

# Olive Hill

CLINIQUE

Marrakech



A fully-licensed world class medical facility treating  
addiction and mental health

Olive Hill

CLINIQUE





## OUR MISSION

**Olive Hill Clinique** aims to help patients heal from addictive behaviours, substance dependences and mental health disorders by creating a world-class facility dedicated to healing and long-term recovery.

**Olive Hill Clinique** offers internationally-validated, evidence-based therapeutic programmes, coupled with a holistic approach to treat each patient individually.



## WHO WE HELP

At **Olive Hill Clinique**, we know that each patient is different. Our **Therapeutic Programmes** aim to help patients recover and develop constructive ways to deal with emotions, with individual circumstances, and with the stress of the outside world, without having to resort to addictive behaviours.

Our approach will always be non-judgmental, respectful and fully supportive, from beginning to end.

With the utmost respect for privacy and cultural differences, **Olive Hill Clinique** provides an oasis for healing and will always guarantee a journey to recovery tailored to the patient's personal circumstances.

**Olive Hill Clinique** strives to achieve measurable Environmental, Social and Governance goals by applying a strict ESG policy.



# CONDITIONS TREATED

## Substance addictions

**STIMULANTS** : Cocaine, Methamphetamine, Ecstasy/MDMA, Amphetamine, ...

**ALCOHOL**

**CANNABIS**

**OPIATES** : Heroin, Morphine, Synthetics...

**DESIGNER DRUGS** : GHB, Ketamine, Hallucinogens...

**PRESCRIPTION DRUGS** : Benzodiazepines, painkillers, ...

## Mental health disorders

**ANXIETY**

**OBSESSIVE COMPULSIVE DISORDERS (OCD)**

**DEPRESSION**

**TRAUMA**

**STRESS AND BURNOUT**

**BIPOLAR DISORDERS**

**PERSONALITY DISORDERS**

**MOOD DISORDERS**

## Addictive behaviours

**GAMBLING**

**SEX AND PORNOGRAPHY**

**GAMING**

**INTERNET AND SOCIAL MEDIA**



## LOCATION

**Olive Hill Clinique** is nestled on a sprawling hill of natural beauty, spanning acres of olive groves, citrus trees and palm trees. The property enjoys breath-taking views of the enchanting Atlas Mountains, an environment that is extremely conducive to recovery.

Situated in **Marrakech, Morocco**, our secluded property is just a 30-minute drive from **Marrakech International Airport**, a major hub with direct air links to most major cities in **Europe, Africa, the Gulf** and the **Middle East**.



## OUR FACILITIES

**Olive Hill Clinique** is a fully-licensed medical structure offering top-notch facilities in a stress-free environment to help patients focus on recovery, one day at a time.

The Clinic is equipped with **30 spacious** rooms, offering all the amenities and modern comforts.

# OUR FACILITIES

Detox unit

Medical unit and infirmary

Nursing Stations

Pharmacy

rTMS Center

Individual and Group Therapy Offices

Art Therapy

Café and Library

Theater and Conference Room

Indoor and outdoor organic restaurant

Medical Spa

Horse stables - Equitherapy

Infinity Pool

Fitness Center

Yoga & Pilates Studio

Vegetable Garden

Outdoors sports field

Padel, Soccer, and Basketball courts

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## OUR APPROACH

At **Olive Hill Clinique**, we work across addiction and mental health care, recognising that substance use and addictive behaviours are expressions of deeper clinic needs, rather than isolated problems.

Our aim is to help patients free themselves of the vicious cycle of using substances and of self-destructive behaviours.

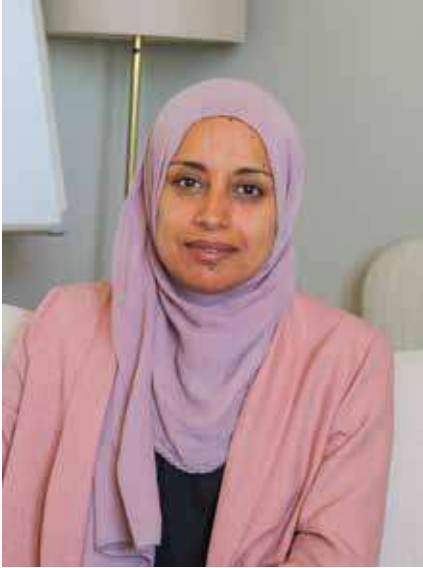
Using a variety of well proven psychotherapeutic treatments, such as **Cognitive Behaviour Therapy (CBT)**, **12-step facilitation**, **rTMS** and **motivational interviewing**, our fully-patient-centered approach provides the tools for each patient to develop a new way of life, by learning constructive strategies to deal with their emotions.

Olive Hill Clinique adopts an integrative approach to treatment, combining the best principles of traditional western medicine, patient-centered **psychotherapeutic interventions**, **trauma therapy** and a wide range of tested **experiential therapies**, such as **challenge course**, **equine assisted psychotherapy**, **exercise**, and a range of **physical activities**.

We complement our therapeutic programmes with proven **alternative therapies**, ranging from **nutritional** and **mindfulness coaching**, to **acupuncture** and **water therapy** in our state-of-the-art medical spa. Other cutting-edge treatments are implemented according to individual needs.



# THE MEDICAL TEAM



**Pr. Bochra Ben Mohamed**  
*Medical Director and Head Psychiatrist*

With over 12 years' experience in psychiatry, and no fewer than 30 publications, Pr. Ben Mohamed is a psychiatrist, former head of psychiatry at the **University Hospital**, lecturer, researcher and thesis supervisor.

Doctor of Medicine with honors, and valedictorian in psychiatry at the Tunis Faculty of Medicine, Pr. Ben Mohamed spent more than 8 years in the psychiatry departments of Tunis hospitals.

She is trained in adult psychiatry, addictology, cognitive-behavioral therapy, medical pedagogy, psychogeriatrics and narrative therapy.

As Medical Director and Head Psychiatrist of **Olive Hill Clinique**, Pr Ben Mohamed plays a key role in the assessment, diagnosis and day-to-day treatment of patients.



**Dr. Massimo Riccio** MD FRCPsych  
*Program Director*

Through a rich career spanning over 40 years dedicated to mental health, Dr Riccio has worked as Lead Consultant in General Psychiatry at **Chelsea & Westminster Hospital** in London and, for more than 10 years, was the Medical Director of the **Priory Hospital** in London, one of the most prestigious and important mental health institutions in Europe, and one of the most renowned in the world for the treatment of substance addiction.

Since 2006, Dr. Riccio has been an Advisor to major clinics specializing in the treatment of addictions around the world, including **Cottonwood** in the United States.

Dr Riccio is Honorary Lecturer in Psychiatry at the **Imperial College of Medicine**, London, and was Professor of Neurology and Psychiatry at Kharkiv National University.

Graduated in Medicine and Surgery at the University of Milan in 1978, Dr. Riccio was admitted to the **Royal College of Psychiatrists**, London, in 1987, and was elected a Fellow in 1997.

At **Olive Hill Clinique**, Dr Riccio oversees the entire patient journey.



**Dr. Kenza Mansouri**  
*Clinical Pharmacist*

With a double degree in medicine and pharmacy from the **University College of Medicine, Montpellier France**, and the **School of Pharmacy, London UK**, Kenza has been a pharmacist for over 20 years, mostly in the UK.

She has significant pharmaceutical background in medical and hospital settings, working as Pharmacist in various capacities at the Royal Marsden Hospital, Europe's largest and most comprehensive oncology hospital, as well as the Guys & St Thomas Hospital.

As the acting Pharmacist with **CNWL NHS Trust, St Georges University Hospital and Kingston Hospital NHS Foundations**, Dr Mansouri is also highly familiar with clinical settings for addiction and rehabilitation.

Kenza was born and raised in Morocco, and with a strong belief in our mission, returned to her home country in 2022 to take on the Lead Pharmacist role at **Olive Hill Clinique**.



**Yves Jomini**  
*Consultant Psychotherapist & Instructor*

Yves started his career in Geneva as a **Clinical psychologist** in the public service before acting as Section chief for the Police administration in Geneva for 12 years.

For 18 years, Yves has been Clinical Psychologist and Psychotherapist at **Clinique Belmont** in Geneva, one of Switzerland's leading institutions for the treatment of addictions.

At **Clinique Belmont**, Yves was in charge of Addiction programs, as well as **Systemic** and **CBT therapy**, dealing with a wide variety of clinical and rehabilitation settings.

Yves holds a Master's of Science from the University of Geneva, College of Psychology and Education; and a University Diploma (DU) in family clinical psychology and systemic therapy from **University of Paris 8**.

As **Psychotherapist Instructor**, Yves brings more than 40 years of clinical background and addiction treatment experience to **Olive Hill Clinique**.

# EMPOWERING EXCELLENCE : A PASSIONATE TEAM



**Dr Imen Ben Mahmoud**  
Psychiatrist



**Dr Smail Drissi**  
General Practitioner



**Lilian Fretigne**  
Addiction Counselor  
& Expert



**Ilham Mouden**  
Admissions Manager



**Basma Slimani**  
Clinical  
Psychologist



**Khadija Rakib**  
Clinical  
Psychologist



**Souhail Abounaim**  
Clinical  
Psychologist



**Laila Radi**  
Dietetician  
Nutritionist



**Taha Benabid**  
Physiotherapist



**Aziz Jabra**  
Executive Chef



**Hind Izagbi**  
Head Nurse



**Elhousseine Aitbelaid**  
Senior nurse



**Christophe Seguin**  
Equine Therapist



**Nadira Harroude**  
SPA Manager



**Laila Malouane**  
Housekeeping Manager



## ADMISSION PROCEDURE

Potential patients are offered an initial evaluation with a highly trained professional to assess suitability and circumstances.

Patients can self-refer or be referred by their treating clinician, family or friends.

At **Olive Hill Clinique**, the journey starts and ends with the patient.

On admission at the Clinic, a multidisciplinary team of highly-skilled professionals assesses the medical, nursing and psychotherapeutic needs of the patient.

Our Medical Unit offers all the resources and technology to ensure that admission, evaluation, and patient stabilization are handled in the absolute best conditions.



A **detailed individualized therapeutic plan** is developed by the Medical Team, and is systematically shared with and agreed by the patient.

The different phases of patient medical care are managed using validated medical protocols and monitored by highly experienced medical and nursing professionals.

Where required, help and support is provided for those with co-occurring pathologies, such as physical and/or mental disorders.



## THE THERAPEUTIC PROGRAMME THE KEY TO RECOVERY

The **therapeutic programme** delivers proven, evidence-based approaches, to help patients overcome, recover, and heal. To achieve this, each patient follows a comprehensive and intensive therapeutic schedule integrating psychotherapeutic, medical, nursing, psycho-educational and experiential therapies.

Each patient's program includes **individual and group psychotherapy, medical interventions, physical exercise, nutrition and integrated interventions, such as trauma therapy (utilizing EMDR, NLP, hypnotherapy), or Repetitive Transcranial Magnetic Stimulation (rTMS) therapy.**



## Medically Managed Detoxification

**Detoxification** from certain substances are managed in the fully-licensed medical unit using best-in-class medical protocols aimed at helping the patient move smoothly from active substance use to abstinence.

**Olive Hill Clinique** is the only private facility authorized to dispense **methadone** in the detoxification of certain substances.

The Medical Team will always aim at achieving this with the least physical and mental discomfort, making sure the patient is well able to attend the therapeutic programmes and other daily activities.

## Residential Treatment

As soon as patients leave the Medical Unit, they join the community by moving into **spacious and comfortable rooms**. Rooms may be on the basis of single or double occupancy. Most importantly, the patient starts his/her therapeutic journey, by embarking on the plethora of activities that make up the daily **therapeutic schedule**.

The **duration of a patient's program** depends on individual needs, but the treatment period will generally average **between four and six weeks**.

## Full Medical Check

Upon admission, patients undergo a **full medical check-up** to provide a thorough analysis of the patient's health. The objective here is to ensure the **appropriate treatment** tailored to the patient and help improve quality of life.

## The Medical Spa

The medical spa at **Olive Hill Clinique** is a sanctuary for well-being, relaxation and tension release. The state-of-the-art infrastructures of the Spa have been designed to provide patients with a gateway to calm body and mind.

With sprawling views of the Atlas Mountains, the **medical spa** houses a multisensory jacuzzi, a cold-water bath, rain showers, steam and sauna, massage cabins, and a traditional Moroccan hammam, using ancestral rituals to exfoliate and cleanse the body.

## Strengthening your recovery

**Olive Hill Clinique** offers week-long programmes to patients who have successfully completed their residential treatment. These are structured around therapeutic themes common in early recovery and aimed at strengthening the patient's ability to remain abstinent and develop quality of life.

## Family Therapy Week

Addiction is a problem that affects the whole family ecosystem. **Olive Hill Clinique** encourages patients to actively involve loved ones, including, if necessary, friends and work colleagues.

Families participate in a structured week-long interaction (either in person or remotely) to help family members gain a better understanding of addiction and the journey to recovery.

## Desert Experience

A signature program at **Olive Hill Clinique**, Desert Experience is an oasis in and of itself, a memorable step in the patient's journey to recovery.

The **majestic Agafay desert** awaits, a little less than an hour from the Clinic. Here, patients will find cleansing peace while they gaze at the star-filled sky in the comfort of our luxury camp and contemplate with peers, all they have achieved so far. Something to be proud of.



## Nutrition Management Program

A **balanced and healthy nutrition** is an integral part of the **path to recovery**. Patients learn to recover the pleasures of healthy and tasty nutrition, something to enjoy daily.

Our goal is to help patients learn **new dietary habits** as part of regaining life balance. Using fresh ingredients from our own vegetable garden, patients will leave with a whole new way of mindfully eating that will stay with them the rest of their life

# GLOBAL THERAPEUTIC PLAN

## A typical week at Olive Hill Clinique

	MONDAY	TUESDAY	WEDNESDAY
8:00	Breakfast	Breakfast	Breakfast
9:00	Psycho-Education	Develop Emotional Resilience	Attachment Styles
10:00	Primary Group	Primary Group	Primary Group
11:00			
12:00			
13:00	Lunch	Lunch	Lunch
14:00	Psycho-Education	Stress Management	Attachment Styles
15:00	Yoga	Art Therapy	Music Therapy
16:00	Personal Assignment work	Personal Assignment work	Personal Assignment work
17:00	Psycho-Education	Psycho-Education	Psycho-Education
18:00	Free Time	Free Time	Free Time
19:00	Dinner	Dinner	Dinner
20:00	12 Steps	12 Steps	12 Steps

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Breakfast	Breakfast	Breakfast	Excursion
Self Esteem	Managing Emotions	Free Time	
Primary Group	Primary Group	SPA	
Lunch	Lunch	Lunch	
Emotional Intelligence	Equine Assisted Therapy	Family visits or Aquagym	
Aquagym			Sport
Personal Assignment work			Yoga & Meditation
Psycho-Education			
Free Time			
Dinner	Dinner	Dinner	Dinner
12 Steps	12 Steps	Free Time	Free Time



## DISCHARGE AND AFTERCARE

### Continuous Support at the Patient's Fingertips

The residential programme is only the first step in helping our patients embark in their journey to recovery. Aftercare forms an integral and important part of therapy. A **personalized aftercare plan** will be developed for each patient prior to discharge, utilizing remote and in-person sessions as well encouragement to use self-help and peer groups as appropriate.



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