

Expert Treatment
Lasting Recovery
Unique Approach



HARMONY PLACE MONTEREY

EATING DISORDERS, MENTAL HEALTH, ADDICTION,
COMPULSIVE BEHAVIOR AND TRAUMA RECOVERY

Welcome to Har many Place



Welcome to Monterey





HARMONY PLACE MONTEREY

Harmony Place Monterey is a transitional living treatment center on the Central Coast of California. Our programs are unique in that we place strong emphasis on intensive individual therapy along with group work.

Clinical Directors Dr. Mark Schwartz and Lori Galperin, LCSW, have 30 years of experience and research in treating addiction, eating disorders, and other mental health issues and bring paradigm-shifting treatment to those struggling to lead productive, fulfilling lives.

At Harmony Place Monterey, we treat:

- Addictive Disorders and Behaviors
- Post-Traumatic Stress Disorder and Sexual Trauma
- Eating Disorders: Anorexia, Bulimia, Binge Eating
- Depression and Bipolar Disorder
- Grief | Trauma
- Obsessive-Compulsive Disorder (OCD)
- Sexual Disorders
- Marital and Family Issues



Our Philosophy

Our goal is not only to treat symptoms, but to better understand the roots of the issues. Addictions (to substances and emotional states) remain in place for many reasons. We work to unearth the compassionate understanding of “why” the symptoms developed in the first place. Without such understanding, relapse reoccurs and feelings of defeat sabotage the healing process.

Our clients learn to deal with factors that sustain and perpetuate self-destructive behavior. They recognize that their symptoms, until understood in depth, serve a vital purpose of some kind. Removing an addictive behavior or addictive thought without comprehending what it is compensating for leads to an incomplete treatment program and can be a potential for chronic relapse.

The specialty of the program is facilitating attachment and the capacity to connect with others. Addiction is conceptualized as an intimacy disorder and individuals are helped to alternatively turn to relationships with people as a source of comfort. Early childhood experiences that may have interfered with this capacity are revisited and new strategies related to beliefs about the self, and issues related to safety, trust, and intimacy are explored.

What We Do

We offer two intensive programs: Intensive Outpatient and Partial Hospitalization. Our Intensive Outpatient clients require attendance for three hours a day, and our Partial Hospitalization Program clients attend programming for six hours a day. We attract clients from all over the United States and arrange housing close to the ocean for those participants who do not live locally.

At Harmony Place Monterey, we work with a small group of clients, allowing 12-14 clients at a time, so that our clients can receive individualized, focused attention. A psychiatrist evaluates each client and provides medications if necessary or desired. We also utilize life coaches to help reorient life skills. Clients take part in a “core” group each day and are scheduled for individual therapy sessions with a primary therapist three times per week. As part of our program, we offer expressive therapies and groups focused on anxiety and mood management, shame resiliency, chemical dependency, eating disorders, life skills and relapse prevention. The work allows individuals to connect with suppressed emotions and repressed trauma, as they begin to heal negative self-beliefs.

Insurance Information: Harmony Place Monterey is in network with most insurance companies. Please call our intake office for information at 831 747 1727.

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Our Beautiful Location

Harmony Place Monterey is located on the scenic Central Coast of California. The location features the Pacific Ocean, natural Redwood, Eucalyptus, and Cypress forests, miles of beaches and many opportunities for site-seeing as well as retreating to nature and serenity. This is an area that inspires healing.



MARRIAGE THERAPY INSTITUTE

DR. MARK SCHWARTZ | LORI GALPERIN LCSW

Marriage and Relationship Therapy

Dr. Schwartz and Lori Galperin offer seven-day Intensive Marriage Retreats wherein couples stay in special, secluded housing and work on their relationship. The retreats include two 90-minute therapy sessions each day and homework practice.

Sexual-enhancement therapies are included when desired/requested. The focus is on both of the individuals and the issues shared as a couple, using a unique relational approach.

www.marriagetherapyinstitute.com >>





HARMONY PLACE MONTEREY

INTENSIVE OUTPATIENT, PARTIAL HOSPITALIZATION

LIFE-CHANGING, HIGHLY CUSTOMIZED TREATMENT

831 747 1727

MONTEREY, CA

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