Casa Palmera is a nationally recognized addiction treatment center for adults in scenic Del Mar, California. Patients at Casa Palmera can take comfort in knowing that we are staffed with a diverse and highly qualified team of psychiatrists, clinical psychologists, licensed psychotherapists and registered nurses. We help each patient move towards sobriety and recovery from any mental health-related issues. Individualized treatment plans are created for each patient and apply a holistic approach within a world-class healing environment. Our specialization in addiction includes co-occurring mental health disorders.

**Treatments include:**
- Dialectical behavior treatment (DBT)
- Cognitive behavioral treatment (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Acceptance and commitment therapy (ACT)
- Neurofeedback
- Trauma recovery

We combine evidence-based treatment with an integrative, holistic approach. Our full continuum of care includes residential treatment, partial hospitalization with/without board, an intensive outpatient program, weekly continuing care and an extensive family program.

**OUR VISION**
Casa Palmera’s holistic program of healing integrates and embraces the fundamentals of recovery, philosophy and psychology. Our approach incorporates four elements to support your recovery:

- **CLINICAL**
  We use the latest integrative medical approaches in combination with evidence-based psychotherapeutic modalities and trauma-informed care.

- **LIFESTYLE**
  With an emphasis on fitness, balanced nutrition, stress management and spiritual reflection, we teach patients how to live a healthy and rewarding life.

- **MIND-BODY SUPPORT**
  Patients can participate in what interests them most, including mindfulness activities, yoga, tai chi, self-hypnosis, adventure therapy, transcendental meditation, acupuncture, massage therapy and on-site gym.

- **ENVIRONMENTAL**
  We provide 24/7 nursing care within a safe, luxurious environment in a warm coastal community.
For more information, call 888-439-2681

Casa Palmera
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Del Mar, CA 92014

www.casapalmera.com