



THE BRIDGE

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Why choose us

At our boutique rehab centre in Andalucía we provide abstinence-based treatment for addiction and eating disorders in a safe and supportive environment. Small group sizes and one-to-one care allow us to tailor every programme to the individual. Families are involved throughout recovery.

Our team of experienced therapists uses proven techniques such as CBT, trauma therapy and group work to address the root causes of addiction. We focus on long-term recovery and help clients build the skills, confidence and clarity to live life free from addiction.

At The Bridge every part of your stay is designed to help you get clean, stay sober and strengthen yourself physically, mentally and emotionally. Lasting change takes more than willpower. We guide and support you through the work needed to create a fulfilling, addiction-free life.

If you are ready to commit to recovery from alcohol, drugs or gambling we are here to help.

Meet the founders



Ali Silver

Ali is a qualified Eating Disorder Practitioner and Nutritional Therapist, with additional training in psychodynamic counselling. She brings a strong foundation in mental health, behaviour change, and the psychology of eating to her work. At The Bridge, Ali oversees the day-to-day running of the service — managing operations, schedules, staff coordination, and the overall client experience. Her background allows her to ensure that clinical standards, emotional safety, and evidence-based practice remain central to the programme, even as she focuses on leadership and operational management. Ali also contributes to school-based education and outreach, helping young people develop healthier relationships with food, body image, and wellbeing.



Zalyia Silver

Zalyia had a very difficult experience with addiction, developing a serious eating disorder and addiction to drinking by the age of 18, which continued for many years. She started attending self-help groups to deal with her bulimia and drinking in her 30s and despite a series of devastating losses she was able to stay clean and sober through therapy and AA. She is now 30+ years sober and says that with The Bridge she is creating “the perfect rehab facility to really help people, through addiction and life beyond.”



Howard Silver

Howard started using prescription drugs from the age of 16. When he was 34 he started to use cocaine and then heroin, and his successful business and family life fell apart. After several arrests and with nowhere to live he entered rehab aged 41 and although he suffered and struggled for many years, he stayed clean and got the help he needed to get his life and sense of self back after addiction. In 2025 he celebrated his 37th clean and sober year. He says that opening The Bridge “is a dream come true – the perfect way to give a life back to people who need help the most. People like me.”

What treatments are offered?

At the heart of our approach is a commitment to creating tailored treatment programmes built entirely around your individual needs.

Our core offering includes Cognitive Behavioural Therapy (CBT), addiction therapy, and group therapy, supported by extensive written work, yoga, meditation, and nutritious meals prepared by our in-house chef.

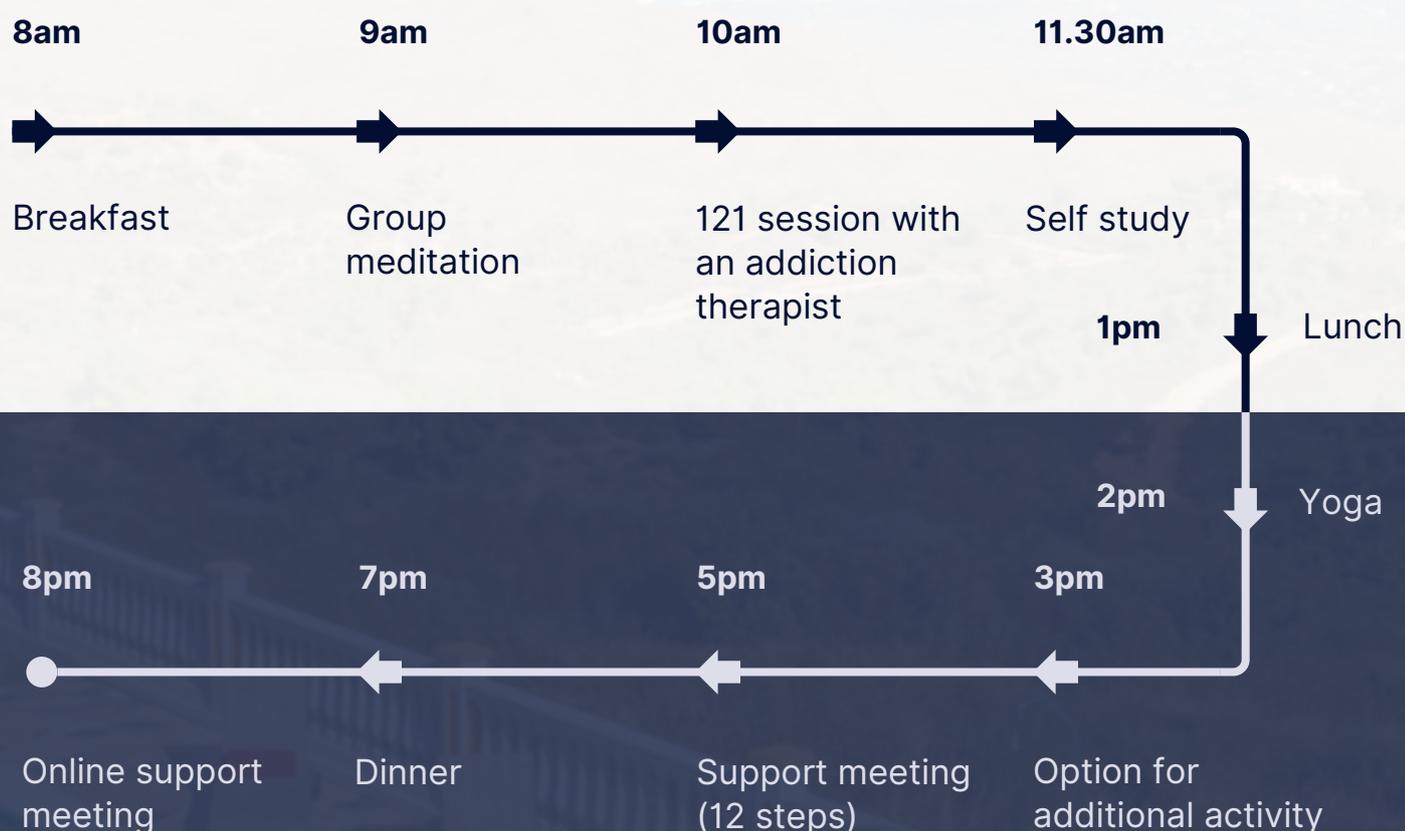
To provide a truly personalised experience, we can also incorporate a range of therapies and services designed to promote long-term recovery and wellbeing.

These include alcohol and drug treatment, eating disorder support, the 12 Step Programme, one-to-one therapy, trauma therapy, family liaison and aftercare, as well as detox, accompanied transport, and nutritional rehabilitation.



What will a day look like?

Every programme is bespoke, but to give you an idea of what to expect, here is an example of a typical weekday:



Weekend Activities

Bringing variety, connection, and positive energy to your recovery journey. Some example weekend trips include:

- Opportunities to explore Marbella and the surrounding area
- Watersports
- Trips to local attractions, eg. the zoo, bowling, go karting, cinema
- Hiking



Additional services

As a boutique rehab centre, we can cater to your needs. If you require further services, we're happy to arrange these for you and fit them into your schedule.

Commonly requested options include:

- Personal training
- Massage
- Physiotherapy
- Beauty treatments and hair appointments
- Barber visits offering haircuts, shave and facial treatments



The Bridge

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