

# *UK 'Rehab Exposed'*



How much does rehab cost?

Where does addiction come from?

How long is rehab?

How do You get wealthy?

Does rehab include a detox?

How do You get happy?

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### The 'Rehab Exposed' Report

#### **-Frequently Asked & Should Be Asked Questions**

*By Graham Foster, Director of UKs most Successful Rehab*

*"If You want to talk to Me in Person about anything to do with Rehab or if you want to ask about places at my Rehab simply click this link or visit*

*<http://www.DrugRehabClinics.co.uk/contact-us> "*

*Best Wishes,  
Graham.*

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### **FAQ1 How much does rehab cost?**

One of the most common and immediate questions is how much does treatment cost?

To give you an example of what sort of different markets there are, you have your sort of well known celebrity treatment centers that are five star luxury and they charge patients with £3000.00 a week. And their treatments may not necessarily be that great, they're kind of a holiday if you like, a detox and a holiday thrown in.

We're in the series treatment market and that range of the same type, you would find that the costing would from somewhere between £350.00 a week to about £500.00 per week. Because we are such a cutting edge treatment center, we have very advanced and we have very highly trained specialist staff. We do charge a little bit of extra. We charge £650.00 per week. It's well worth the little extra.

## **FAQ2 How long is rehab?**

How long is the treatment? The treatment is astounded 12 weeks—so it's kind of an industry standard, but we have two treatments. We have a primary treatment and a secondary treatment and they're both 12 weeks.

Some people have difficulty in financing 12 weeks treatment. We are willing to look at doing shorter length treatment to those that require it. We can fit things in so that although we can load them up with the materials, but obviously, it is far better to have the full 12 weeks of treatment. They say, we find that really, really difficult—then what some people opt to do is they will go say, well, I need to detox and I want to get some treatment, so maybe I'll just do six weeks and then readdress it. There are finance options available as well if they really feel the need for it. But it has got to be between the two, if it's possible to continue and complete the treatment. Obviously, that's going to be far better.

But like I said, if people are just here for short time because that's all they can afford, that could be the best few hundred pounds they've ever spent in their lives.

## **FAQ3 Does rehab include a detox?**

We provide a full detox. The charge for detoxification medication is £500.00 and that's for the administration and the prescribing. The detoxification can exist on a number of different drugs depending on what the needs of that individual are. Each detox is tailored for that individual.

When we assess people, we ask them what they're on, what drugs they're taking and what amounts they're

taking and then we tailor detoxification to suit those amounts and those issues of substances. Generally speaking, someone who requires alcohol detoxification, we'll give them a range of drugs—many of them Librium, which controls that shaking and perhaps some diazepam, which controls their anxiety and then some form of sleeping tablet to help them with their sleep in the evenings.

For other drugs such as crack cocaine, ecstasy, et cetera—a similar kind of mix to control their symptoms and control their anxiety. For opiates addiction such as morphine, methadone and heroin, we use a drug which most people use these days called buprenorphine and also known as Subutex and that's by far the most common detoxification medication. We can't use other drugs such as dihydrochloride if that person has a problem with buprenorphine. We do ask the client if they have any preferences or if they obviously have any allergies or bad experiences of detoxes in the past so we can offer them something that's psychologically more acceptable.

#### **FAQ4 how long does it take to get admitted to rehab?**

One of the more common question people ask is how long the process and acquiring and application to admittance into the center is.

That process can be quite quick. We can actually do an assessment on the telephone and an assessment is really a series of questions about a person's health and about their problems and we can generally give them a decision the same day.

Then they can at that point come in at their convenience, at their earliest convenience. Waiting

times can obviously vary, but how we keep our waiting times down is because of the cozy residential nature of our treatment center. It's very easy for those—if we find ourselves in the position while we have now a longer waiting list for a long period of time, we can actually expand our bed space because of the structure of where the treatment center is designed.

So we do tend to keep a waiting list down because of our ability to expand very easily.

### **FAQ5 How can I help my child or partner?**

A lot of times relatives call us to ask for our help and advice about how they can help their loved ones.

This is obviously a very complicated question people in quite different situations in their relationships with their relatives are quite different, so it's very difficult to give an easy answer to this, but what we will do is we will talk to people or we will help them with our experience. We won't turn them away. We're not requiring anything or ask anything to get these clients into treatment. What we will do is, we will try and help you and we will try and ask you the relevant questions so that we can give you the best possible advice.

### **FAQ 6 Will my local authority help fund rehab?**

People ask us, will their local authorities help them fund their treatment. This is a very complicated question because even local authorities treat these issues differently. They have different policies, they have different ways of working, some will offer day care services and they won't offer residential treatments at

all. Others will offer both, others have different waiting times. Others make you choose through a lot more hoops.

It's fair to say generally speaking, it's a long process to get a local authority to fund residential juvenile health treatment, wherever you're from. It's fair to say that a good proportion of the country will never offer you realistically, on paper they will, but realistically, you will never really be offered residential treatment. It is very difficult.

We will try and advice you as much as we can based on our knowledge of any particular local authority will advice you that it's all a challenge to go down to find out who to talk to about it and in addition to that, we will also advice of—are there free ways of how that person can get a low cost ways of help that they can get or residential treatment.

### **FAQ7 Can you describe a bit about treatment?**

People often ask us to try and describe our treatment. What I would say is that our particular treatment is a very designed and intricately structured method of treatment that involves all the latest treatment techniques and methodologies such as 12-step treatments—the cognitive behavioral therapy, acceptance-commitment therapy and transactional analysis. It's an eclectic mix of all of those things presented in a way that engages people both visually, auditory and practically.

There is also a series of what we call schemes of treatment looking at addiction and recovery from addiction and the causes of addiction, so we have an addiction scheme that looks at the causes of addiction,

where it comes from, the nature of addiction and how it works and what are the solutions to it.

We have a negative to positive scheme so that we can turn the negativity of that person into a more positive way forward using a lot of cognitive behavioral therapy to get people into more positive frame of mind about life in general and about themselves and about their relationship with themselves.

We have a scheme that involves spirituality and beliefs because essentially, beliefs drive people, beliefs drive the subconscious and so it's changing people's beliefs. We are not really talking about changing people's sort of religious beliefs, but more so their philosophical beliefs, for example, people have negative beliefs about loving themselves, so we want to change those beliefs, we turn them to positive beliefs.

We have another scheme which deals with the solutions, not just solutions to addiction, but solutions to the causes and the issues around addiction, so it's just low self esteem, co-dependency—

We have another scheme called solutions and it explores solutions not only just to addiction, but to the causes and issues surrounding addiction, which is about issues, co-dependency, solutions to low self esteem and low self worth and solutions to a negative outlook. It's a collection of these schemes that I've put together in a linear fashion which can be joined at any point in time so that people can get the full picture of addiction, the causes, the issues and the things to heal from.

## **FAQ8 Is rehab mixed sex?**

People ask if we have a mixture of sex or is it male only or female only. We have a mixture of males and females and generally speaking, there are more males for some strange reason, there are always less females, but we worked around with a mixture.

Something of concerns about mixing males and females, but at the end of the day, we're not here to take away reality. Some treatment centers want to put you in a bubble taking you out of reality for the time, until you get yourself fixed and then you'd be able to go back into reality. What really happens is that the minute reality hits you, you relapse.

So taking away reality serve no purpose whatsoever, so in reality, male and females live in this world and so that's why we have a male and female treatment center. What we do find as well, all males together, all females together actually tends to create a lot more friction and conflict. Once you have a mixture of male and female, it seems to calm the group down anyway. That's what we've discovered in experimenting these things.

## **FAQ9 Is rehab a secure lockdown place?**

People ask about security. Is it secure and locked up? There is security. Obviously, we can't lock people in. That will be illegal. No treatment center can do that, unless a person is sanctioned.

At the end of the day, you do need some commitment to believe in us, to go through some very discomfoting symptoms. We do provide security. Our security level is that you're not allowed out on your own for the first four weeks, but then you are allowed out on your own.

It may seem to some to be too much rigid, but at the end of the day, you have to stay real. Anybody can get themselves locked up. We have a very secure place way out in the country side, away from any temptation as they say, but they're not addressing their temptation. We've removed the temptation. That is not the purpose of genuine treatment.

The purpose of genuine treatment is to have the temptation there and to assist that person and support that person in resisting that temptation and removing the temptation itself rather than taking them away from the temptation. That doesn't work.

### **FAQ10 What material stuff can I take to rehab?**

One of the questions people ask is what can they bring inside? Can they bring their own television, can they bring their computer laptop—can they bring their mobile phones. We exercise different policies. In our treatment center, again, we're trying to keep things as real as possible and to treat people within the realms of reality rather than put them in a protective bubble for them only to relapse when they come out of treatment.

So in order to maintain as much normality as possible, we like people to bring back their laptops and their phones and their TVs and whatever else makes them feel comfortable.

### **FAQ11 Can people visit me in rehab?**

People do ask us about whether they can have visits or have visits held during their course of treatment? We have policies in place. This is—what we're trying to

create is a little bit of time out from the family, from the friends because that person just needs some space, so what we say is—there are certainly no visits either way in the first four weeks.

And then after that, we look at that and they have to—clients have to have permission to have a visit. We have to do a risk assessment et cetera, but we do allow visits, but as much as we have policies, it's down to each individual person. Each person has different needs and different levels of help and support, so we have to look at visits very carefully.

At the end of the day, treatment is that person's time, it's their time, it's their quality time to establish a relationship with themselves. This is not the time to be solving family relationships. So we do try and keep visits down to a minimum. The exception to this is young children. We like to encourage visits as much as possible with young children simply so that the children have a picture of where their parent is and that's very comforting and once the child knows and has got a picture of my mommy or my daddy is there that doing so, they're not sure what it is, but at least, I've got a picture in my mind of where they are and I know that they're okay and I know that they're well. And I think that's really important for young children.

### **SAQ1 Where does addiction come from?**

When a person engages in treatment, one of the very important questions that they need to sort of address is where does my addiction actually come from? To find the roots and the causal factors to their addiction cause them a great deal of understanding and therefore choice, power and freedom for their future.

When you understand the problem, you can be able to solve the problem. If you don't understand the problem, why you're really doing it, it can't mean sticking plasters over the problem and never getting to it and people often come to treatment thinking they've got a drug and alcohol problem and thinking that treatment will solve that problem, but obviously, there's so much more to it than that and just becoming clean and sober through detox doesn't work of the vast majority of people because it's not addressing where the addiction comes from. It's not addressing the causal factors, the issues et cetera that need to be addressed.

### **SAQ2 What is the nature of addiction?**

Another question that needs to be addressed for a person in treatment is sort of what is the nature of addiction? So where it comes from, how does it work, how does it work cognitively, emotionally, psychologically and this needs to be addressed because the more that you understand what's happening to you, the more freedom and control you're going to get.

And as far as we're concerned, you need to become an expert in the problem and how does it work, what is the nature of addiction? You need to know these answers to become an expert and then through becoming an expert, you can then engage in the right solutions for you.

### **SAQ3 What are my issues?**

The important parts of treatment is asking the question, what are my issues? It's the issues that need solving. A person's—what we call issues are creating an impossible life, their life isn't working. They don't have peace. They can't get peace. They find it difficult to move forward. They feel stuck, so they need to know what issues there are inside of them that need to be healed, that need to be worked out, that need to be solved, so that they can go and get the life that they want.

Obviously, one of the issues to solve is addiction. Addiction does become an issue in itself, it takes on a life of its own after a period of time. We call this a process of crossing the lines, but the reason a person is crossing these lines into addiction and developing another issue that we call addiction is because of the existing issues that are already there that are gnawing this person to live a life that works for them and so a big question has to be, what are my issues? Once you know what your issues are, you can then begin the process of healing, of solving them, of looking at them—various methodologies that we can show you to help you address those issues.

That way, if you address the issues, you can then have a life after you've been detoxed, after you've got clean and sober. You're going to get your life that actually works, just getting clean and sober is not the answer to addiction. The answer to addiction is to yes, get clean and sober, but then, engaging healing, solving of issues so that you can have a life that works for you. Otherwise, there's no real point, so it's a much bigger job—this whole recovery thing is much bigger than people realize. It isn't just about getting off drinking and drugs. If it was about getting off drinking and drugs, it wouldn't be a problem. You wouldn't need

treatment, you don't need to detox and everything will be fine, but it doesn't work that way. It's much bigger.

#### **SAQ4 How do I get happy?**

Another question that needs to be asked if you are going to engage in a process of recovery, whether it's from addiction or depression or anxiety or anything really is how do I get happy? That's the question, that's the big question for all of us and it needs to be asked.

People often—especially people who suffer from addictions, they are not even asked such a question, they dare not even go there and that is a tragedy and so, one of the things that we try to encourage people doing in treatment is to ask the question, how do I get happy? It isn't—coming to treatment, getting clean and sober, they have clear issues, solving them, recovering from them, healing, but the question is, how do I get happy? And it needs to be asked because that's what we're here for. That's what we're here to do. Addressing the addiction problem is the beginnings of this bigger question which is how do I get happy or at least engaging the fullness of life, the fullness of my emotional life, how do I be angry and would that be okay? How do I be sad and that would be brilliant, how do I grieve and not be beautiful and how do I be happy and be able to dance with the fullness of life without worrying and these are the important questions and they do need to be asked because at least once you are asking the questions, you are focusing on the possibilities on what answer we hear from them really.

## **SAQ5 How do I get content?**

Another issue that people want the answer to is how do I get content?

One of the big problems of course for people who suffer from an addiction is that they're simply not content. We call this the washing machine head and it seems to be that the only thing that can stop the washing machine head is to use drugs or drink heavily and I'll have a really big distraction and so, the question is, how do I turn the washing machine off, how do I live with me just being content? How do I switch the washing machine off?

And that is so vital! Most people learn, that is part of treatment. It has to be learned. Getting clean and sober with then having the washing machine head will result in a relapse because you cannot live with this head. So, what's an absolute must is the ability to achieve some form of contentment. Not content all the time, but at least be able to say at some point in the day, or some part of your next few days, I can become content and we have to engage in quite a lot of different tools in order to achieve that, but achieved it must be because if it is not achieved, then that person has no choice but to use what they know will do the job, which is the drinking and the drugs.

So it's a question that has got to be asked and has got to be answered and it is doable. It is answerable. There are tools that are easy to engage in and use in order to get some contentment, absolutely necessary, absolutely doable, but it must be done!

## **SAQ6 how do I cope with this world?**

One of the things that needs to be addressed is how do I cope with this world?

The experience of people who do a detox for themselves go quit cold turkey, they then find that they cannot cope with the world. The simple truth is that the reason they become addicts and they're using a lot of alcohol is actually because they couldn't cope with the world and it is a coping mechanism. Addiction is a coping mechanism that in itself becomes a problem.

So for someone who wants to recover from addiction, instead of just getting clean and sober, they absolutely do need to learn how to cope with the world. And that's obviously a very complex matter, but what happens in life is that people have accidents. They fall in and out of love. They lose partners. People die on them. Children die on them. Relatives die on them. Parents die on them. They have their answers. They start businesses and they fail. They get money and then they lose money.

All of these things happen to most people and all of these things cannot be coped with by habits—alcoholics and drug addicts, because their coping mechanism is to just take on drugs or drink more alcohol. So this is a question that absolutely needs to be answered. We need tools to cope with everything that life throws at us, so that it doesn't lead to a relapse and so this is obviously a huge element in the treatment of addiction and something that absolutely needs to be addressed.

## **SAQ7 Who am I?**

One of the issues that arise often in treatment is the question of who am I? Who am I, what is my purpose, what am I supposed to be doing?

Obviously, the entire human race has this question to ask. Every individual on the planet virtually has this question to answer, but the fact of the matter is, people end up in addiction or in alcoholism seem to be particularly lost. They may not be more lost than any other person, but they seem to be acutely aware of how lost they are. This contributes to the drive that drives them to addiction.

And so, obviously this is one question that needs to be addressed and there isn't obviously an answer, but there is a process through which they can get on the journey to that and that's really important. To know who you are and who you want to be, to be able to create that, to be empowered to create. This is who I want to be rather than endlessly going around in circles searching for who I might be, which tends not to work. So we help people, we give them tools to create who they want to be.

We also help people to engage in purpose, in the formulation and creation of purpose and in missing the big question and it may seem difficult, but it is not likely to be difficult as people think it is, it's absolutely doable. So that's certainly an important element in our treatment.

## **SAQ8 What really is love?**

One of the issues we bring up in treatment is what really is love? Obviously, there are many opinions on this question as there are people, so how do we address this question for our clients.

It is a question we raise because we find that once a person becomes clean and sober from their addictions, the way they have survived in the past is to love others, is to self sacrifice for others and because this is obviously a very admired thing to sacrifice one's self for others—what we actually find is that it is too extreme and this is a cause of relapse because the person leaves treatment not having addressed this question, self sacrifices right out of the center for family, partners, children and everybody else, which they believe and they've been taught to believe is the right thing to do and they are left with disappointment because that's—they're setting themselves up to fail. They're setting themselves up for disappointment.

We try to turn this around. We say to the person—you have to learn to love yourself, which to some people sounds quite sickening, but it's absolutely necessary for the client. One of the ways we explain is, okay, look at what you've been doing. You've been waking up in the morning, telling yourself how rubbish you are or how rubbish life is, so beating yourself up verbally and then you've been going about lying and scheming in order to acquire the drink or the drugs and then you're going to—then you put lots of drink or take drugs. And that's—if you were to go around to your next door neighbor's house, and do that to him or her, you wouldn't call that love, so clearly, one of the things that needs to be learned is how do I love and it must start with self.

So how do I love self? And really, we all know this deep down, though we may not be able to practice it necessarily all the time, but we all know it, we have to learn to love ourselves before we can really love anyone else, and what tends to happen, if this is not addressed in treatment, people leave treatment, they see their mission as loving others. After years and years of manipulation whether it be in their addiction and they have no way of being able to distinguish the manipulation from the intent of love giving and it all gets mixed up.

So the question of what is love and how do I love self we see as being absolutely critical to be addressed in treatment to make it very, very clear so that person can have appropriate boundaries and have a life that's livable.

### **SAQ9 how do I grow as a person?**

Another question that we post for people in treatment is how do I grow as a person? People come into treatment wanting to get clean and sober, wanting to get a good job and a career, money and wealth, wanting a big house and a car, maybe a swimming pool, maybe a partner—a loving partner, and their family and kids—in other words, they want to join a minority of the population in what they have come to believe, what they've been taught to believe is the route to happiness.

However, most people do not achieve all of these things and when they do, may find these things empty or unfulfilled. So, the question we introduce into a person's life or we try to introduce during treatment is how do I grow as a person? And the reason that's such

a significant question is that whatever happens in life, whether you achieve these things that you think are going to make you happy or whether you struggle. Asking where is my growth in this, whether it's a success or a failure is always going to make profit for that person and create value in their lives—real value, not just monetary value, but real genuine, psychological and emotional and spiritual value. How am I growing from this?

So whether they've won the lottery or run over by a bus, it's how do I grow from this is the real question and if the mind is focused on how do I grow, the mind is always focused on winning, on creating value in their life, making purpose and meaning in every event.

So we introduce this question, it's absolutely critical and really, even as a sense of purpose, my purpose is to grow and everything that happens whether it could be good or bad, it is for my growth.

And that puts a person in a much more capable and powerful place and that's going to be worth a lot to anyone. It's also quite essential for a person who is in recovery because when something happens they don't like, it's either relapse or grow and to make the choice to grow is probably the preferred choice. If the choice wasn't there, if it was never brought up, that I want a life of growth, then the choice is to relapse and so you can see how this is very useful to have, this question and this choice.

## **SAQ10 How do I allow my light to shine?**

A question we raise in treatment is the question, how do I allow my light to shine?

What that means is—how do I beam? How do I emotionally be free? How am I psychologically free? Can I allow my energy to flow? How do I become a light through all of these? How do I shine? We all want to be able to shine, we all want to be free to shine and that's a kind of a vague thing, but it's an emotional thing. It's how do I allow the fullness of my emotion.

The reason we address this issue in treatment is that what we find is that, it is very common for the person who has suffered from addiction or alcoholism to be able to allow themselves the fullness of their emotions, especially those good emotions because they have been brought up with don't enjoy this too much, I will be disappointed. Don't fly too high because the fall will be greater. It's a myth. It's nonsense and it needs to be addressed and it needs to be smashed so that people can have a life and having a life isn't about the things you're requiring. It's about your hat and the ability—the freedom, the permission to feel what you want to feel regardless of any fear or anxiety about a come down or offending others.

A person has a right to shine! And it is a the right that that person is responsible for acquiring themselves and we would wish to impart this to our clients and we would wish to enable and empower them to be able to do that.

## **SAQ11 How do I change?**

One of the questions that needs to be sort of asked and addressed is how do I change?

Why does one need to change? The whole process of any treatment from any neurosis including alcoholism and addiction—the whole process involves change—inward change, psychological change, emotional change, cognitive change. It's all change and it's not just change while they're in treatment. The whole point of our treatment is such that a treatment that enables people to change all the time, to have a life of change.

If we're asking a person, what sort of suggestion to a person to have a life of growth that must be a life of change because in order to grow, you have to let go of what is and to do something else instead, be someone else instead.

So the whole process really is change and how to do that and people are absolutely terrified of changing. They're absolutely terrified of changing their basic fundamental core beliefs, but it is unfortunately these basic and fundamental core beliefs that's not working for them that's the motivator behind obsessive conditions such as addiction and conditions of escape such as addiction.

So the very essence of the person needs to change because it is those core beliefs that create that essence that's driving the addiction in the first place. So to be really free, one has to change right to the core and then once one has changed right to the core, they must continue to change in order to be able to grow, so it's all about change and it is a terrifying process, this change for everybody in the world.

They did a survey once in America about one of the most scariest things to do and one of them was change their basic beliefs and changing a person's basic beliefs was scarier than death, which according to that survey, people would prefer to die than to change. This for a person recovering from addiction, this has got to change.

### **SAQ12 How do I accept myself and everything else?**

A technique we use in treatment to help people live the rest of their lives with some kind of coping mechanism and contentment. We raise the question, how do I accept myself and accept everything else.

What we find is that when a person is troubled, when a person is discontented, when a person feels that they cannot cope or that they're not coping very well because on some level, they're not accepting. They may not be accepting themselves as they are or the people as they are or not accepting a situation as it is.

So, obviously, one of the very important techniques to learn when you're in recovery from addiction is to learn to accept self, learn to accept others, learn to accept situations. Once you have been in treatment and have learned to accept these things, it is from this position of acceptance that then one can change self and would have an influence on changing situations and maybe perhaps on other people, but at the end of the day, if one is changing one's self, you don't really have to change others. But as you change yourself, you engage in shining your light to perhaps more likely to help others to do the same.

So acceptance is the big key. Accepting that you have developed addiction or alcoholism is the beginnings of

recovery. Without that, then there will be no recovery until a person accepts, there simply is no chance. He will just keep relapsing. So it's absolutely critical, just to engage in treatment for addiction, but to accept everything else in life is to really become a very coping person and a person who finds the treasure in all what seems to be impossible situations, a person who finds the profit in what seems to be the bad situations. Acceptance is the key and is that starting point from which to change and to grow.

### **SAQ13 How do I get wealthy?**

Now this may seem a bit odd and to address this in a treatment setting because we're not here for material wealth, we're here to recover, we're here to fix the problems et cetera. But actually, finding out how you can get wealthy, we use this terminology because we find that wealth as a word is a powerful motivator. People respond well and people respond powerfully to the word wealthy.

Most people do want to get wealthy. So, because it's such a motivator, we do use this word in treatment, but we use the word in relation to, how do I become emotionally wealthy, psychologically wealthy, how do I have great wealth in growth, in recovery, in the things that are important?

So, we use the word wealthy, but not in terms of money. But actually, if we're honest, the ways to get these things, the ways to achieve, the ways to get wealthy emotionally and psychologically, they're the same principles as the ways to get wealthy materially.

And because they're kind of the same, then yeah, let's ask the question, how do we get wealthy materially if that's what you want to get. Do we have the answers to

this? Well, it's worth looking at wealthy people what they have done to get where they are. Wealth does not equal happiness, not at all. I know many multimillionaires, addicts and alcoholics and depressed—but staying poor is also stressful.

So it is an issue, it's a scary one and I think what we try and do, we bring it up in treatment, how do we get wealthy emotionally, psychologically and if we want to try, how do we get wealthy materially? It's the very question, there are answers, well let's go there. Let's explore. Let's engage in the process. Let's create goals because you need a goal in order to get to a place in order to grow and that's what we're in the business of. We're in the business of saying, okay, we've grown through addiction, let's grow through everything else.

*"If You want to talk to Me in Person about anything to do with Rehab or if you want to ask about places at my Rehab simply click this link or visit <http://www.DrugRehabClinics.co.uk/contact-us> "*

*Best Wishes,  
Graham.*