

Osho Humaniversity is an international center for personal growth, therapy, spirituality, professional development, and the training of therapists. It was founded in 1978 by Veeresh D. Yuson-Sánchez, and is based in Egmond aan Zee, on the North Sea coast in the Netherlands.

The philosophical aim of the Osho Humaniversity is 'Working with People for a Better World'; a goal which the institute teaches by providing

extensive and intensive experiential education – the combination of emotional awareness and wisdom, and objective, practical information. This takes place in a dynamic communal living environment with a high level of social interaction.

The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada, and Israel.



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# The HAPI Program

Humaniversity Addiction Program Intensive

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*Your path to authentic rehabilitation*

## *Addiction has many faces*

The Humaniversity Addiction Program Intensive (HAPI) serves all kinds of addictions and, in cases of substance abuse, is a drug-free and non-medicated process. It is rare to find a residential long-term program as exists at the Humaniversity.

Most social and political attention is placed on substance abuse, predominantly narcotics and alcohol. Unfortunately, other forms of addiction, such as eating disorders, gambling, sexual obsession, violence and excessive working, tend to receive less attention and opportunity for treatment. These disorders are often not recognized officially as addictions. The Humaniversity can also help you if you are having difficulties in these areas.

Fundamentally, addiction is a psychological energy system generated by emotional pain. This pain is made of unexpressed feelings and memories of the past, often from early life. These result in distorted and unhealthy behavioral patterns, inwardly against yourself, and outwardly toward your relationships and environment. Throughout the HAPI program, you will have many possibilities to express and heal this pain, and replace your destructive behavior patterns with healthy, nourishing ways of relating and being.



## *From addiction to fulfillment*

A participant in the HAPI is treated as an individual trying to heal, grow and create a satisfying new life. We regard each participant as a unique individual rather than as a patient with a case number. Since love is a central feature of the rehabilitation process, it is vital they experience personal acceptance and respect for their commitment.

At the Humaniversity, the participants receive care, patience, attention, overall treatment and, most of all, the time they need for full rehabilitation: to heal, become emotionally strong and healthy, and be able to create and direct their lives towards personal fulfillment.



Care



Individual session



Learning to feel



Group support



Community life



Group sharing

**HAPI** ... your start to a new life

## How do we work?

The HAPI process is based on 30 years of development and refinement. It integrates the best of many different forms of therapy and includes:

- Bodywork (Bioenergetics, massage etc.)
- Conflict resolution
- Early childhood psychology
- Addressing family and parental issues
- Psychodrama & Gestalt
- Nutrition and health guidance
- Emotional intelligence
- Relationship skills
- Theatre and creativity
- Martial Arts

In short, we use any technique that shows to be effective and apply it in a way that is individually modified to the needs of the participant. We aim to develop emotional health on three levels:

- Personal Growth  
(self awareness, self-love and self help)
- Interpersonal Relations  
(personal power, friendship and team work)
- Social Integration  
(personal vision, creativity and leadership)

Addicts typically have a very limited social network that mostly involves other addicts. HAPI participants engage in sessions and workshops with both addicts and non-addicts. This broadens their contact and understanding of people outside of their usual circle.

## The core solution: Love is the answer

Emotional pain is the foundation of the addiction, and the experience of love is the antidote and foundation to emotional fulfillment.

## Our guiding principle is: The amount of pain you have is the amount of love you need

Our approach aims to provide the addicts with an authentic and continuing experience of love. Then they may ultimately move towards a shift in the balance between love and their accumulated pain.

But love alone is not enough. The rehabilitation process requires strong and constant guidance and several elements and disciplines. However, central to the process is a very practical grounding in the art of love: how to receive love, how to give love, how to feel self-love and how to maintain love through all the ups and downs of rehabilitation and relationships.

Gradually as the program takes its full course, the experience of love eventually creates more and more stability, hope and healing. The healing is complete when the participant realizes 'I am a lovable human being'. This becomes the foundation to all future growth.

## Why is the HAPI so effective?

### Humaniversity way of life

The Humaniversity operates as a residential community. We find that addicts benefit greatly from experiencing our community lifestyle. As far as possible, it mirrors 'real life' but also aspires to a very high standard and quality of lifestyle. It is not designed as a classic therapeutic community but it is therapeutic in its effect. The HAPI process is enhanced because the community functions on a level well beyond rehabilitation.

It enables the addict to apply their learning in therapy sessions into everyday life situations. Very important to the healing of the addict is the experience of friendship with non-addicts. The HAPI participant will meet and make friends with many other community members participating in other programs. Our community aspires to support everyone to achieve personal fulfillment, friendship and an enjoyment of life.

### Qualities of the program

The HAPI is a process of personal evolution rather than a rigid sequence of therapeutic steps. It is vital that the participants develop a vision of how their life can be after rehabilitation. For this reason our approach involves developing core qualities such as friendship, brotherhood, respect, self assertion, compassion, trust, intimacy, beauty, appreciation and celebration.

In this sense going through the process of rehabilitation together with fellow travelers can also be a lot of fun.



### Values

The guiding values of all our programs, including the HAPI, are awareness, love and responsibility. These values give you a sense of direction and priority in your relationships and your life after rehabilitation.

### Staff as friends

The fact that the program leaders are ex-addicts, who have passed through the HAPI process themselves, creates a strong sense of fellowship and friendship within the program. This not only establishes trust and empathy with participants but also enables them to detect and cut through the psychological games used by the addict to avoid treatment. Beyond the treatment of the addict the core value of the HAPI is to learn to become friends – not only with the other participants but also and most importantly with the program leaders and the other Humaniversity staff. This bonding will provide emotional strength and a safety network after completion of the rehabilitation process. It will help the participants to overcome obstacles in their personal life and remain stable in their new life path. In addition the HAPI is supported by the entire team of highly experienced therapists and staff and resources of the Humaniversity.



## The HAPI Vision

### Outcome: A healthy vision for life

In summary, participants in the HAPI:

- Become physically and psychologically healthy and strong
- Develop a high level of personal awareness, confidence and emotional intelligence
- Experience how to create and maintain healthy and satisfying relationships
- Learn a high degree of social skills and responsibilities
- Start a balanced re-entry process from the outset of the program
- Receive an intensive combination of new experiences, new skills, new environments and inspiration, which serve as a foundation for the creation of a happy life
- Can choose to transform the experience of addiction into a socially useful expertise by becoming an Addiction Specialist (see below).



## Re-entry

Care is taken to ensure that the participants are able to re-enter society with as much support as possible. The following steps are normally taken:

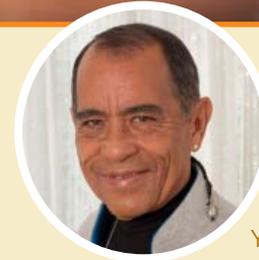
- We encourage and coach each graduate on how to establish a supportive social network. One possibility is to join one of our non-residential trainings. This automatically creates a peer group and also enables the graduate to visit the Humaniversity once a month to participate in workshops and maintain contact.
- The graduate is also given a personal connection with one of the senior HAPI participants or staff as a point of contact to support and advise him when needed.
- A practical follow-up plan is designed for each graduate on completion of the program.
- The leaders of the HAPI program maintains contact with the graduate several times a year by telephone or interview.

## Becoming an Addiction Specialist

A graduate from the HAPI is eligible for entry into the next stage of development: training as an Addiction Specialist. Successful completion of the training means that the Addiction Specialist is able to start working in relation to the treatment of addicts entering the HAPI for the first time. Wherever possible, we support the new Addiction Specialist to obtain employment using their unique skills.

## How does a person join the HAPI?

In the case of narcotic and substance abuse we require that addicts be 'clean' for at least two weeks prior to starting the HAPI. This preliminary detoxification is a sign of authentic commitment and a strong symbolic start to the program. On a practical level, it enables them to start in relatively full possession of their awareness and will.



## Program Creator

Veeresh Denny  
Yuson Sanchez

Veeresh is the founder of the Humaniversity and the HAPI. He was a remarkable therapist and teacher. He supervised the vision and management of the Humaniversity community as well as the professional trainings conducted there. Veeresh began his career as an Addiction Specialist, trained in Phoenix House New York, and later became an expert in several fields of humanistic psychotherapy. Meeting Veeresh changed the lives of many. His wisdom was rooted in a compassionate and loving heart. His challenging and creative approach to working with people is continued by the current program leaders and therapists at the Humaniversity.



## Program Leader

Sangitama Marion Hübner

Sangitama is the Clinical Director and the Chief Supervisor of Health and Healing at the Humaniversity. Sangitama is a recognized healing practitioner (Deutsche Heilpraktiker e.V.; Federatie voor Addictief Geneeskundige Therapeuten) and recognized addiction therapist (Nederlandse Verbond voor Psychologen, Psychotherapeuten en Alogen). She studied with Dr. Shyam Singha (Acupuncture, Homeopathy, Foot Reflexology, Dietetics) and Dr. Klinghardt. She also trained in Bioenergetics, Rebirthing, Craniosacral Therapy, Deep Tissue Massage, Dynamic Yoga, Ear-acupuncture for addiction treatment, Colon-Hydro-Therapy, Living Blood Analysis, Psycho Kinesiology, Shiatsu and Trauma healing.

