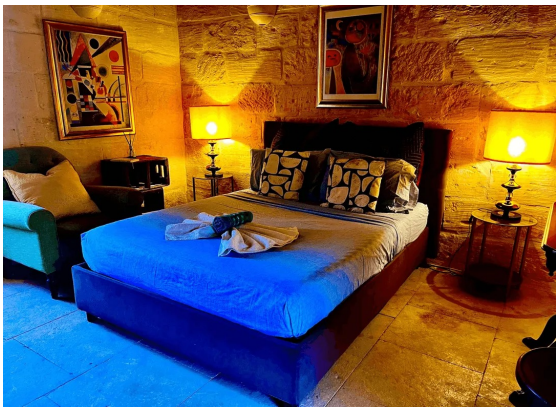
HOFFMANN CENTRE GOZO

A glimpse of your home on Gozo



Pool

A quiet place to relax and recharge.



Bedroom

A private retreat with warm natural-stone walls and a welcoming atmosphere.



Jacuzzi

A wellness space to unwind between personal sessions.



Sauna

A warm retreat for quiet and relaxation.

07 / A PERSONAL CONVERSATION

The next step begins with trust

If you would like to explore whether support on Gozo may fit your situation, we begin with a confidential conversation. You can ask questions and describe your situation without committing to a stay.

Hans Hoffmann
Your personal point of contact
Hoffmann Centre Gozo | CLEAN AND FREE THERAPY®

Safety comes first. If you or another person is in immediate danger, contact local emergency services directly. Do not wait for a routine admission conversation or travel.