

Detox and Residential Facility



Retreat at Palm Beach

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Greenacres, FL 33463
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www.retreatpb.com



Outpatient Treatment Services



Who We Are

Retreat at Palm Beach is a private outpatient rehabilitation center located in South Florida offering drug and alcohol addiction treatment. We offer a complete continuum of outpatient care, including Partial Hospitalization (PHP)/Day Treatment, Intensive Outpatient (IOP) and General Outpatient Programs.

Emphasis is placed on building a sober lifestyle through 12-step programs, alumni networks, and continued counseling. By integrating the most advanced and proven clinical approaches with alternative therapies, Retreat offers a holistic approach to treatment.



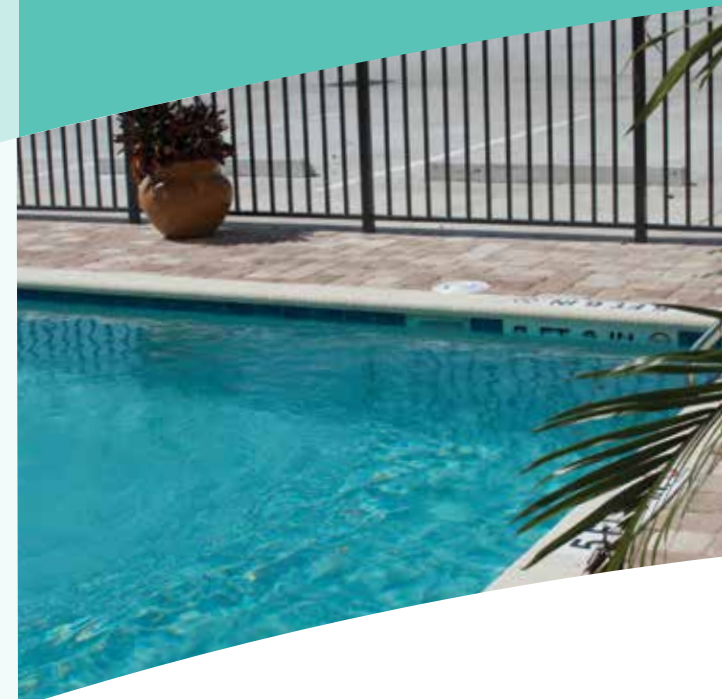
Our clinical staff understands the dynamics of addiction and the associated destructive behaviors. Didactic programming, group, family and individual therapy sessions will focus on core issues such as:

- Impulse Control & Relapse Prevention
- Recovery Planning
- Denial, Grief & Loss, Resistance
- Relationships and Peer Influence
- Development of a sober support network
- Family Support

Our clinical approach includes:

- Psychological Assessments
- Individual Therapy Sessions
- Group Therapy Sessions
- Dual Diagnosis Treatment
- Holistic & Alternative Therapies
- CBT (Cognitive Behavioral Therapy)
- DBT (Dialectical Behavioral Therapy)
- Yalom's Group Psychotherapy Approach
- Disease Model & 12-Step Integration
- Family Participation & Programming

Our Programs



Partial Hospitalization/Day Treatment

Retreat's day treatment program offers enhanced structure and additional therapy services to individuals in need of daily treatment while still residing at home or in a sober living environment.

The day treatment program is also offered as a transition from inpatient treatment to provide ongoing structure and healthy support. This program is offered 5 days per week for a partial day of services each day.

Intensive Outpatient & General Outpatient

Retreat's IOP and Outpatient programs allow for continued treatment in a structured environment. Flexible programs, including evening sessions is provided to accommodate any work or school schedules. The IOP program meets 3-4 days per week for 3 hours per session while outpatient level services are offered on an individually needed basis.