

## Overview

The [CALDA Clinic](#) is a private Swiss institution specializing in the rehabilitation of VIP and high-net-worth individuals and other prominent figures. With a focus on private rehabilitation programs that are tailored to the individual in a private and luxurious environment, the CALDA Clinic specializes in the care of clients struggling with depression, substance use disorder, and trauma.

This clinic is run by an international medical team that provides customized medical care in an individual one-to-one care program. CALDA owns many residences on the Gold Coast of Zurich and provides the utmost privacy for the clinic's guests. No matter your reason for seeking treatment at CALDA Clinic, the CALDA Care program has a plan to help you succeed.

With a specialized focus on psychotherapy, micronutrients, and new age therapies, patients will find that the 6-12 week program leaves them with a new sense of direction and renewal. In addition, they choose to complete a follow-up treatment program called "Continuing Care," which is specifically tailored to each patient's need and can even take place at home. This fantastic opportunity helps to promote long-term treatment success and supports the transfer to everyday life. Follow-up treatment like this can last anywhere from a few weeks to several months.

## Privacy + Luxury

The CALDA Clinic hosts private and luxurious residences for patients who travel to Zurich for care. These beautiful residences are located on the Gold Coast and boast panoramic views of Lake Zurich and the Swiss Alps. Imagine recovering in your own luxurious apartment, featuring deep soaking tubs, grand pianos, and more. In addition, each client receives a personal service team during your stay, including a private butler, chef, interpreter, and chauffeur.

Discretion is the top priority of the Calda clinic. Switzerland, in general, is known for its reserve, discretion, and safety. The CALDA Clinic takes several measures to ensure clients' safety, including the team of doctors being subject to professional confidentiality and all internal and external employees signing a Code of Conduct. In addition, since clients self-pay, there are no third-party payment files, VIP pickup is anonymous, clients can admit themselves under a pseudonym, medical records are encrypted, and client residences are secret from third parties.

CALDA Clinic is the perfect location for individuals seeking recovery in a luxurious and private location. With a focus on the highest-net-worth individuals, you'll be sure to have the best treatment here.

## Location

CALDA Clinic is located in Zurich, Switzerland, right off Lake Zurich on the Gold Coast. This is the perfect location for a luxury rehab focused on recovering clients who are worried about privacy, as Switzerland is well known for discretion.

Zurich is the largest city in Switzerland and is known for being the most important financial center globally. In addition, the city has more than 100 art galleries and several famous museums. If you take the time to walk around the town, you'll notice the renowned architecture mix of old buildings and modern structures. Lake Zurich is the city's main sight, and the Swiss Mountains remain in view throughout the city.

As mentioned previously, the residences for the CALDA Clinic are located near Lake Zurich in a private location.

## CALDA Clinic Team

The care at CALDA Clinic and the CALDA Concept behind the treatment program is driven by the core team at the clinic. In addition, this team works with nearby clinics in Switzerland to ensure the best care possible for clients at the CALDA Clinic.

The Core Team at CALDA Clinic consists of the Founder and Medical Director, CEO, Head of Psychology, Specialist in Psychiatry and Psychotherapy, Head of Orthomolecular Nutrition, Head of Orthomolecular Medicine and Better Aging, and Head of Butlers and Personal Chefs. In addition, the team includes the Russia and CIS Regional Manager and Middle East Regional Manager.

CALDA Clinic also has a Scientific Advisory Board to help guide the CALDA Concept and help ensure the best care possible for guests.

## Accommodations

The luxury accommodations are the perfect location for guests to recover while seeking treatment from the CALDA Clinic. You'll receive the best care and discretion while staying in one of the grand residences. These residences offer a peaceful retreat to focus on rest and healing. With beautiful views of Zurich and multiple spaces to relax in residence, guests will feel right at home while in the program.

While staying in the elegant residences, guests will never have to lift a finger as they will always have their support team on hand, consisting of a private butler, chef, interpreter, and chauffeur. This will help to aid in the recovery process.

Guests are also welcome to stay at one of the partner luxury hotels in the region that guarantee discretion. Still, the preference is for individuals to remain at the CALDA Clinic, where staff can

manage everything. However, there are temptations at the local hotels, such as bars which is why the clinic recommends guests stay at the CALDA Residences.

## CALDA Care | Treatments

The goal of the CALDA Clinic is to provide private, tailor-made rehabilitation programs in a luxurious home-based environment. Offering modern and state-of-the-art medicine in combination with the best discretion practices is what CALDA gives patients in the heart of Switzerland. This treatment facility has treated clients with different backgrounds ranging from nobility to arts and politics, showbiz, sports, and science, and can cater treatment plans directly to their specific needs. The website states, “professionally successful people with great responsibility also have great expectations.”

The list of treatable conditions on the website range from ADD/ADHD to affective disorder, anxiety disorder, eating disorders, perioperative destabilization, phobias, stress, weakness in competition, addiction, aging, burn-out, obsessive-compulsive disorder, personality disorder, postpartum depression, and trauma.

Using a three-pronged approach, psychiatry and psychotherapy, orthomolecular medicine, and alternative and complementary medicine, customized plans are created for individuals to help make individualized plans.

Examples of psychiatry and psychotherapy treatment plans include psychotropic drugs, clinical hypnosis, cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), and enactive trauma therapy. All of these therapy options are done one-on-one with a licensed therapist.

A Nobel Prize winner Linus Pauling created orthomolecular medicine, and it deals with the effects of micronutrients like vitamins, vitaminoids, amino acids, micronutrients, plant substances, and minerals. The doctors here believe that neurotransmitter imbalances can be naturally regulated through this orthomolecular medicine at the epigenetic level of the cell. CALDA Clinic uses these, at times, as a replacement for psychotropic drugs.

While the CALDA Clinic utilizes many conventional medicine plans, CALDA also includes many Alternative and Complementary Medicine practices. These treatment elements include acupressure, acupuncture, breath, singing, voice therapy, Ayurveda, movement therapy, 12-step program, art, and creative therapy, manual therapy, meditation and mindfulness, neurofeedback, and horse-assisted psychotherapy, and yoga.

## CALDA Way | Programs

The CALDA Way is dedicated to each patient that walks through the door. These customizable programs create a unique treatment strategy for each client. After in-depth examinations and

diagnostics are interpreted by a team of specialists, the team will set priorities for each patient. This information, including optimal treatment duration, personal stationary living situation, and biopsychosocial aspects, are included in a personal holistic treatment strategy.

While at CALDA, each patient is provided a personal coach who will act as their reference person for their entire stay. This individual will support their therapy process and help them stick to the plan around the clock. During the stay, each patient will have an individual weekly plan that has been put together by the facilities experts that include all of the treatment options.

The primary treatment phase at CALDA Clinic lasts four weeks; depending on the severity of the case, patients may stay for a total of 6-12 weeks. Stays this long have proven to be beneficial. This will be decided together with experts during the course of treatment.

Clients are allowed to hold meetings and oversee business from a distance while under treatment, but this is only possible after the initial consultation and as long as therapies do not suffer.

## Aftercare

After completing the intensive residential therapy in Zurich, patients are recommended to continue a secondary treatment phase called "Continuing Care," which is tailored to their individual needs and can occur at home. This treatment plan can help to guarantee long-term and sustainable treatment success. This type of follow-up treatment can last from just a few weeks to several months. Follow-up labs are required to ensure the CALDA micronutrient mixture is maintained.

**The CALDA Clinic is the perfect clinic for VIPs and ultra-high net worth individuals. With a focus on healing from the inside out with an intensive, private residential program, participants can focus on improving themselves holistically under the support of a professional team.**

**Whether patients are here for addictions or other disorders, the team at CALDA Clinic has a personalized healing plan with continued care afterward just for you. With luxurious care, important clients know that staff will take care of them from start to finish. Look no further than this great clinic in Switzerland for your rehabilitation needs. [CALDA Clinic](#) is the location for all VIP and ultra-high net worth individuals.**