



OUR PURPOSE

Providing women a path to stability, hope and healing

Willow Place is designed to provide a nurturing and supportive environment to help women build their foundation for recovery. Our program offers women the opportunity to develop healthy relationships, as well as their own beautiful unique sense of self. Experience has shown us that in order to facilitate their healing process,

women need a safe place where they can share their lives and experience with others. Willow Place offers a comfortable healing space to address the core issues underlying their addiction and mental health conditions, and our hope is that women will find here the love and safety they deserve.







Addiction and Mental Health

Partial Hospitalization & Intensive Outpatient Programs

At Willow Place, mental health services are provided through group and individual modalities. Our program offers partial hospitalization, meeting a minimum of 15 hours per week and intensive outpatient, meeting a minimum of 9 hours per week.

Evidence-based and experiential therapies are offered by a multi-disciplinary team including, medical doctors, psychiatrists, advanced registered nurse practitioners, licensed social workers and mental health counselors as well as certified addiction professionals.

Specific therapeutic interventions that may be part of an individualized treatment program include:

- Psychiatric evaluation and follow-ups
- Medical evaluation and follow-ups
- Medical nutrition therapy
- Individual and group therapy sessions
- Family therapy sessions
- Psycho-education
- Skills groups including: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy
- Dual diagnosis focus groups
- Experiential and expressive therapies including: yoga, meditation, massage therapy, art therapy, mindfulness practices and spirituality
- EMDR (eye movement desensitization and reprocessing) for trauma recovery



For more information on eating disorders, visit www.allianceforeatingdisorders.com and www.thecenternc.org

Eating Disorder

Intensive Outpatient Program

In this program, our philosophy is focused on improving the clients' relationship to food and helping them get in touch with the body's innate hunger and fullness mechanisms. Learning to eat intuitively and practicing mindfulness are a large part of the therapy at Willow Place. We use a multi-disciplinary team of professionals; licensed therapists, a registered dietitian and nutrition therapist, psychiatrist, and medical doctor to ensure the best treatment plan for each individual client. Counseling sessions incorporate education on nutrition, meal planning, portioning, intuitive eating, mindful eating practices, challenging harmful dietary rules and beliefs, building awareness around hunger and fullness, metabolism, and learning to have a peaceful relationship with food.

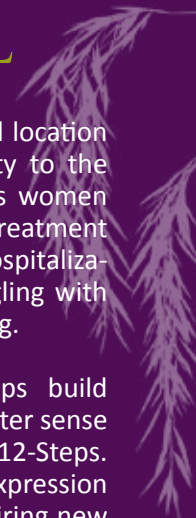


WEST PALM BEACH, FL

Year-round sunshine and warmth make West Palm Beach, Florida an ideal location for holistic healing. The energy and diversity of the city, with proximity to the ocean, provide an environment that is conducive to the growth process women experience while at Willow Place. Our original location offers holistic treatment for women with addictive and mental health disorders at partial hospitalization, intensive outpatient and outpatient levels of care. For those struggling with eating disorders, Willow Place also offers intensive outpatient programming.

Addiction Track focuses on the neuroscience of addiction. It helps build coping mechanisms for recovery, relapse prevention and developing a greater sense of self through groups on relationships, self esteem, spirituality and the 12-Steps. The program also uses experiential therapies such as yoga and creative expression to connect mind, body and spirit. These therapies assist clients with acquiring new coping skills for stress, encouraging meditative and mindfulness techniques, as well as body awareness and self-discipline.

Eating Disorder Track focuses on re-connecting with the body and mind, and letting go of the shame, anxiety, guilt and fear that women have come to associate with food and their bodies. Through an individual and group process, women use a structured meal plan and are guided toward the basics of intuitive eating. They also prepare and enjoy meals together. As the women develop skills to aid in regulating hunger, fullness and satiety, it helps them detach their emotional connection to food. The women also participate in groups focusing on body image and self-esteem to re-establish a positive relationship with their body and recognize the beauty within.





Partner in Excellence

Willow Place assists clients in finding a FARR accredited recovery residence to reside while in treatment. We collaborate with these residences to provide a comprehensive treatment and supportive living experience. Transportation is provided by Willow Place from the recovery residence to the treatment facility daily.

ASHEVILLE, NC

There's something truly special about Asheville, with its incredible natural resources surrounding the city, and an eclectic and holistic healing culture, it's both inviting and supportive - the perfect place for transformation and healing. Willow Place Asheville embodies this culture by providing a unique combination of evidence-based and experiential therapies to facilitate change for women with mental health disorders. It offers partial hospitalization, intensive outpatient and regular outpatient levels of care with specific tracks, individualized to the client and their specific needs.

Addiction Track works to create a place where women can experience healing and growth through evidenced-based treatments, combined with holistic and innovative approaches. The program uses a variety of methodologies to educate the women about the neurobiology of addiction and assist them in building coping mechanisms for recovery. Through evidence-based therapies including *Dialectical Behavioral Therapy*, *Seeking Safety*, and *Terence Gorski and The Matrix Relapse Prevention* models, the women are taught skills for everyday living. Our program embodies the 12-Step philosophy by focusing on healing the mind, body and spirit through the use of experiential therapies including art therapy, writing, nutrition, yoga and meditation. This holistic approach is meant to guide women to a place of stability, self-acceptance and empowerment.

Eating Disorder Track focuses on re-connecting with the body and mind, and letting go of the shame, anxiety, guilt and fear that women have come to associate with food and their bodies. Through an individual and group process, women use a structured meal plan and are guided toward the basics of intuitive eating. They also prepare and enjoy meals together. As the women develop skills to aid in regulating hunger, fullness and satiety, it helps them detach their emotional connection to food. The women also participate in groups focusing on body image and self-esteem to re-establish a positive relationship with their body and recognize the beauty within.

Trauma Track focuses on processing traumatic experiences through the use of art therapy - our treatment of choice because of the way traumatic memories are stored in our bodies and unconscious minds. Most people who have experienced significant trauma view their 'world' as unsafe and are therefore operating in survival mode. Creating art re-engages the brain in a challenging and novel experience that moves us from survival mode to thinking, learning, and curiosity. Art may also feel like a safer way to process trauma because we use metaphors instead of talking directly about our experiences. Furthermore, focusing on non-verbal processes gains access to emotional and sensory memories that can be expressed and processed through art.

Housing

Willow Place assists clients in finding local recovery residences while in treatment. We collaborate with the residences to provide a comprehensive treatment and supportive living experience. Transportation from the recovery residence to our facility is provided by Willow Place daily.





Willow Place for Women has really helped me transform the trauma and addiction in my life to levels of healing I never expected, nor knew existed.

Their team of caring, professional therapists gently guided me through this amazing process. I felt safe allowing all the pain, trauma, and sorrow, which were the root causes of my addiction, to surface. With the individual and group therapy, I was able to acknowledge and accept myself, with all of my frailties... and strengths. I gained invaluable tools for coping and managing my anxiety, depression, and ultimately, addiction. Now, I truly have a solid foundation, along with the 12-Step program support, to go forward in life free from the trauma and substances that held me in bondage for most of my life.

I am forever indebted to Willow Place for Women, they saved my life and helped me build a new one.

Alicia

TRUE TRANSFORMATION IS POSSIBLE...

I was referred to Willow Place after attending an inpatient treatment center for multiple addictions and disorders including: drugs, alcohol, an eating disorder that had a hold on me worse than the drugs and alcohol did, as well as bipolar disorder, all of which contributed to my life spiraling out of control.

I began IOP at Willow Place and was immediately at home with other women that I could relate and open up to. Willow Place staff made me feel like there was hope and they became my recovery family. I broke myself down in the comfort of their care so I could be built back up into a strong woman that I love more than anyone else ever could or would.

The doctors, the therapists, and group leaders were all among the best I've ever seen or worked with after being in 12 treatment centers. My life has greatly changed and I will be forever grateful for the care I received at Willow Place.

Felicia

Prior to attending intensive outpatient treatment at Willow Place for Women, I was spiritually bankrupt, as a result of inadequate teaching and modeling early in life from an addictive system. This impaired my interaction with others and led to a poor quality of life and addiction.

The groups at Willow Place have been extremely empowering and have given me the motivation to change. Learning about the medical and psychological effects of substance abuse has helped me understand addiction as a chronic illness and therefore, helped me maintain abstinence and treat my disease. The supportive and safe group setting has helped me develop, practice and improve my communication skills drastically. Most importantly, Willow Place has helped me re-connect with my higher power and use my spirituality to give me strength.

The therapists and group leaders have been amazing and genuinely love the women who attend Willow Place. For example, I received devastating news about the loss of a close family member and had to return to Massachusetts to attend my godmother's services. The clinical director, counselors, administrative assistant and my fellow peers went above and beyond to see that I would remain on the right track during such a difficult time.

I am able to see positive changes in myself, as well as my peers, since coming to IOP. The insight and coping tools I have gained here are imperative assets to my recovery.

Christy



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