

TREATMENT TRACKS

TRAUMA
PTSD

MENTAL
HEALTH

EATING
DISORDERS

CHEMICAL
DEPENDENCY

SEXUAL
DISORDERS

HARMONY PLACE MONTEREY

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TRAUMA | POST-TRAUMATIC STRESS DISORDER (PTSD)

"Trauma" describes events of such great magnitude that the brain cannot consolidate into long-term memory and cannot make meaning of, and thereby, cannot integrate. Often, trauma is associated with dissociation, where the self fragments and part of the individual feels one way and another part feels the opposite. For example, one part feels rage while another part is compassionate. Typically, numbness, hyperarousal, and intrusive symptoms can appear with poor emotional regulation and an exaggerated startle response. At HPM, we utilize evidence-based treatment approaches such as Cognitive Reprocessing Therapy, EMDR, Internal Family Systems (IFS), and other forms of Exposure Therapy, including group-process PTSD. We also specialize in working with Veteran's and Active Duty enlisted military, using evidence-based interventions, dealing with the unique aspect of current deployment as well as earlier childhood neglect and abuse. Having worked with hundreds of veterans and thousands of sexual abuse survivors, we are very experienced in compassionately facilitating healing processes as needed.

2

MENTAL HEALTH | DEPRESSION | BIPOLAR

The critical piece in fighting depression is to find the right combination of medicines, the right dose, with minimum side effects. Since there are now many medicines with very specific targets to this complex disorder, it is important to monitor this closely each week to determine an optimal response. Once minimizing symptoms are contained, psychotherapy is critical to reengineering one's life in order to create day-to-day capacity for emotions and joy. Living outside the zone of depression requires specific interventions and lifestyle changes.

3

EATING DISORDERS

Eating Disorders are complex and have about 10 different pathways that require very different treatments. Once the symptoms are stabilized, it is critical to determine the original contributing factors and those maintaining the symptoms. It is common that the original causes of the eating disorder often manifest at the age of 13 and become more complex as an individual ages. One's relationship with food often parallels one's relationship with people, in that food is used for emotional regulation and as a substitute for loneliness and as a way to avoid people, feelings, and emotional stress.

4

DRUG and ALCOHOL ADDICTION

Our Chief Clinical Officer Dr. Leon Larimer has over 20 years of experience in treating addiction issues. Following abstinence and detox, he brings clients to where recovery really begins. Typically, the individual is flooded with all issues "put under the rug," those they had avoided dealing with for years. The unique aspects of our program are a blending together of effective psychotherapy, medication management, relapse prevention, life coaching, and 12-step or spiritually based interventions, including adherence to Buddhist principles to help maintain sobriety and then psychotherapy work on the deeper issues that often maintain and perpetuate addiction. In addition, emotionally focused individual and group modalities are offered to help identify and treat underlying patterns that often promote active substance and alcohol abuse and that can prevent a successful recovery. Our small group-treatment setting provides intimate support and understanding to those suffering from an alcohol, substance, or behavioral addiction problem.

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SEXUAL DISORDERS

Sexually addictive behaviors can be quite divergent, depending on the developmental pathway causing the behavior. Dr Mark Schwartz has been treating out-of-control sexual behaviors for 40 years, starting with Dr. John Money at Johns Hopkins, with Masters and Johnson, and with Patrick Carnes. In addition, he has edited the book, *Sexually Compulsive Behavior*. His groundbreaking work in intimacy and attachment is the basis for his unique approach to treatment with hundreds of individuals and their partners. Our Sexual Disorders track allows for intensive treatment of out-of-control behaviors as well as associated psychiatric issues, such as obsessive-compulsive disorder and co-occurring addictive behaviors.

Harmony Place Monterey has a very accomplished and adept staff, several with more than 40 years of experience. We also have a highly qualified psychiatrist and skilled dietician.

Our codirectors have spent over 30 years working with those who struggle with addictive behavior, trauma, and eating disorders. Their clinical experience and curiosity have given them tremendous insight into the recovery process, including an understanding of the contributing factors of coexisting conditions and triggers contributing to relapse.

Our Partial Hospitalization Program (PHP) is five days a week, and we offer six hours a day of targeted programming, with three individual therapy sessions a week to do the deeper work on the factors causing and maintaining chronic relapse — plus, one session a week with our psychiatrist.

We also offer an Intensive Outpatient Program (IOP) that is three hours a day, four days a week.

We offer a beautiful, supervised transitional-living house for clients who are coming from out of town or those who prefer to stay within the therapeutic community for additional support while going through our PHP program.

In our transitional living house, clients are immersed into the community of like-minded individuals to learn how to better deal with the everyday stressors and distractions of the real world, while overcoming and controlling the symptoms that are important to the client's recovery journey.

Our psychiatrist is exceptional, open to changing medications and dosages when needed until the right combination of medication and dose is found.

We work with chronic relapse, which is often the case for those suffering multiple addictions. We specialize in chemical dependency, trauma, eating disorders, sexual difficulties, co-dependency, and bipolar disorder.

Our codirectors are highly skilled in the treatment of intimacy and attachment disorders. We have lectured to thousands of professionals throughout the US on our unique treatment for improving relational intimacy.

We combine 12-step, Buddhist Refuge Recovery, Mindfulness, and Cognitive-Behavioral and Acceptance and Commitment Therapies with deeper affect-based therapies.

We understand and address depression, anxiety, and the obsessive thoughts that are often accompanied by out-of-control behavior.

Our dietician is exceptional and experienced in meal monitoring and food-related coaching, both of which are part of our Eating Disorder track.

HPM's Eating Disorders Program has been voted #1 in Monterey for three consecutive years: 2017, 2018, and 2019!

THE HARMONY PLACE PHILOSOPHY

Behind the symptoms are “the problem.” Symptoms have developed as distorted survival strategies. Symptoms are logical, rational, and adaptive, if one knows the developmental history. Symptom remittance is dependent on understanding the logical development, which allows for an alternative solution. Recovery is a process that starts with symptom control, but results in creating and sustaining a full life of joy and connection with self and others.

In the age of corporate takeovers, the medical field has become increasingly impersonal at a cost to the individual's recovery. We are a small staff of 10 that works with 25 clients, and we give them “everything we got.” Our highly trained staff meets daily and we are committed to quality care. All staff are continually in training and are supervised, reading and learning about our clients and from a variety of resources.

Our unique lens for treatment of mental health problems is attachment science. Research suggests that early bonding experiences and early life experiences (trauma) set the individual up for developmental difficulties that leave them vulnerable to feeling alone, without a secure base, and unable to receive love, i.e., bonding disorder. Deep loneliness is at the core of most adult mental-health issues.

The child's early attachments become blueprints for future interpersonal connections. The child absorbs self-acceptance or self-rejection, which will later influence all relationships, which then in turn, affect the relationship with self. Finding parts of self unacceptable, splitting them off, and projecting onto others is the basis for hate and prevents accepting love.

Our staff is focused on repairing the bonding systems with specific interventions to facilitate secure attachment. This includes trauma resolution therapies, but also focuses on the negative voice from within the mind that contributes to disconnection and avoidance.

In conclusion, symptom change is necessary but rarely sufficient. Our goal is opening the potential for individuals to have a full and satisfying life, capable of navigating both the grief, pain, and suffering as well as the joys and creative ecstasy of a fulfilling existence.

READY TO MAKE A CHANGE?

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Our unique approach will fit your needs