



888-481-4481

CASA PALMERA

CasaPalmera.com

WHERE LIFE BEGINS AGAIN

# Behavioral / Trauma Program

Each patient at Casa Palmera is professionally evaluated and a personalized treatment plan is carefully structured according to the patient's unique life circumstances. Our goal is to identify every facet of the presenting traumatic event, depression and/or anxiety. This will include addressing specific behaviors, personal history, the potential for relapse, and the true medical nature of the disease and health complications.

Casa Palmera provides state-of-the-art, patient-centered treatment. In a safe and tranquil environment

which is conducive to healing both the mind and the body of the men and women who enter our treatment program.



We are in network with a number of managed care insurance companies and are able to work on an out-of-network basis with others.

As one of the most unique treatment facilities in the nation, we offer hope to individuals and families needing

immediate treatment. We look forward to welcoming you into Casa Palmera's healing environment.

## Behavioral/Trauma Treatment includes:

- Individual Therapy
- Group Therapy
- PTSD/Trauma Groups
- Gender Specific Process Groups
- Dialectical Behavioral Therapy (DBT)
- Grief & Loss Groups
- Co-Dependency/Boundaries Group
- Bio/Neurofeedback
- Yoga

- Reiki
- Acupuncture
- Massage Therapy
- Meditation
- Sauna
- Spiritual Wellbeing Groups
- Ropes Course & Climbing Wall
- Fitness Center & Personal Training
- Intensive 3-day Family Program
- Relapse Prevention