



## **Rehab Center Programs**

### Complementary Healing Modalities Offered

Integrating complementary healing modalities can add tremendous value to your patients and your existing treatment plans. Since every individual responds differently to treatment, whether pharmacological or psychological, offering alternatives or complementary programs can be just the thing to win over a client's resistance to recovery. Most importantly, these tools typically present fewer side effects relative to medication and many can continue practice upon post-treatment and returning to daily life.

#### **We provide staffing for the following:**

##### **Yoga Therapy**

This holistic practice empowers your patients by teaching them how to deepen the connection with their body, thoughts, and emotions. Most importantly, patients are taught practical stress management and coping skills that they can apply daily during and after their treatment program.

##### **Guided Meditation & Imagery**

This powerful practice rewires critical pathways in the brain to promote positive feelings and mindfulness.<sup>1</sup> It is a priceless tool that your patients will be able to use anywhere and anytime to help with challenges like reducing cravings or internal chatter that can trigger relapses.

##### **Physical Fitness**

This active class allows patients to use movement and exercise to increase endorphins for a natural "high". Patients are guided safely as they practice principles of mindfulness and self-care rather than competition.

##### **Specialty Massage**

Patients experiencing somatic and/or psychosomatic disorders may benefit greatly with special massage modalities. Our massage therapists may employ techniques such as craniosacral, polarity, reiki, lymphatic drainage, and others to aid in detoxification and realign the physical and energetic body.

##### **Acupuncture or Cupping (Needless Option)**

This time-tested traditional Chinese technique allows patients to experience pain relief, balance in the body's internal systems, and/or aid in stress reduction by increasing flow of blood and energy (also known as "Qi"). Patients may choose between two options: acupuncture (needle) and cupping (needleless).

##### **Sound Healing Therapy**

This unique therapy introduces patients to medicinal melodies created by instruments such as singing bowls, chimes, and tuning forks, which help to detoxify and remove physical and energetic blockages. Patients simply lie back to experience a deep state of relaxation and internal healing.

*\*Other modalities as requested may be available with our network of therapists.*