



# Education & Training

At CAfRIC Centre, we believe that “when you know better, you do better”. As such, we are committed to empower our communities through training and education through a number of channels and audiences.

## We offer:

- Medical Professional Training.
- Public and Corporate Education and Training.
- We also offer hands on clinical opportunities on site to clinicians, nurses, counselling psychology or addiction counselling students.

For detailed information, visit our website:

[www.CAfRIC.org](http://www.CAfRIC.org)



**We restore hope & empower people to take control of their lives.**



## Our core values

- Human dignity
- Compassion
- Integrity
- Inclusiveness
- Social responsibility
- Future oriented

# Treatments

## Mental health treatment



At CAfRIC Centre, our mental health program provides a trauma-informed and integrated approach based on our clients’ needs. We deliver advanced mental health treatment for clients leveraging individualized evidence-based therapies.

## Substance use treatment



Following a comprehensive psychiatric and bio-psychosocial assessment of a client’s needs, we provide a trauma-informed hybrid model of substance use treatment that incorporates Cognitive Behavioral Therapy (CBT) and the 12-Steps Model.

## General counselling



All our counseling and therapeutic approaches are evidence based and trauma-informed, and include Cognitive Behavioral therapy (CBT), Motivational Interviewing (MI), Dialectical Behavioral Therapy (DBT), Grief Resolution, Seeking Safety, and Talk therapy.





## Mission

To restore hope and empower people to take control of their lives. We are committed to fostering equity and fairness for those marginalized by cultural barriers, social status or health conditions; by raising awareness about social barriers and inequalities that impede their full participation.

## Contact Us



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**CAfRIC Centre**

## About Us

**CAfRIC Centre** Kenya is a Training, Treatment and Transition center that provides evidence-based and trauma-informed medical and psychosocial treatment for mental health and substance use disorders on an individual, family, community and system levels, with a focus on harm-reduction, long term recovery and re-integration back into society.

We are a restoration centre; whether you are struggling with a mental illness, a substance use problem or experiencing day to day stress and just want to quiet the noise, our state-of-the-art facility is designed to offer clients a safe, clean, and welcoming home-like environment, that offers a comfortable and a relaxing environment to learn and heal.

**Creating  
Awareness for  
Responsible and  
Informed Choices**