

# THE CANYON PROGRAM FEATURES

*Holistic Therapies, Scenic Views and Experiential Methods*

At The Canyon, individuals are guided into recovery surrounded by the distinctive natural beauty of Peace Park.

Adventure therapy, organic meals, nature hikes, a labyrinth walk, a meditation dome and a sweat lodge may not seem directly related to addiction treatment or the recovery process, but it's through structured experiential group work and activities like these that individuals learn to replace dysfunctional coping patterns with recovery-oriented behaviors. Adventure therapy increases awareness of the impact of addiction and the ability to employ coping strategies to respond to stressors. Art therapy facilitates self-expression and enhances self-worth while encouraging patients to question self-limiting beliefs and practice taking safe risks. Mindful walks offer an opportunity to focus on sights, sounds, smells and sensations of touch, enabling patients to connect to the environment and themselves.



Atlanta | Santa Monica | Memphis | Malibu  
Nashville | Palm Springs | San Francisco

We focus on healing the whole person, mind, body and spirit.

## ***The Healing Power of Nutrition***

The Canyon offers a unique and fulfilling culinary experience that supports the mind, body and spirit in the recovery process. Our chefs work with the highest quality ingredients, such as organic produce and pesticide- and antibiotic-free products. They craft nutritional gourmet meals, taking into consideration each patient's particular taste and dietary

restrictions. The goal is to introduce patients to the healing properties of fresh foods, which allow the body to reach a balance that reduces cravings, creates strength, calms the emotions and brings clarity of mind. Natural foods have a variety of healing benefits that can help restore a person's body to health, and steady nutrition can have a profound effect on the recovery process.

## ***Challenge, Adventure & Equine Therapy***

Treatment does not just happen in a meeting room, and taking therapy into the great outdoors does more than just change the scenery. Recreational activities, such as ropes courses, challenge courses and beach trips, are designed to address basic recovery issues and move patients into deeper insight and healing. These group sessions utilize traditional group therapy, structured experiential group work, metaphor therapy and adventure-based counseling. The concepts of limits, boundaries, self-care, acceptance, letting go and accountability are important themes in this form of therapy. Other outdoor therapy options integrate the use of animals. Equine-assisted therapy combines the use of horses and experiential therapy. Research has shown that horses, with their intuitive and sensitive nature, mirror what they see in human body language, providing powerful insights and learning experiences in this therapeutic setting. These gentle creatures also help to re-establish ideas like trust. Through the patient's relationship with the horse and the use of metaphors, equine therapists facilitate the process of awareness and change for each individual.

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**Through experiential group work and structured physical activities, individuals learn to replace dysfunctional coping patterns with healthier, recovery-oriented behavior.**  
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### ***About Foundations Recovery Network***

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

### ***The Canyon's Uniqueness***

The Canyon's famed meditation dome, its labyrinth walk and its therapeutic sweat lodge are out-of-the-ordinary offerings that certainly set the center apart. Outdoor pools, ropes courses and a serene natural landscape also



add to The Canyon's special appeal. Our long list of holistic offerings create a well-rounded treatment program. As patients engage in these activities, they are empowered to gain a deeper insight through personal time for reflection and self-discovery. The Canyon at Peace Park is a distinguished sanctuary of recovery where cutting-edge treatment and innovative therapies are the norm. We are dedicated to the promise of lifelong recovery for each individual.