

QUICK REFERENCE GUIDE

b r e a t h e

Life Healing Centers



(800) 929-5904
BreatheLifeHealingCenters.com



WHAT WE TREAT

- Drug & Alcohol Dependency
- Complex Trauma & Mental Health
- Eating Disorders
- Co-Occurring Disorders

Insurance Accepted

HOW WE TREAT

Expert Trauma-Informed Clinical Care:

Medical & Nutritional Stabilization, EMDR, CBT, Evidence-Based Somatic, Cognitive Therapies & LGBTQ+ Affirmative Therapies

Highly Experiential Programming:

Sensorimotor Action Method Psychodrama, IFS Guided Imagery, Movement, Yoga & Breath Work

Targeted Nutritional Interventions:

Culinary Skill Building, Advanced Exposure Work, 1-on-1 Education & Meal Planning

Family Programming:

6 Month Virtual Weekly Family Class™, Multi-Day Family Workshop & Weekly Family Virtual Contact With Primary Therapist

Offering Joint Commission accredited programs from stabilization to residential to transition living.



RESIDENCES

Beautiful homes, chef-made meals, 24 hour supervision, all-inclusive workouts, spiritual development workshops, culinary classes, yoga, community meetings & virtual guest speakers.

TREATMENT CARE

Clinical 9am - 3pm daily, morning meditation, process groups, LGBTQ+ affirmative group, DBT skills group, 1-on-1 therapy, psychiatric and medical consultations, sexual health, experiential groups & outings.

TREATMENT LENGTH

Drug & Alcohol Dependency Program: **60 days**

Trauma & Mental Health Program: **30 days - 6 months**

Eating Disorder Program: 30 days - **6 months**

TREATMENT COST

Over 70% of Breathe clients use their insurance benefits for treatment. Breathe accepts in & out of network insurance and private pay options.

