

Ibogaine for OCD

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

“I'm tired of being inside my head. I want to live out here.”

~ Coleen McCarty

On the outside, those with OCD can seem “a bit particular”, but inside, the reality is relentless. Intrusive thoughts arrive uninvited, then the urge to check, wash, count, arrange, confess, or repeat takes over. As with any addiction, you get a moment of relief, then the loop restarts.

For some people, drugs or alcohol become a way to take the edge off the fear. It can help for an hour, then the anxiety rebounds, the compulsions tighten, and the cycle expands into a second problem. When OCD and substance use overlap, the most helpful approach is usually to address both patterns together.

Ibogaine helps by interrupting entrenched habit loops and easing the

pull of craving, while also opening a window of insight into what the mind has been trying to control or avoid.

It is not a cure, but it can create space to practise new responses with support.

At Tabula Rasa Retreat, you are guided through screening, a personalised plan, treatment support, then integration and aftercare.

We can help you move from compulsive loops to clearer choices; from constant managing to greater freedom.

