



INHARMONI

YOUR INTERNATIONAL CENTER

Where the deepest healing begins.

www.inharmonirehab.com

INHARMONI MARBELLA · PRIVATE & CONFIDENTIAL

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Where the Deepest *Healing Begins*

Body, mind and soul — something real starts here.

Inharmoni was born from a single conviction: that genuine healing cannot happen in a standardised environment. Every person who walks through our door carries a story that is entirely their own — and deserves a programme that meets them exactly where they are.

Nestled within a private villa, on the sun-lit Costa del Sol, our residence offers the calm, beauty, and discretion that recovery requires. With a maximum of seven clients at any one time, we provide a level of attention, personalisation, and clinical depth that larger facilities simply cannot match.

Our approach integrates evidence-based medical treatment, advanced psychotherapeutic work, and holistic wellbeing — delivered by a handpicked multidisciplinary team with decades of combined experience in addiction, trauma, and mental health.

Whether you are seeking help for yourself, supporting a loved one, or referring a client — we invite you to learn more about what Inharmoni can offer.

"Small groups. One focus. Your recovery."

— Inharmoni Clinical Philosophy



Arbresha Sejdiu

FOUNDER & EXECUTIVE DIRECTOR



With a background spanning social work, addiction and mental health treatment, and leadership, Arbresha founded Inharmoni to create the kind of care she knew clients deserved. Her journey began in childhood, long before she had the words for what she was carrying — and it led her, over sixteen years ago, to rock bottom. It was from there that she found her way back toward light, and understood that healing had to begin with herself first.

From that came two promises: first, to herself — to heal. Then, to the world — to build a place where others could truly have the space to heal too.

Inharmoni is the living result of that journey — from darkness to light — built by someone who has walked every step of it herself

She trained as a behavioural scientist, specialising in mental health, addiction, and social work, and has carried those two promises into every part of her life's work since.

"I've been in the dark enough times to know the way back doesn't look the same for anyone. That's why Inharmoni was never built around one path — it is built around yours."

The People Behind Your Recovery

Our multidisciplinary team is selected not only for their clinical credentials, but for their humanity.



Dr Frida Fagerdahl
HEAD OF MEDICAL RESOURCES

Specialist in Family Medicine, trained in Scandinavia. Over the course of her career she has worked across multiple countries in both hospital and primary care settings, with particular clinical experience in psychiatry and addiction rehabilitation. She holds further training in acupuncture, mindfulness, meditation and functional medicine, which she draws on to offer a truly integrative, holistic form of care. Frida meets every client where they are, combining medical rigour with a whole-person approach to healing and recovery.



Ann-Christine Godawszky
HEAD OF PSYCHOSOCIAL TEAM

Mental Health Counsellor, trained in Sweden as a socialpedagog, with 20 years of experience in addiction and mental health. Her particular areas of expertise include Cognitive Behavioural Therapy (CBT), family care and relapse prevention. Having held numerous leadership positions throughout her career, Ann-Christine brings extensive experience in developing treatment plans that place the client's own needs and goals at the centre of the process. As Head of Inharmoni's psychosocial team, she guides a multidisciplinary group of therapists and counsellors, ensuring each client receives coherent, personalised care throughout their recovery journey



Victoria Mihova
CLINICAL PSYCHOLOGIST

Trained clinical psychologist from Bulgaria, who has also completed a psychology degree in Spain with a focus on psychoeducation. She is specially trained in Cognitive Behavioural Therapy (CBT) and works particularly with trauma treatment, using both CBT and EMDR (Eye Movement Desensitization and Reprocessing) as core methods. Victoria's areas of expertise span mental health, eating disorders, and neuropsychiatric conditions and variations. With a strong holistic focus, she places the individual's best interest at the centre of every stage of treatment



Tatiana Novak
CLINICAL PSYCHOLOGIST & NEUROPSYCHOLOGIST

Licensed Clinical Psychologist and Neuropsychologist, with particular expertise in the treatment of trauma. She works primarily with EMDR (Eye Movement Desensitization and Reprocessing), alongside an integrative, evidence-based approach tailored to each client's needs. In addition to her therapeutic work, She is equipped to prepare neuropsychiatric evaluations and conduct more in-depth clinical assessments when required, ensuring each client's treatment plan is grounded in a precise understanding of their needs

The People Behind Your Recovery

Our multidisciplinary team is selected not only for their clinical credentials, but for their humanity.



Siri Sjöstrand

MENTAL HEALTH COUNSELLOR

Trained social worker in Sweden with particular expertise in CBT and Family Therapy. Warm, empathetic, and deeply engaged, Siri leads Inharmoni's aftercare and the individual family groups, supporting clients and loved ones well beyond discharge.



Kathy Arocha

CAREGIVER

A trained auxiliary nurse known for her warmth and nurturing presence, Kathy supports clients through the practical and emotional rhythms of daily life at Inharmoni with steady, compassionate care.



Marin Nisu

CAREGIVER

An auxiliary nurse with extensive experience supporting vulnerable individuals, including significant work with neuropsychiatric conditions. Marin brings a deeply holistic — and refreshingly unconventional — perspective, and cares profoundly about each person as an individual.



Tony Fagerdahl

SUPPORTWORKER & ACUPUNCTURIST

An expert in elite-level sport with a holistic approach to wellbeing, Tony works at Inharmoni as a support worker and acupuncturist, bringing years of experience in performance, recovery, and traditional healing practices.

ABOUT US

The People Behind Your Recovery

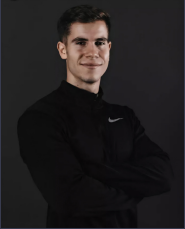
MOVEMENT & CARE TEAM



Justine Capdevelle

Holistic Therapist & Yoga Instructor

With over 15 years of experience in the field, Justine brings a deeply holistic approach to both movement and stillness. Her yoga sessions are designed to help each client reconnect with mind, body, and self — creating space for grounding, awareness, and gentle release alongside the clinical work of recovery.



Fran Suarez

PERSONAL TRAINER

A trained personal trainer who shares Sofia's integrative, holistic approach to movement and wellbeing. Fran helps each client work toward their individual goals within a supportive group setting, building strength and consistency throughout the programme.



Sofia Foguet

PHYSIOTHERAPIST

Sports scientist with 19 years of experience, specialising in a methodology that re-educates the body to restore movement, improve body awareness, and optimise functional performance — through programmes designed to prevent injury, support recovery, reduce pain, and improve movement quality for long-term health.



Connor Jordan

ADMISSIONS & BUSINESS DEVELOPMENT

Clients' first point of contact at Inharmoni, Connor guides every new enquiry with care and clarity from the very first conversation.

The People Behind Your Recovery

Culinary & Estate Team



Chef Magnus Ahlin

HEAD CHEF

With long experience in Scandinavian cuisine, Magnus cooks every meal from scratch, with passion and care.



Chef Ellenore

NUTRITION & KITCHEN

With extensive experience in nutrition, Ellenore prepares meals entirely free from processed ingredients.



Robbie

MAINTENANCE & BUILDING MANAGER

Keeps the estate running smoothly, ensuring every part of the residence is safe and well maintained.



Miguel

GROUNDS & GARDEN

Cares for the villa's gardens, maintaining the calm, natural surroundings clients enjoy each day.



Pristine Marbella

CLEANING SERVICES

Our trusted cleaning partner, ensuring every space is kept to the highest standard.

OUR PHILOSOPHY

EMPATHY

Empathy is the foundation of everything we do. Every person who walks through our doors is met exactly where they are — without judgment, without pretense, regardless of history or circumstance. We believe true healing begins the moment someone feels genuinely understood.

Our team takes time to listen deeply, creating a safe space where vulnerability becomes strength.

Daily, this looks like unhurried mornings, sitting with someone through a hard moment instead of rushing past it, and building every treatment plan around a person's story — not their diagnosis.

INTEGRITY

We say what we mean, and we do what we say. In treatment, in communication, and in every decision we make, integrity means we will always be transparent.

Clients and families always know exactly where they stand with us. Daily, this means honest conversations even when they're difficult, transparent updates with families, evidence-based methods we can stand behind, and a team that holds itself accountable to the highest ethical standard.

COMMITMENT

Recovery is never linear, and neither is our support. We commit not just to excellent clinical care, but to walking alongside each person through the full complexity of their healing — through progress, setbacks, and everything in between.

This is a promise we renew every day, not just at the start of someone's journey.

Our commitment doesn't end when a client leaves Inharmoni — it continues through aftercare, follow-up, and a door that always stays open.

What We Treat.

At Inharmoni, all treatment is grounded in the **biopsychosocial model** — the understanding that suffering arises from the interaction of biological, psychological, and social factors. We never treat a diagnosis in isolation. We treat a whole person, in the fullness of their life.

BIOLOGICAL HEALTH

The body is where healing begins. We address neurochemistry, genetics, physical health, detoxification, medication, sleep and nutrition — because without biological stability, no other work can fully take root.

PSYCHOLOGICAL HEALTH

The inner world shapes everything. Thoughts, emotions, trauma, core beliefs, patterns of behaviour and coping strategies are explored with depth and care — at a pace the person is ready for.

SEXUAL HEALTH

Sexual health is a recognised pillar of whole-person wellbeing, and is addressed within our clinical framework with the same openness and care as every other dimension of health.

SOCIAL HEALTH

Relationships, family systems, work, identity and culture all shape how we experience ourselves and the world. We map social context and work actively with the structures that support lasting change.

WE SPECIALISE IN:

Depression

Anxiety

Burnout & Exhaustion

Trauma

PTSD

Complex PTSD

Addiction (incl. detox)

Dual Diagnosis

IN DEPTH

Depression

Depression is more than low mood — it is a profound disruption in how a person experiences themselves and the world. We address its biological roots, psychological layers, and social context through personalised, compassionate care.

Anxiety

Chronic anxiety shapes every decision, relationship, and moment of rest. We combine somatic approaches with evidence-based therapy (CBT, ACT) and, where appropriate, careful psychiatric support.

Burnout & Exhaustion

Burnout is a collapse of the entire system — physical, emotional, and motivational. It requires genuine rest, boundary reconstruction, and a deep re-evaluation of values and identity.

Trauma

Trauma is not what happened to you — it is what happened inside you as a result. Our trauma-informed approach, reshaping the nervous system and the capacity for safety, runs through every aspect of care at Inharmoni.

PTSD

Post-traumatic stress disorder is addressed through structured, evidence-based trauma processing — including EMDR, trauma-focused CBT, and somatic work — alongside stabilisation and careful pacing.

Complex PTSD (C-PTSD)

Complex PTSD arises from prolonged or repeated trauma, often relational in nature. Treatment integrates stabilisation-first approaches, parts-based work, and long-term relational repair.

Addiction (incl. detox)

Addiction is always treated within its full biopsychosocial context — never as a moral failure. Where detoxification is required, it is conducted under full medical supervision using established protocols.

Dual Diagnosis

When addiction and mental health conditions co-occur, treating one without the other produces incomplete results. At Inharmoni, both are treated simultaneously, by an integrated team.

How We Work

Every program at Inharmoni is built around the individual — not the calendar. While treatment length varies based on clinical need, we recommend a minimum of 28 days for lasting, sustainable change. Shorter stabilisation periods and longer extended programmes are also available, tailored to each person's assessment. We prioritise you.

Week 1 — Stabilisation & Assessment

Medical detox (where required), comprehensive psychological evaluation, establishment of safety and therapeutic trust. The focus is on the body — rest, nutrition, medical care.

Week 2 — Understanding & Insight

Introduction to individual therapy, psychoeducation on dependency, trauma mapping, and co-occurring mental health work. Group sessions begin. Patterns are named.

Week 3 — Processing & Skills

Intensive therapeutic work: CBT, DBT skills, EMDR (where indicated), family communication preparation, emotional regulation tools. Physical activity programme deepens.

Week 4 — Integration & Planning

Building the life after Inharmoni. Aftercare planning, relapse prevention protocols, family session(s), continuing care arrangements. A clear, supported plan for re-entry.

THERAPEUTIC MODALITIES INCLUDE:

- Medical assessment and supervision
- Individual Psychotherapy
- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Trauma-informed therapy
- EMDR
- Anger management
- Psychoeducation
- Relapse prevention
- Group Therapy
- Family Therapy Sessions
- Family support
- Aftercare & Continuing Care Planning
- Reiki massage
- Lymphatic massage
- Reflexology massage
- Relaxing massage
- Acupuncture
- Physiotherapy
- Daily breathing exercises
- Daily meditations
- Mindfulness
- Yoga
- Art & Expressive Therapy
- Group training with Personal Trainer
- Nutritional Support
- Excursions

A Sample Week

A typical weekly rhythm at Inharmoni. Your schedule is adapted to your treatment plan and pace.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:30	Meditation	Meditation	Meditation	Meditation	Meditation	—	—
09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	—	—
09:30	—	—	—	—	—	Meditation	Meditation
10:00–11:00	Check in	Check in	Check in	Check in	Check in	—	—
11:15–12:15	Training with PT	Laughter Yoga / Yoga	Training with PT	Yoga	Art Therapy	Check in	Check in
13:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:00	Workshop	Workshop	Workshop	Workshop	Workshop	Excursion	—
15:15–18:45	Talk Therapy	Holistic Therapy	Talk Therapy	Holistic Therapy	Talk Therapy	Excursion	Educational Movie
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:00–21:00	Meditation & Check out	Meditation & Check out	Meditation & Check out	Meditation & Check out	Meditation & Check out	Meditation & Check out	Meditation & Check out

The Admission Process

01

Initial contact

A conversation, not a form. Reach out by phone, email, or through your referrer, and you'll hear from us within hours. In most cases, we can already let you know how we can help.

02

Clinical review

We bring your story to our clinical team, so the decision is made with care and the full picture in mind.

03

Admission Planning

Once the path forward is clear, we quietly take care of the details — travel, arrival, medical documentation. Nothing left for you to carry but yourself.

04

Arrival and orientation

You arrive to a welcome, not a checklist. We collect you from Málaga Airport, so the journey to us feels cared for from the very first moment.

05

Treatment Begins

Your 28 days unfold at a pace that honours where you are. Each week, your care is reviewed and gently adjusted by your clinical team.

06

Aftercare & Ongoing Support

Care doesn't end at the door. We stay close with a considered aftercare plan, trusted referrals, and a place within the Inharmoni community whenever you need it.

Our team is trained to receive clients in acute need with the care that moment requires.

Urgent admissions can often be arranged within 24–48 hours.

What to Expect

Practically

Your fee reflects the complete standard programme, considered and thorough in every detail. Should your journey call for something more, additional care is always available — tailored exactly to what you need."

Programme extensions available. Bespoke arrangements on request.

WHAT IS INCLUDED

- Private bedroom
- All meals (3 times per day)
- Medical supervision
- Psychiatric evaluation (if needed)
- Individual therapy
- Holistic Therapy
- Group sessions
- Personal training in group
- Yoga & mindfulness
- Excursions
- Airport transfer
- Comprehensive discharge report
- Individual aftercare

DAILY LIFE

Structure, held with care.

- Phone use is part of daily life — for those who benefit from more structure, we build an individual plan together
- Quiet time between scheduled activities, for clients who need space to work
- Pool and shared relaxation spaces, open for rest between sessions
- Visitor Policy: visits are limited to special circumstances, to protect the privacy of every client, and are arranged individually.

PRACTICAL INFORMATION

- Location: El Paraíso, Spain
- Nearest Airport: Málaga (AGP)
- Capacity: Maximum 7 clients at any time
- Programme: Average 28 days
- Languages: English
- Payment: Bank transfer before arrival
- Insurance: Documentation provided to support insurance claims
- Minimum Age: 20 years

What to Expect *Financially*

This is what we promise: everything your standard treatment requires, held within one fee — and a team that shows up for you, every single day.

SHORTER STAYS

Programmes under 28 days, charged per night.

• Standard room: €1,000 / night • Suite: €1,200 / night

28-DAY RESIDENTIAL PROGRAMME

Suite Scorpio — Private terrace, sea view, spacious room & bathroom	€26,000
Capricorn — A refined room, just below suite level	€23,500
The Crab — Large, more secluded room with living space & ensuite toilet	€23,500
Taurus — Large room, private ensuite toilet	€23,000
Gemini — Cosier room, generous bathroom	€22,500
Aries & Pisces — Two private bedrooms, shared living room & bathroom — same-sex placement only	€22,500
Virgo — Cosier room, lovely views, shared hallway bathroom	€20,500
Libra — Cosier room, shared hallway bathroom	€19,500

LONGER STAYS

Available only when 56 or 84 days are booked directly, in full, from the outset.

56 Days · 10% off the full-price total **84 Days** · 15% off the full-price total

All prices reflect our standard programme. Should a client require additional treatment beyond what is normally provided, this is arranged individually and carries an additional cost.

The Executive Programme

Inharmoni Executive Programme

Designed for high-performing professionals seeking confidential, high-level recovery, our all-inclusive Executive Package provides a seamless blend of intensive clinical care and executive convenience.

The programme includes round-trip flight arrangements managed on your behalf, VIP airport transfers from Málaga, and exclusive accommodation in our premier Master Suite. Set within our private Marbella villa, clients receive personalised one-to-one psychotherapy, medical oversight, and holistic wellness care — complete with dedicated daily work windows and high-speed workspaces, so your business continuity is protected while you focus on complete personal restoration.

€30,000 · All-Inclusive

THE MOST EXCLUSIVE LEVEL OF CARE

We also offer a fully private, exclusive one-to-one programme — Inharmoni's most bespoke level of care, with a dedicated team throughout — from **€100,000**. Further information is available on request.

Family Support

Mental challenges and addiction don't happen to one person — they happen to an entire family system. The worry, the sleepless nights, the fractured trust, the exhaustion of loving someone in crisis: these are real, and they deserve real attention.

Our Family Support Programme exists for you — whether your loved one is in treatment at Inharmoni, receiving care elsewhere, or you are simply ready to begin healing your own relationship with their addiction.

THE PROGRAMME AT A GLANCE

Format: Online video group sessions

Sessions: 6 structured meetings

Duration: 60 minutes per session

Group size: Minimum 4 · Maximum 7 participants

Language: Swedish · English · Norwegian

Who can join: Partners, parents, siblings, adult children — anyone affected

Independent: No family member in treatment at Inharmoni required to join

Investment: Contact us for programme fees

WHAT YOU WILL EXPLORE

1. **Understanding addiction** — what is happening in the brain and family system, removing shame and building understanding.
2. **Your own experience** — naming the impact on you: grief, anger, fear, love.
3. **Boundaries & enabling** — the difference between supporting and enabling, and how to hold loving limits.
4. **Communication** — how to talk to your loved one, and when not to.
5. **Taking care of yourself** — codependency, self-neglect, and prioritising your own wellbeing.
6. **The road ahead** — relapse, recovery, hope, and a realistic relationship with the future.

"You don't have to be in crisis to deserve support."

Groupsrunonarollingschedule · aftercare@inharmonirehab.com

About Statistics and Outcomes

At Inharmoni, we do not keep traditional statistics, and this is a deliberate choice — not a lack of transparency. We meet every person through a holistic lens: body, mind, relationships, and spirit are interconnected, and genuine transformation can rarely be reduced to a number. Within research on both addiction and mental health, it is also well established that individuals who seek private, voluntary care differ fundamentally from those often represented in public treatment statistics. Our clients come to us of their own free will, with motivation already in place — and motivation is one of the strongest individual predictors of long-term change, whether the journey involves addiction, mental health challenges, or both. Comparing our outcomes to general clinical statistics, which often include individuals in mandated care or in early, ambivalent stages of change, would therefore present a misleading and unfair picture — both of us and of them.¹

What we do know, through what our clients themselves share with us, is that they leave us with concrete tools they carry forward — tools for the body, the mind, relationships, and the inner, spiritual grounding that, for many, is an essential part of healing. Many report that they have succeeded in sustaining their change even months after completing treatment — within their everyday home environment, often the most challenging setting to navigate, as it is where old patterns and triggers reside.

Our commitment does not end when treatment does. Recovery is a process, not an endpoint — a journey that continues to unfold as the whole person heals, not just the symptom. We remain by your side throughout that journey.

¹Research on outcomes in addiction and mental health care highlights that long-term follow-up studies are often affected by self-selection bias, as patients who remain in treatment or in research studies tend to be inherently more motivated from the outset. Success in this field depends on a range of factors, including how "success" is defined, the type and length of treatment, and individual factors such as personal motivation for recovery.

INHARMONI

REHAB MARBELLA · ESTEPONA, SPAIN

INHARMONI REHAB MARBELLA · PRIVATE & CONFIDENTIAL

TAKE THE FIRST STEP

Reach Out.

We respond with discretion, care, and without judgement.

GENERAL ENQUIRIES

info@inharmonirehab.com

ADMISSIONS

admin@inharmonirehab.com

FAMILY PROGRAMME

aftercare@inharmonirehab.com

PHONE / WHATSAPP

+34 658 656 011

WEBSITE

www.inharmonirehab.com

FOR REFERRERS & TREATMENT PROFESSIONALS

We welcome referrals from therapists, psychiatrists, GPs, EAP providers, and intervention specialists. We offer rapid clinical consultation, direct liaison throughout treatment, and detailed discharge reports to support continuity of care.

*"Recovery is not the end of your story.
It is where it truly begins."*

— Inharmoni Marbella

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