

COGNIFUL

ADMISSIONS GUIDE

Your next step, with care.

Individual clinical care in Mallorca, Zurich, London. Choose Premier or Premier Plus; all sessions and activities are individual in Premier Plus. Mallorca welcomes up to four clients.

Mallorca, Zurich, London | November 12, 2026

Photographs in this guide show Mallorca.

A clearer picture of your stay.

Founded by Swiss entrepreneur Abdullah Boulad, COGNIFUL brings Swiss roots and international expertise to personal care, with privacy and discretion. Explore Premier and Premier Plus, the individual care and shared residence, clinical suitability, fees, and the steps toward admission.

Your individual assessment and written proposal determine the actual plan. A general description cannot confirm admission, a particular clinician, or an identical schedule for every client.

Your proposal confirms the program, residence, clinical input, duration, inclusions, payment terms, and any additional costs.



Photographs in this guide show Mallorca.

Explore: Fees and admissions / cogniful.clinic

From first questions to a considered decision.

The programs at a glance 04

Private care and shared life 05

Treatment areas and clinical fit 06

Your assessment and care plan 07

The shared clinical team 09

Life in Mallorca 10

Preparing for arrival 13

Privacy and family involvement 15

Duration, progress, and aftercare 17

Program fees and the written proposal 19

How admission works 22

Useful resources and contact 23

Section titles are clickable. Web links open the relevant COGNIFUL page for fuller information.

One small residence. An individual plan.

Both programs include individual clinical treatment and bodywork, with a private suite in a shared residence. Premier Plus makes every session and activity individual.

01

Mallorca: up to 4

The limit applies to the entire residence at any given time throughout your stay.

02

Your private suite

Your own personal space within a shared residential setting.

03

Individual care

Clinical and bodywork sessions are individual, with a personal treatment plan.

04

Mallorca, Zurich, London

A separate COGNIFUL property with a shared residence, chef, and personal manager.

05

Usually 4-12 weeks

Duration is reviewed individually, not treated as a guaranteed recovery timeline.

06

Mallorca

Premier EUR 30'000
Premier Plus EUR 50'000
Per client, per residential week.

Admission depends on clinical suitability and availability.

Explore: Fees and admissions / cogniful.clinic

Individual treatment. Shared residential life.

Your clinical treatment and bodywork are individual in both programs. The difference is how other sessions and activities are delivered, and the aftercare included.

Premier

- Individual clinical treatment and bodywork.
- Shared holistic sessions, excursions, and activities.
- Mallorca: Your private suite in a residence for up to four clients.
- A shared chef and personal manager.
- Return-home planning; further follow-up agreed separately.

Premier Plus

- All sessions and activities are individual.
- Your private suite in the same shared residential setting.
- The chef and personal manager remain shared.
- Three months of structured aftercare.
- The schedule and support are agreed around your care plan.

The residence, chef, and personal manager are shared in both programs. Premier Plus delivers sessions and activities individually.

Explore: Life at COGNIFUL / cogniful.clinic

Care begins with your actual needs.

In Mallorca, Zurich, London, COGNIFUL considers mental health, addiction, trauma and co-occurring needs where the residential setting is suitable. Individual assessment confirms the treatment plan and professionals involved.

01

Mental health

The website describes residential care for depression and anxiety, with an individual clinical review before admission.

02

Addiction

Published treatment areas include alcohol, cocaine, cannabis, and prescription-medication concerns.

03

Trauma and PTSD

Assessment considers suitability, privacy, the proposed approach, and an appropriate pace of care.

04

Co-occurring needs

Mental health, substance use, and trauma-related concerns are considered together where they overlap.

Explore: Treatment overview / cogniful.clinic

Assessment comes before admission.

The review considers what you need now, what has already been tried, and whether the shared residential setting can provide appropriate support.

01

Current concerns

Describe symptoms, everyday functioning, immediate difficulties, and what brings you to treatment.

02

Health and treatment history

Share relevant physical health information, previous care, current clinicians, and your medication history.

03

Substance use and withdrawal

Include alcohol, non-prescribed substances, actual medication use, and possible withdrawal needs.

04

Safety and the right setting

Clinical needs determine whether this residence is suitable or whether another level of care is needed first.

Medical detoxification, acute psychiatric care, or another level of support may need to come first. An admissions inquiry is not an emergency assessment; urgent concerns require local medical help.

Explore: Fees and admissions / cogniful.clinic

A plan that connects treatment with daily life.

The purpose of the stay is not simply to fill a timetable. Assessment, individual care, progress review, and preparation for home should form a coherent plan.

01 Understand

Bring together current concerns, treatment history, relevant health information, and personal priorities.

02 Plan

Clarify treatment goals, proposed clinical input, practical support, and how progress will be reviewed.

03 Engage

Premier combines individual clinical treatment and bodywork with shared holistic sessions and activities. Premier Plus delivers all sessions and activities individually.

04 Prepare for home

Both programs include planning for home. Premier Plus includes three months of structured aftercare after the residential stay.

The plan can be reviewed as needs and circumstances become clearer. Specific treatment methods and session frequency are confirmed in your proposal.

Explore: Our approach / cogniful.clinic

A shared clinical team. Clear individual responsibility.

COGNIFUL shares its clinical team with THE BALANCE. The professionals involved in your stay depend on assessment and the agreed plan.

01

Clinical direction

Ask who will lead your care and how the priorities for treatment are agreed and reviewed.

02

Appointments and coordination

Confirm who organizes the proposed appointments and communicates changes to the plan.

03

Support between sessions

Clarify the actual support and escalation arrangements, including outside appointment hours.

04

A coordinated handoff

With appropriate authorization, identify how existing clinicians and agreed family contacts will contribute to continuity.

Explore: Clinical team and care coordination / cogniful.clinic

Your own space, within a small residence.



Photographs in this guide show Mallorca.

Each client has a private suite in a shared residence for up to four clients. COGNIFUL occupies a separate property from THE BALANCE.

The exact residence, room, and practical arrangements are confirmed before arrival. Tell admissions about requirements that affect comfort, accessibility, privacy, or participation.

Explore: Life at COGNIFUL / cogniful.clinic

Space for care, meals, and time to reset.



Photographs in this guide show Mallorca.

Clinical treatment and bodywork are individual. Your suite is private; the residence, chef, and personal manager are shared. Premier includes shared holistic sessions, excursions, and activities. In Premier Plus, all sessions and activities are individual.

Your schedule also includes personal time to rest and reflect. Discuss dietary needs, practical requirements, and the balance of appointments and activities before your stay.

Explore: Life at COGNIFUL / cogniful.clinic

Structure without a fixed schedule.

A day follows the individual care plan. These elements illustrate possibilities, not guaranteed times, appointments, or a compulsory sequence.

01 **Start the day**

Personal routine, breakfast, and preparation for agreed appointments.

02 **Individual care**

Individual clinical or bodywork sessions according to your personal plan.

03 **Meals and a pause**

Meals in the shared residence and time to pause between appointments.

04 **Your program activities**

Premier: shared holistic sessions and activities. Premier Plus: all sessions and activities individual.

05 **Personal time**

Space for reflection, quiet activity, and private rest.

06 **Plan the next steps**

Clarify forthcoming appointments, changes to the schedule, and priorities for continuing care.

The mix and frequency of sessions vary with clinical needs. Confirm phone use, work commitments, visitors, and practical expectations with admissions.

Explore: Life at COGNIFUL / cogniful.clinic

Prepare the essentials. Reduce avoidable uncertainty.

Clinical approval, availability, and the written proposal should be clear before you rely on a travel plan.

01 Confirm your admission

Check the agreed dates, residence, suite, proposed duration, and arrival instructions.

02 Organize clinical information

Ask which records, medication details, and existing-clinician contacts are needed and how to share them securely.

03 Discuss medication continuity

Clarify prescriptions, exact products, actual use, and any travel-related arrangements with the relevant professionals. Do not change medication to prepare for admission.

04 Explain practical requirements

Raise dietary needs, allergies, accessibility or sensory requirements, and essential communication commitments.

05 Agree on responsibilities

Confirm payment terms, travel arrangements, key contacts, and who should be informed if your circumstances change.

Report significant changes in health or treatment before traveling. Do not postpone urgent medical care while waiting for an admissions response.

Explore: Your first days / cogniful.clinic

Get oriented. Understand the plan.

The first days should help you understand the residence, the next appointments, and how to ask for support. They are not a test of how quickly you can appear settled.

01 Know the right contacts

Identify your practical contact, clinical point of contact, and the route for an urgent concern.

02 Review the essentials

Make sure the relevant professionals have an accurate medication and recent-treatment history.

03 Understand private and shared space

Clarify your room, common areas, meals, activities, and expectations around privacy.

04 Ask about the initial priorities

Understand what the plan is trying to achieve and how appointments relate to your needs.

05 Confirm the next steps

Know the forthcoming appointments and how schedule changes or concerns will be communicated.

An initial timetable is not a promise of identical appointments for every client. The plan may change after further clinical discussion.

Explore: Your first days / cogniful.clinic

Clear expectations make the stay easier to understand.

Privacy and discretion guide our approach to care. Personal clinical information, everyday shared living, and contact with people at home are different questions. Discuss each explicitly.

Within the residence

- Clinical consultations and your individual treatment plan remain personal.
- A private suite is not exclusive use of all common areas.
- Respect other residents' names, circumstances, stories, and privacy.
- Raise a problem with the setting through the agreed contact rather than waiting for it to escalate.

Family, devices, and work

- Agree on family communication and any appropriate involvement in care.
- Clarify phone use, visitors, and essential work commitments before relying on an arrangement.
- Identify who may receive information and what authorization is needed.
- Do not assume that paying for treatment grants access to every clinical detail.

Your practical arrangements and clinical needs determine what is appropriate. This guide does not promise unrestricted remote work, visiting, or phone access.

Explore: Your first days / cogniful.clinic

You can begin with a conversation.



Photographs in this guide show Mallorca.

A family member or loved one can contact admissions to explain concerns and ask about either program. You do not need a diagnosis or a complete treatment plan to begin.

Family involvement follows the client's authorization and clinical needs. Premier Plus includes individual sessions and activities and three months of structured aftercare. Any family work is agreed as part of the care plan.

Explore: Information for families / cogniful.clinic

Usually 4-12 weeks. Reviewed individually.

The published typical stay is a starting point for discussion, not a guarantee that every person needs the same length of treatment.

01

Clarify the purpose

Discuss what the proposed residential stay is intended to add to your current care.

02

Review the experience

Describe symptoms, functioning, participation, practical barriers, and questions about the approach.

03

Revisit the plan

Ask how goals, appointments, or support may change as new information emerges.

04

Prepare the transition

Connect readiness to leave with the practical and clinical arrangements for the next stage.

Confirm any extension, revised fee, or change in scope through the individual proposal and the relevant clinical review. Duration is not a promised recovery outcome.

Explore: Our approach / cogniful.clinic

Plan for the life you return to.

Continuing-care planning begins during either residential program. Your chosen option determines what is included after you return home.

Premier

- Return-home planning is included.
- Plan home routines, relationships, and practical next steps.
- Identify local or existing clinical support.
- Agree on an authorized handoff and responsibilities.
- Further follow-up services are agreed separately.

Premier Plus

- All Premier return-home planning.
- Three months of structured aftercare after the residential stay.
- Agree on the aftercare schedule and contact arrangements.
- The plan confirms the professionals and support involved.
- Further support beyond three months is agreed separately.

Your proposal confirms the planned aftercare and its scope. Additional support beyond the included period is agreed separately.

Explore: Continuing care / cogniful.clinic

30'000 / 50'000

PREMIER / PREMIER PLUS
PER CLIENT, PER RESIDENTIAL WEEK

Mallorca: EUR 30'000 / 50'000
Zurich: CHF 30'000 / 50'000
London: GBP 30'000 / 50'000

Both programs	Individual clinical treatment and bodywork. Private suite; shared residence, chef, and personal manager.
Premier Plus	All sessions and activities are individual, with three months of structured aftercare.
Typical stay	Usually 4-12 weeks. Your proposal confirms the duration, total fee, and inclusions.

Mallorca programs are priced in euros. Your individual proposal confirms the duration, included services, total fee, and any additional costs. Zurich programs are priced in Swiss francs; London programs in pounds sterling.

Explore: Fees and admissions / cogniful.clinic

Two programs. Clear inclusions.

Your choice determines how sessions and activities are delivered and which aftercare is included. The residence and household team stay shared.

Included in both

- Clinical assessment and a personal plan.
- Individual clinical treatment and bodywork.
- Mallorca: Your private suite in a residence for up to four clients.
- A shared chef and personal manager.
- Return-home planning.

What Premier Plus adds

- All sessions and activities are individual.
- Individual holistic sessions and excursions.
- Three months of structured aftercare after the stay.

Premier includes shared holistic sessions, excursions, and activities. Further follow-up in Premier is agreed separately. Your proposal confirms the planned services.

Explore: Fees and admissions / cogniful.clinic

Make the practical agreement explicit.

Programs are generally self-pay, and COGNIFUL does not work directly with insurers. You pay first; relevant documentation can support a reimbursement request, but payment by an insurer is not guaranteed.

01

Your program and care

Confirm Premier or Premier Plus, your suite, treatment plan, and recommended duration.

02

The full financial picture

Check the weekly and total fees, payment dates, inclusions, and possible additional charges.

03

Changes or cancellation

Read the cancellation terms and what happens if the plan, dates, or length of stay changes.

04

Insurance questions

Check your own policy and insurer's requirements. Do not treat available documentation as a promise of reimbursement.

05

What remains unresolved

Ask for clear written answers before committing to travel or payment on an assumption.

Explore: Fees and admissions / cogniful.clinic

Four steps toward a considered start.

01 Talk with admissions

Explain the situation, say who the inquiry is for, and ask your initial questions about care, the residence, and fees.

02 Complete the clinical review

Provide the requested information about current needs, health, treatment history, medication, and substance use.

03 Review your individual proposal

Confirm the chosen program, care, residence, duration, fees, inclusions, and continuing-care arrangements.

04 Prepare for arrival

Agree on dates, consent, payment, travel arrangements, and what to expect in the residence.

An inquiry is not a diagnosis or confirmation of admission. Clinical suitability and availability determine the next step.

Explore: Fees and admissions / cogniful.clinic

Keep the questions. Find the right detail.

These COGNIFUL resources expand on the practical topics in this guide. The links are clickable and available without an inquiry form.

01	Admissions and current fees	+
02	Your first days	+
03	Admissions preparation checklist	+
04	Medication review checklist	+
05	What to pack for a residential stay	+
06	Continuing-care planning worksheet	+
07	Clinical team and care coordination	+
08	Clinical scope and suitability	+



A PRIVATE, DISCREET FIRST CONVERSATION

You do not have to work it out alone.

Ask about treatment for yourself or someone you care about. Our shared admissions team can explain the process and the information needed for clinical review. Tell us how and when you prefer to be contacted.

Jil Moore

Client Relations Director

Cynthia Nakhle

Admissions Manager

+41 44 500 5111

admissions@thebalance.clinic

cogniful.clinic/admissions

COGNIFUL | Part of THE BALANCE GROUP
Mallorca, Zurich, London | November 12, 2026