



WE GET TO THE CORE



# TIME-TESTED POWERHOUSE MODEL





At The Meadows, we get right to the core of addiction and co-occurring conditions: unresolved emotional trauma. Developed by Pia Mellody, **THE MEADOWS MODEL** explores the unresolved childhood trauma that impairs many people's lives through addictions, as well as other self-destructive and maladaptive behaviors. Addressing the core of the problem — along with the symptoms — allows for lasting recovery.

The root of addiction — whether to drugs, alcohol, gambling, sex, technology, shopping, or anything else — is essentially the same. The underlying unresolved emotional trauma can also manifest itself in depression, anxiety, physical illness, and a host of other conditions.

Our intensive five-day Survivors Workshop — the engine of our 45-day treatment program — digs deep. This compelling, experiential workshop offers participants a unique opportunity to safely delve into childhood issues in order to understand how unresolved trauma fuels addictions and other self-destructive, dysfunctional behaviors.



Pia Mellody. Dr. Claudia Black. John Bradshaw. Dr. Shelley Uram. Dr. Peter Levine. Dr. Bessel van der Kolk. Dr. Patrick Carnes. These world-renowned behavioral health professionals are all **PIONEERS IN THEIR RESPECTIVE FIELDS**—and they're all Senior Fellows of The Meadows. You'll most certainly benefit from the fruits of our labor.

This group of distinguished experts guides our multidisciplinary team of professionals to ensure our patients receive the best well-balanced treatment available. We integrate a wide range of modalities—from Eye Movement Desensitization and Reprocessing (EMDR) to Somatic Experiencing® (SE) to Cognitive Behavioral Therapy (CBT) to neurofeedback—into our time-tested Meadows Model. We use the most effective techniques supported by up-to-the-minute research. In fact, our Senior Fellows, psychiatrists, psychotherapists, and other distinguished team members are often the very ones doing the advanced research in the areas of trauma and addiction.



# NOURISHMENT FOR THE MIND



**OUR BRAIN CENTER OFFERS FOOD FOR THOUGHT**





Our dedicated Trauma Department is constantly evolving our services by integrating evidence-based modalities into our treatment program. At the **BRAIN CENTER**, patients have access to the latest and most effective technology promoting “self-regulation” skills that can enhance and expedite the recovery process. Our Brain Center features:

- **Neurofeedback (NFB):** Neurofeedback is biofeedback applied to the brain that is based on electrical brain activity providing information on the state of one’s brainwaves and physiological functioning. Neurofeedback— training in self-regulation— addresses problems of brain dysregulation, including anxiety, depression, PTSD, and addictive disorders.
- **Heart-rate variability (HRV):** This biofeedback device helps individuals learn how to relax and develop coherent breathing patterns. HRV works well in conjunction with cranio-electro and audio/visual stimulation.
- **Cranio-electro stimulation (CES):** With over 25 years of research behind it, this tool is useful for sleep, anxiety, and improved cognitive functioning.
- **Audio/visual stimulation with CES (Oasis):** These devices combine light and sound to increase the prevalence of certain EEG frequencies in the brain. Benefits have been shown for stress reduction, insomnia, mood disorders, and cognitive functioning.



Although we're not destined to repeat the past, a lot of dysfunctional and self-destructive behaviors stem from unresolved childhood trauma. That's why our intensive **FAMILY WEEK**—held on site at our breathtaking 14-acre property—is such an integral component of the treatment process. Family Week is ripe for growth. The experience facilitates the recovery process by offering a space for our clients and their families to better understand family-of-origin dynamics and to learn the importance of developing healthy family systems, including setting and maintaining boundaries. Thousands of our clients and their families have found Family Week at The Meadows to be healing and life-altering, enabling them to engage in open and honest communication with their loved ones.



FAMILY WEEK IS RIPE FOR GROWTH



# PLANTING THE SEED FOR AFTERCARE





Developing a cohesive aftercare plan is critical to continued and lasting recovery. That's why we plant the seed for fruitful aftercare plans. Our clients begin devising personalized plans early in the treatment process. A team of experienced aftercare specialists help patients create comprehensive and realistic aftercare plans that provide tools to help them stay on track. Sticking to a routine — including 12-step meetings, exercise, nutrition, social gatherings, mindfulness practices, and other forms of self-care — are among the key elements of this essential plan. During the treatment process, intensive seminars are conducted to explore potential setbacks and triggers — and to address ways to handle such challenges. We cover all the bases.

## **BE COREAGEOUS!**

*Contact one of our Intake Coordinators at 800.244.4949 to learn more about how The Meadows is transforming lives.*



GET TO THE **CORE**. GET TO THE MEADOWS.  
*World Class in Treating Trauma and Addiction*



**800.244.4949 | [www.themeadows.com](http://www.themeadows.com)**

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The Meadows is licensed as a Behavioral Health Inpatient Facility in the State of Arizona and accredited by The Joint Commission.