

breath<sup>TM</sup>

Life Healing Centers

A Sophisticated Trauma-Informed Clinical Program

WEST HOLLYWOOD, CA







Rarely does the world slow down enough to consider, think and change. We do just that at Breathe.

Breathe Life Healing Centers provides industry-leading, trauma-informed clinical care at our Clinic, while personal recovery and spiritual discovery are the focus at Campus.

## OUR PROGRAMS

SUBSTANCE USE DISORDERS	EATING DISORDERS	TRAUMA + MENTAL HEALTH
Alcohol, Drug Use, + Co-Occurring Disorders	Binge Eating, Bulimia + Anorexia	Depression, Anxiety + Bipolar
<p>Regardless of what challenges you may be facing, our Substance Use Disorder Program provides superior clinical, educational and emotional support in recovery's early stages. With dynamic spiritual-life focused workshops, we encourage a deeper conversation to:</p> <ul style="list-style-type: none"><li>• Solidify Recovery</li><li>• Redefine Center</li><li>• Engage in Feeling Feelings</li><li>• Develop Life Skills Functions</li></ul>	<p>Breakfree @ Breathe equips you with the life-sustaining network of good, healthful changes to extend life, improve health and help you find freedom from the past. Eating disorders and hurtful patterns are interrupted and redirected through a variety of specialty programs including:</p> <ul style="list-style-type: none"><li>• Medical + Nutritional Stabilization</li><li>• Custom Crafted Meal Plan</li><li>• Hands-on Nutrition</li><li>• Body Image Groups</li><li>• Client Centered Exercise + Movement</li><li>• Cooking Classes + Supermarket Outings</li></ul>	<p>Creating safety and stability in the here and now allows clients to remember trauma and mental health issues within a window of tolerance rather than a state of being. Help begins with stabilization evolving through additional treatment modalities that provide a supportive structure of healing opportunities.</p> <ul style="list-style-type: none"><li>• Psychiatric Evaluation</li><li>• Individual Therapy</li><li>• Group Process</li><li>• Medical + Therapeutic Stabilization</li><li>• Psychodrama</li></ul>



## WEST HOLLYWOOD: BREATHE HERE

Situated on 22 secluded acres, Breathe's Campus is tucked away in the heart of Laurel Canyon. Our luxurious Campus sits in a sprawling canyon rich in wildlife, our outdoor organic farm, community dining room, private and shared rooms, an amphitheater and a gym, along with waterfall, pool and hot tub for clients to unplug and unwind.

Clients enjoy chef made meals, 24-hour support, coached workouts, Spark Groups, cooking classes, hands-on nutrition, yoga, Vision Trek, community meetings + guest speakers to expand their recovery.

At Clinic, clients receive individualized and group treatment, psychiatric and medical support.

Breathe's powerful Campus + Clinic experience, once combined, establishes tools and skills useful in building a better life.





DIG DEEP + GROW HERE



## LEVELS OF CARE

Four levels of care equip clients with the tools and skills needed to maintain recovery beyond their time at Breathe Life Healing Center.

## TREATMENT MODALITIES

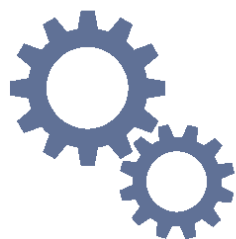
- Action Methods
- Somatic Experience (SE)
- Psychodrama
- Experiential Therapy
- Attuned Fitness
- CBT, DBT + EMDR
- PATH Model Equine
- Peer-to-Peer Support Groups
- Spiritual Development
- Psychiatric Evaluation
- Medication Management
- Family Workshop
- Relapse Prevention
- LGBTQ Affirming Therapies
- Kundalini Yoga + Meditation
- Individual Therapy
- Group Process
- Internal Family Systems Therapy (IFS)
- Breathing Protocol
- Systemic Stabilizations



## PRIMARY TREATMENT

Primary Treatment unfolds as clients progress through our four levels of care. Many clients start in our intensive residential treatment program before moving on to the next phase.

Primary Treatment offers comprehensive, outcome-based programming for clients. Our clinical program is psychodrama-rich and experiential in nature as we create impact beyond "talk therapy". Offering breathtaking locations, powerful trauma-informed treatment and family programming, Breathe ignites change.



## EXTENDED CARE

Extended Care is crafted for those who have completed Primary Treatment or are coming back from a lapse in recovery. This provides a structured program to address all aspects of building a healthy lifestyle. We treat each client's mental health and/or substance abuse issues in a supportive, residential setting.

Breathe's Extended Care program features our full clinical program, including Family Class™ and Family Workshop.



## ENHANCED SOBER LIVING

Enhanced Sober Living (ESL) bridges the gap between early recovery and the fast-paced life one leads. We integrate Life Skills Workshops focusing on talents, relationships of all kinds, money, body, self esteem and more.

Clients identify their innate talents, with the help of StrengthsFinder 2.0, building on talents and stepping into life's responsibility.



## OUTPATIENT

Breathe Outpatient services are offered to those who live near our West Hollywood Clinic and to Breathe alumni.

Clients take part in three groups per week while having the flexibility of living at home or another recovery environment.

Breathe Outpatient services are covered by most insurance and we work with all major insurance providers.

## FAMILY CLASS™

Our family-centered curriculum is called Family Class™ and is the core of how we help families break old patterns and begin change. The family is our client.

No other treatment program offers the powerful recovery tools we do. Breathe helps families in remarkable ways.

## FAMILY WORKSHOP

All families of Breathe clients are encouraged to participate in the 5-Day Intensive Family Workshop. This takes place once per month and may include private sessions, codependency education, boundary education, and group sessions both with and without clients.

## CASE MANAGEMENT

All clients at Breathe Life Healing Centers receive case management services to ensure continual growth. Sessions consist of goal setting, future planning, self-esteem building, responsibility coaching and personal development.

## LIFE SKILLS WORKSHOPS

Clients are connected to their strengths and weaknesses, and triggers they might encounter in recovery. Life happens, and our Life Skills Workshops provide for short- + long-term goal setting, serving to build self-esteem.





Family Class™ helps  
make change stick.







## CHANGE BEGINS

From the challenging to addictive and in between, we help clients heal. We help families recover.

Chances are, fear and confusion abound. For many, finances are a critical detail in the decision-making process to enter treatment. We step with you through insurance and how to make treatment affordable.

Our team makes this process as seamless as possible by working directly with your insurance provider and working with you on a solid plan.

Breathe's clinical services are covered by most private insurance companies, and we work with all major providers.

We answer these questions...

Will my insurance cover treatment?

How much do I pay out of pocket?

Has my deductible been met?

Can I travel out of the area for treatment?

... and more.

# b r e a t h e™

Life Healing Centers

(800) 929-5904

[BreatheLifeHealingCenters.com](http://BreatheLifeHealingCenters.com)

MOST INSURANCE ACCEPTED

