

Inner Journey
Healing Arts & Wellness Programs

**HOW INNER JOURNEY HEALING ARTS
CAN BENEFIT YOU**

- Complete Substance Abuse Outpatient and DUII mandated treatment with LCSW and CAP Counselors.
- Increase self-esteem.
- Release destructive addiction patterns.
- Improve your Health.
- PEER Support Specialist.
- Rediscover your joy and creativity.
- Reunite families involved with CFS.
- Understand why you feel the way you do.
- Explore & integrate your authentic self.
- Complete probation legal requirements.
- Explore family of origin issues. Heal grief and loss issues through the Expressive and Creative Arts.

CALL NOW FOR MORE INFORMATION

Medicaid, Some Private Insurance,
Check, Credit, Cash

Intake (503) 543-6100

The time is now to take care of
yourself and the ones you love.

**INNER JOURNEY
HEALING ARTS CENTER
IS A 501(C)(3) NONPROFIT ORGANIZATION**

**YOUR DONATIONS AND CONTRIBUTIONS
ARE APPRECIATED TO PROVIDE QUALITY LOW
COST SERVICES TO THOSE IN NEED.
REMEMBER YOUR DONATION IS TAX
DEDUCTIBLE. [Donate \(paypal.com\)](https://www.paypal.com)**

"One Step at A Time"



2054 Vista Parkway, Suite 400
West Palm Beach, FL 33411



**HEALING
FROM THE INSIDE OUT**

OUR MISSION

Inner Journey Healing Arts is a safe and sacred place for adults and children to heal from domestic violence, trauma, addiction, and stressful life situations.

We focus on treatment areas such as Family of Origin issues, Grief & Loss, Post Traumatic Stress Disorder (PTSD), and similar areas of distress.

We use a variety of *Wholistic* therapies to empower clients to heal and recover, including Expressive Arts, Counseling, Licensed Clinical Social Worker, Naturopathic Medicine, PEER Support, Acupuncture, Aromatherapy, and evidence based modalities.

These powerful methods have demonstrated positive results in assisting clients who are struggling with Behavioral health or emotional issues to integrate Body, Mind, and Spirit.

Inner Journey Healing Arts Center-Outpatient

**East-1408 N Killian Drive, Ste 113A
Lake Park, FL 33403**

**West-2054 Vista Parkway, Suite 400
West Palm Beach, FL 33411**

(503) 543-6100

WEBSITE: www.InnerJourneyHealingArts.org

EMAIL: www.innerjourneywestpalm@gmail.com

*At Inner Journey
We believe...
in Treating the Whole Person*

We also believe in tending to how these behaviors of an individual's addictions are fully entwined with an individual's trauma.

Out of the program work of Stephanie Covington, we help transform a client's feelings and behaviors through various strength based modalities using trauma informed services, Evidence based, Expressive Art therapy, music, poetry, and other forms of artwork. This personal experience of truly accessing one's trauma exists at a point of extreme gentleness and containment. Client's state," they appreciate being able to "move through their trauma and be supported." *Inner Journey's* unique perspective on trauma work is unlike other approaches.

Instead of conceiving that drugs or mental health conditions are the enemy and seeing drug abstinence as a great struggle against the enemy to be brought about only through great striving and strictly regimented behavior, we adopt our perspective to a human growth and need-fulfillment model. We help persons to become agents of their own healing, not the passive recipients.

Our programs are gender specific for Women and Men.

We provide Mind/Body sensory Awareness Programs, Trauma Therapy, Nutritional Counseling, Meditation, Expressive Art Therapy, Psychodrama, Licensed Clinical Social Worker, Naturopathic, PEER Support, Music Therapy, Aromatherapy, Acupuncture, and many more ways to promote long-lasting and authentic healing of the whole self.

SERVICES DESCRIPTIONS

RELAPSE PREVENTION -DUII and A&D knowledge and education. Using CBT, cognitive behavioral, mindfulness and relaxation skills, clients learn how to engage in safety planning, how to control and work through cravings, regulate emotions without self-medicating and increase self-awareness around triggers.

NATUROPATHIC MEDICINE – Each Individual will be assessed in determining how best to support their treatment experience, promote successful coping skills, and empower personal health.

STRESS MANAGEMENT - Group facilitates stress management education and techniques to provide coping skills for somatic and emotional stressors to help prevent against relapse.

HEALTH & WELLNESS - Group provides psycho-education on the importance of self-care. Topics addressed are nutrition, aromatherapy, Pain management, and how health and wellness contribute to successful sobriety. Some topics included are herbal therapy, vitamins, amino acid therapy, herbal and natural remedies, and homeopathy, to deal with anxiety, depression, and PTSD.

16 STEP GROUP - Guided step program that facilitates a trauma sensitive approach to achieving and maintaining sobriety through enhancing concepts of empowerment, authenticity, relinquishing shame

RELAXATION & ACUPUNCTURE FOR SUBSTANCE ABUSE - Group participation includes how acupuncture can treat and Relieve symptoms of withdrawal, craving or other ailments that can trigger relapse.

TRAUMA FOCUSED EDUCATION - Addresses women specific issues surrounding trauma, addiction, substance abuse and recovery. Using cognitive behavioral interventions, psycho-education and expressive art therapy.

PROCESS GROUP - Peer support group for individuals learning how to express one's feelings in constructive ways. In recovery. Using motivational and strengths based facilitation, clients can voice and process their journey.

SOBER PARENTING – Utilizing *Trust Based Intervention* techniques, Helping Families healing, Attachment-Why it matters, Trust based parenting-create lasting changes in your child's behavior. In depth training for parents of children with trauma based behavioral issues. By Dr Karen Purvis, and Dr David Cross. Heather Forbes-*Beyond Consequences*. Cutting edge parenting techniques.

MUSIC THERAPY GROUP- Using music, sound, song, various instruments, along with guided healing imagery, to help clients learn grounding, and self-soothing skills.

INDIVIDUAL SESSION- Weekly personalized sessions within clients Treatment program to help support and maximize the benefits of their experience.

GROUP SESSION- Weekly gender specific sessions within clients Treatment program to help support and maximize the benefits of their experience.

FAMILY SESSION- Family involvement is often critical for success in treating many substance abuse, and other disorders.

