



CASA PALMERA

CASA



Casa Palmera is a nationally recognized addiction treatment center for adults in scenic Del Mar, California. Patients at Casa Palmera can take comfort in knowing that we are staffed with a diverse and highly qualified team of psychiatrists, clinical psychologists, licensed psychotherapists and registered nurses. We help each patient move towards sobriety and recovery from any mental health-related issues.

Individualized treatment plans are created for each patient and apply a holistic approach within a world-class healing environment. Our specialization in addiction includes co-occurring mental health disorders.

Treatments include:

- Dialectical behavior treatment (DBT)
- Cognitive behavioral treatment (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Acceptance and commitment therapy (ACT)
- Neurofeedback
- Trauma recovery

We combine evidence-based treatment with an integrative, holistic approach. Our full continuum of care includes residential treatment, partial hospitalization with/without board, an intensive outpatient program, weekly continuing care and an extensive family program.



OUR VISION

Casa Palmera's holistic program of healing integrates and embraces the fundamentals of recovery, philosophy and psychology. Our approach incorporates four elements to support your recovery:

– CLINICAL

We use the latest integrative medical approaches in combination with evidence-based psychotherapeutic modalities and trauma-informed care.

– LIFESTYLE

With an emphasis on fitness, balanced nutrition, stress management and spiritual reflection, we teach patients how to live a healthy and rewarding life.

– MIND-BODY SUPPORT

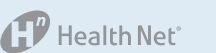
Patients can participate in what interests them most, including mindfulness activities, yoga, tai chi, self-hypnosis, adventure therapy, transcendental meditation, acupuncture, massage therapy and on-site gym.

– ENVIRONMENTAL

We provide 24/7 nursing care within a safe, luxurious environment in a warm coastal community.



IN-NETWORK PROVIDER
We are in network with the following providers and have affordable self-pay options:






CASA PALMERA
DEL MAR, CALIFORNIA

For more information,
call 888-439-2681

Casa Palmera
14750 El Camino Real
Del Mar, CA 92014

www.casapalmera.com