

The Kusunacht Practice

The Kusunacht Practice 
THE WORLD'S MOST EXCLUSIVE TREATMENT CENTRE

SWITZERLAND IS RENOWNED

for delivering world-class medical excellence, luxury and discretion. It is these factors that contribute to The Kusunacht Practice's reputation as the world's finest luxury treatment and rehabilitation centre.

Located in Zurich, the acclaimed Practice provides treatment for a wide range of psychological and dependency disorders, with tailor-made care plans delivered in a private, five-star setting.

Treatment takes place predominantly within the client's clinical residence, located near the Practice on the shores of Lake Zurich, providing the very best health care in luxurious surroundings. Each client has a personal live-in counsellor, and Biomolecular (Bio-R) chef who provides characteristically outstanding Swiss service.

Treatment plans are tailored to individual requirements with clients benefitting from up to eight one-to-one sessions per day. There is no group therapy – confidentiality is key.

The clinical team at The Kusunacht Practice has vast experience in identifying and treating the true underlying causes of psychological disorders, rather than focusing simply on the symptoms. The expertise of their leading medical professionals and multi-disciplinary team provide the ultimate care and treatment in one convenient destination.

Additionally, the international network of experts available to clients of The Kusunacht Practice, means that this optimal level of care is available as soon as it is required. This is not a place where clients have to wait months to see a leading medical consultant. Such direct access, along with The Kusunacht Practice's outstanding reputation, makes it particularly attractive to global political and business leaders, as well as ultra-high-net-worth individuals who demand the best.

Very often the immediate problems that confront a client can be caused by a much deeper compulsion to escape from emotional stress or other factors.

These forms of compulsive behaviour might be associated with biochemical and neurochemical imbalances that can dictate not only the way a person functions, but also how they feel on an emotional and spiritual level. The Practice's Bio-R programme – an in-depth, innovative procedure that supports the overall treatment programme – corrects the imbalances and stress factors in complex biochemistry to strengthen physical and emotional wellbeing.

While the doctors and practitioners at the Practice recognise that medication can play an important role in a client's recovery, efforts are made to minimise use. Often, it is only considered for the short-term relief of symptoms.

Instead, the team at The Kusunacht Practice focus on psychotherapeutic interventions, and where relevant a 12-Step programme, to bring about a spiritual shift that facilitates recovery.

Treatment plans also include leisure activities to provide clients with every opportunity to enjoy Switzerland's natural beauty and reconnect with or develop new personal interests.

Arrangements can also be made for family and loved ones to visit clients during their residential stay.

Additionally, for clients who have official or work obligations, the Practice is able to incorporate an office suite within their residence, enabling them to meet the ongoing requirements of their professional lives.

It is not only the exceptional care that clients receive which contributes to their long-term health and wellbeing. The Practice's ongoing Continuing Care Programme, which is developed and implemented for each individual, plays a crucial role in their sustained recovery and happiness.

FOCUS

- Treatment for psychological and physical disorders
- Tailor-made care
- Discretion

OFFICE

Zurich

SIZE

60+ staff

FEATURED

Eduardo Greggi
Dr Konrad Hitz
Dr Antoinette Sarasin

DOUBLE CHECK

Double Check has been providing high end medical services and tailor-made care to its discerning clients for more than a decade.

Working in tandem with The Kusunacht Practice, the clinic provides check-ups and second opinions, interventions and rehabilitation for its clients and personal assistance throughout their medical journey.

Preventive medical assessments to identify the early onset of disease are crucial and the Clinic is constantly identifying evidence-based research and technology in order to deliver world-class care.

Through its partnerships with leading hospitals and clinical centres, Double Check also offers clients immediate access to its hand-picked network of specialists across every field.

Eduardo Greghi

The Kusunacht Practice

Outstanding in field

FIRM SIZE **Swiss** FOCUS **Treatment for psychological and physical disorders**

Eduardo Greghi is CEO and Chairman of the Kusunacht Practice and Double Check – two entities that work together to create what Greghi describes as a 'unique synergy' for the benefit of their clients.

'In the beginning The Kusunacht Practice was a rehabilitation centre treating addiction, however in the last four years the Practice has transformed, and we now treat a wide range of mental health disorders,' Greghi says. 'Combined with Double Check, which specialises in discreet tailor-made medical services, our clients can be treated for both their psychological and physical disorders within one respected practice – so we are truly holistic.'

Double Check has been offering bespoke care to its clients for more than a decade. From check-ups and second opinions to interventions and rehabilitation, clients are discreetly and personally assisted throughout their medical journey. 'Preventive medical assessments to identify disease early are key, and the Clinic is constantly re-evaluating environmental influences and responding to clients' needs,' says Greghi.

The Kusunacht Practice, with its team of more than 60 members of staff and over 100 complementary therapists, specialises in analysing and treating the underlying causes of a client's mental health issues and equipping them with resilience and coping skills. Each client is treated individually, with a bespoke programme that provides up to eight one-to-one sessions a day. No two days – or client schedules – are the same, explains Greghi. 'We have been polishing this approach for over 10 years, continually bringing in the best professionals, and our success rates are exemplary. Clients get more one-to-one sessions in a day with us than they would get in most treatments centres in a month.'

Throughout clients' treatment, they have the benefit of an exclusive five-star clinical residence, live-in counsellor and Biomolecular Restoration chef. 'Our programme is personalised and highly targeted,' says Greghi. 'Clients receive 360-degree treatment and they never meet each other. Confidentiality is key.'

However, it is not just the exceptional care received by clients being treated at the Practice that contributes to their sustained recovery. They also benefit from the ongoing Continuing Care Programme, which is developed and implemented for each individual. 'This plays a crucial role,' says Greghi. 'We stay engaged with our clients, and their families, for multiple years, providing ongoing treatment and support to ensure every opportunity for them to lead content and productive lives once returning home.'



Dr Antoinette Sarasin

The Kusunacht Practice

Outstanding in field

FIRM SIZE **Swiss** FOCUS **Biomolecular Restoration**

Dr Antoinette Sarasin leads the Biomolecular Restoration (Bio-R), Nutrition and Lifestyle team at The Kusunacht Practice, in Zurich, which has built a reputation as one of the world's most innovative and luxurious treatment centres. Bio-R is described by the Practice as 'an in-depth, innovative procedure that corrects the imbalances and stress factors in complex biochemistry to strengthen physical and emotional wellbeing, successful weight management, rejuvenation and anti-ageing.'

'How we feel, physically and emotionally, depends very much on our complex biochemical environment, our internal milieu,' says Dr Sarasin. 'The biomolecular aspect is often overlooked. You may be given medicines for symptoms without tackling the underlying causes, and then risk side-effects. We use Bio-R to restore crucial micronutrients (vitamins, minerals, fatty acids, amino acids, etc) and release metabolic stress factors. This creates balance for both physical and emotional health, strength and wellbeing and promotes cellular rejuvenation and anti-ageing.'

A typical treatment would involve an in-depth medical assessment and discussion with one of the Practice's experts. This ensures that the treatment provided takes into account the client's medical history and meets their expectations. This is then followed by specific Bio-R laboratory tests – far beyond a standard blood test. Everything from blood to urine, stool, hair, saliva and a buccal swab provides important information about an individual's biochemical status. A key part of the solution Bio-R provides is the unique formula of supplementation, combined with individualised lifestyle and diet coaching, as well as stress management,' says Dr Sarasin. 'This approach allows us to detect the underlying cause, the true root of health problems and symptoms, and provides personalised tools and solutions for a significant gain in sustainable health, vitality and happiness.'

A more extensive option is the Bio-R Ultimate programme, with a two week stay in one of the Practice's five-star residences, private Bio-R chef and an expert team to provide the support needed for fast, effective results. The treatment includes the initial assessment, medical check-up and tailored programme (bespoke to every client) comprising a broad range of elements including micronutrient infusions, complementary therapies and mental strengthening. 'If needed, our Bio-R Ultimate programme provides immediate access to medical specialists in every field, where, ordinarily, you could wait up to six months,' says Dr Sarasin. 'The individualised, ongoing support and long-term benefits are just some of the elements that make it a unique and highly successful experience.'



Dr Konrad Hitz

The Kusunacht Practice

Outstanding in field

FIRM SIZE **Swiss** FOCUS **Treatment for psychological and physical disorders**

Dr Konrad Hitz, medical doctor, psychiatrist and psychotherapist, is the Medical Director of The Kusunacht Practice and Double Check – two entities that work together to create a 'unique synergy' that provides high-end mental health treatment and medical services for their clients.

At The Kusunacht Practice, treatment covers the spectrum of psychological and dependency disorders, with tailor-made care plans delivered in private, five-star clinical residences. Each client is treated individually and discreetly, with a hand-picked team of experts and a bespoke programme that allows up to eight one-to-one sessions a day. No two days – or client schedules – are the same. 'With our team of 60-plus members of staff and over 100 complementary therapists we deliver world-class care through a highly targeted and personalised programme,' says Dr Hitz. 'We specialise in identifying and treating the underlying causes of a problem, rather than simply the symptoms, and equipping clients with coping skills. Our clients are all too familiar with demanding much of themselves to achieve their goals, and that is a pleasure to engage them in the psychotherapeutic process.'

'Creativity and self-belief, often the offspring of trauma in their lives or family history, are no strangers to them. They are resourceful and resilient individuals – typically high achievers – who have had to face challenges without the sufficient inherent resources to cope. A downward spiral ensues and that is where we step in.'

For those unable to visit the Practice, there are innovative Biomolecular Restoration outpatient programmes, ideal for clients looking to prioritise weight-loss, reduce stress, improve sleep and tackle anti-ageing. Treatment is uniquely tailored to the client's biochemical status, to maximise their physical and emotional health and wellbeing.

At Double Check, clients have been offered medical excellence and tailor-made care for more than a decade. From check-ups and second opinions to interventions and rehabilitation, clients are discreetly and personally assisted throughout their medical journey. Preventive medical assessments to identify disease early are key and the Clinic is constantly re-evaluating environmental influences and responding to clients' needs.

'The Swiss healthcare system is one of the best in the world,' says Dr Hitz. 'And through our affiliations with leading hospitals and clinical centres, Double Check also offers clients immediate access to our hand-picked network of experts across every field.'

'Our clientele wants the best,' adds Dr Hitz. 'They get that at The Kusunacht Practice and Double Check.'