

# SABR Residential Course Schedule

Residents must be:

- Of adult age
- Able to give informed consent to coming to Sabr
- Willing and motivated to overcome their issues and improve health and wellbeing
- Of faith in one God e.g. Muslim, Christian or Jewish
- Willing to work with their coaches, groups and on their own, to achieve their aims
- Willing to take part in the schedule of activities to at least 70% attendance
- Of sincere intention not to use or indulge in harmful or impulsive behaviour whilst at Sabr
- Willing to discuss with staff if and when they do relapse into such behaviours whilst at Sabr

Aims of the course:

- Teach powerful self-control and restoration techniques.
- Gain a new set of wholesome, positive habits which enhance faith, spirituality and self-care.
- Make better decisions
- Develop kinder, more rounded ways of thinking and behaving
- Re-discover strengths and talents that may have become hidden
- Heal from past traumas that may be affecting behaviour negatively
- Get out of destructive patterns
- Gain positive self worth
- Learn the techniques to gain high character
- Learn how to gain better habits
- To enjoy and benefit from faith and faith-related actions in a way that makes it easy and habitual.
- Deal effectively with bad habits and toxic environments
- Make lasting changes that remain for years, not weeks
- Overcome strong emotions and impulses

*NB All daily activities below take place between 10am and 3pm*

#### Day 1-3

- Initial screening assessment by medical practitioner
- Meeting with other residents, becoming acclimatised with surroundings and facilities
- Participating in group familiarisation trips and strength-building activities

#### Day 4-6

- Meeting with named coach and activity supervisor
- Setting aims and selecting activities and therapeutic schedule
- Introductory sessions online and in person
- Assignment 1: How to make Notes and use the Kitaabat system
- Assignment 2: Daily reflection exercises: learning and practice
- Group Sessions: The Islamic Nature of patterns and habits
- Individual guided reflection sessions
- Group sessions: Residents' first opening up (optional)

#### Day 7 Outdoor activities: Group beach hike, barbecue

#### Day 8

- Seminars: The intention to have good character; Gratitude
- Assignments: Free will, faith and action
- Assignment: Self belief techniques
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

#### Day 9-10

- Seminars: Brain functioning and health
- Audiovisual learning exercises: Islamic principles of growth, Understanding personal strengths, and the power of attention
- Assignments: Applied gratitude projects
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 11

- A/V sessions: Learning through stories
- Assignment: Building power from within oneself
- Seminar: The benefits and lessons of crisis
- Assignment: Building self belief
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 12-13

- Seminars: Dealing with temptations and troublesome thoughts
- Assignment: Restoring balanced thinking
- Lecture/ assignment: Influencing oneself, and others
- Seminar: Deep reflection and neurofeedback
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 14 Rest day. Excursions: Elephant safari, Bird Park

## Day 15

- A/V Seminar: Perceptions and distortions
- Seminar: The Beauty of Truthful observations
- Assignments: Enhanced Gratitude, Acceptance of Reality
- Tests: Hunting down truth
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 16-17

- Seminar: Building good character
- Assignments: Defining character aims and roles in life
- A/V sessions: Truths of life, and Rules of Conduct
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 18-19

- Seminar: Gaining benefit from prayer and ritual
- A/V sessions: The 1-2-3 of excellent prayer technique
- Assignment/ joint exercise: Washing the soul clean
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

Day 20 Rest Day. Excursions: Wildlife and cliff reserve walk

## Day 21

- A/V Sessions: Mining for Good character.
- A/V session: Talking to our Creator
- Seminar: Finding one's strengths
- Assignment: Tasbeeh-al-ikhlas
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 22-23

- A/V Session: The Mind as it is
- Seminar: Rebuilding Trust in oneself and others
- Assignment: Defeating temptation with trust
- Assignment: Gratitude Part 3
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 24-25

- Review Days: What has Sabr taught us?
- Seminar: Acceptance of one's faults
- Assignment: Your lifeline
- Ongoing daily 1:1 meetings with coach
- Ongoing daily reflection exercises
- Group meetings- supervised- continue

## Day 26-27

- Seminar: No fear with honesty
- Assignment: Submission to truth and higher power
- Case studies and our stories
- Joint assignment: Acute stress management
- Assignment: Giving of oneself
- Coach meetings terminal sessions.
- Ongoing daily reflection exercises
- Group meetings terminal sessions

## Day 28 Rest and Excursion: Fishing, whale-watching, beach

## Day 29 Reflection assignments. Cycle revision

## Day 30 Discharge day

### After discharge:

- 3 and 6 monthly follow up sessions with coach.
- Group whatsapp support
- Letters and reports sent to people of choice

### Additional notes:

- Outside of activity times, prayer and reflection sessions are up to the client to attend; there is no compulsion. We teach prayer as it was always meant: as a mindful, mentally beneficial exercise.
- Gym memberships, exercise equipment, swimming pool access, internet and office services access are all available without charge, subject to agreement between client and coach.

### For further information:

Visit [Sabr.group](http://Sabr.group)

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Sabr South Africa International Recovery Centre is a private organisation registered in South Africa as a legal entity.

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