

Ibogaine for PTSD & C-PTSD

"Sometimes, people with
the worst pasts can
create the best futures"

~Anon

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

Those who come to us for addiction are
often carrying trauma as well. Post
Traumatic Stress Disorder (PTSD) is far
more common than most people realise. It
can follow violence or abuse, but it can also
arise after an accident or injury, terrorism,
or the sudden death of a loved one.

Complex PTSD (C-PTSD) is typically more
severe and more pervasive. It tends to
develop after repeated, prolonged trauma,
often where escape was not possible.
Alongside the core PTSD symptoms,

C-PTSD can involve deeper changes in
mood and self worth, emotional flashbacks,
persistent shame, relationship difficulty,
numbness or dissociation, and a constant
sense of threat that shapes daily life.

When you engage with Tabula Rasa
Retreat, we use psychological assessments
to understand whether PTSD or C-PTSD is
also driving the addiction. If it is, we treat
both, together, not as separate problems.

Two parts of our programme are especially
supportive for trauma work.

First, ibogaine, used carefully and with
structure, may help loosen rigid fear
patterns.

It can also bring subconscious material into
awareness, and create a window for insight
and emotional processing.

Many clients report meaningful shifts with
both PTSD and C-PTSD when ibogaine is
paired with proper integration.

Second, our tranquil rural setting in the
Alentejo removes you from daily triggers,
giving your nervous system room to settle
so healing can begin.

