

Holistic Therapy

MUSIC THERAPY

Music, the timeless healing art, is often used to elicit and identify emotional and spiritual insights. From meditative listening to song-writing, patients discover new dimensions of self, accelerate the healing process, and learn to let go.

ART THERAPY

Art therapy encourages self discovery as patients explore different mediums and forms of self-expression. From painting and mural work to crafts and critiques, they learn to draw insight through the use of reflective creative exercises.

GARDENING

Our organic garden provides patients with the opportunity to plant & cultivate fruits and vegetables. Gardening can be restorative for patients and help cultivate hope and a more positive outlook.

MASSAGE

Release tension and reach equilibrium by working with our massage therapist. Patients center themselves in their minds and bodies, experiencing needed calm and lowering debilitating anxiety.

YOGA

Yoga is an ancient spiritual discipline. Patients participate in group sessions guided by a certified yoga instructor, learning new techniques for breathing, stress relief and coping with anxiety.

RECREATIONAL THERAPY

From team-building and trust exercises to a variety of fitness programs, patients are challenged to abandon old ideas, attitudes and behavior patterns. Participants develop a new level of self-awareness.

CULINARY

Our culinary program allows patients to learn about healthy eating and nutrition, while preparing wholesome snacks and meals. The culinary process fosters the development of vital life skills.


EQUINE THERAPY

Equine therapy offers patients an alternative venue for spiritual and emotional growth. Participants work with our horses, our equine therapist, and a selected group of peers to create connections with themselves and their environment.

**Services vary depending on site*

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