

APEX Recovery Rehab

Innovative & Integrative Addiction Treatment by Design



877.881.2689
San Diego, CA 92116

www.apex.rehab /
4452 Park Blvd. Ste. 301

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APEX Recovery provides a holistic, integrative psychological approach that utilizes evidence-based treatment approaches. Our core treatment program includes components of Motivational Interviewing and Cognitive Behavioral Therapies.

APEX Recovery is proud of our residential programs. Which are made up of our residential, upscale

centers in San Diego, California. Our programs are integrative, holistic, and evidence-based. We offer boutique services and accommodations to help comfort, heal, and restore our participants' minds, bodies, and spirits.

Clients of APEX Recovery can feel free to take a leisurely swim in the pool or a comforting soak in the spa, unwind with yoga lessons or enjoy a massage in the garden. We also offer facials and spa treatments with a licensed esthetician, to help rejuvenate the body and mind.

At APEX Recovery, our goal is to help every patient look, feel and be their best. In doing so, we believe in treating the whole person – not just the addiction – to restore optimal health and well-being.

Staff Spotlight

Danielle Lacey **Director of Marketing**

Danielle Lacey is the Director of Marketing at APEX Recovery and the newest member of the APEX family. She



is a San Diego native and graduate of SDSU. Danielle's strong presence in the addiction community, commitment to helping others find the best treatment available, and personal recovery journey are what make her a great fit for APEX. Prior to coming on to the APEX team, Danielle worked for several years as the Director of Marketing for a mental health residential facility. Danielle's goal is to take her extensive knowledge from the

mental health industry and use it to pursue a career in the addiction field where she can help others find the path to recovery just as she had. In her spare time, Danielle can be found spending time with her husband and little boy hiking around San Diego, lying in the sun at the beach, or walking around the San Diego Zoo.

Please give Danielle a call to learn more about APEX Recovery and to schedule a tour of our residential facilities. You can contact her at: 619.997.3681 or by email at dlacey@apex.rehab.

APEX at the WCSAD Conference



Our APEX team attended the 7th annual West Coast Symposium on Addictive Disorders held at the La Quinta Resort this past week. This two-and-a-half-day event is dedicated to continuing education and networking in the field of addictions and draws hundreds of regional, national, and international participants, lecturers and faculty. The APEX team was able to attend several compelling lectures on the emerging and important issues facing the addiction treatment and recovery community.

APEX was proud to co-host a dinner with HOAG Hospital during the 2nd night of the WCSAD conference.

Despite the record breaking heat of 116 degrees, a great time was had by all at the Cliffhouse Grill in La Quinta. This networking dinner provided APEX the opportunity to share about their passion and

approach to treatment to other like minded professionals in the industry.



Clinical Director's Column



Feedback-Informed Treatment (FIT)

Written by Dr. Sean House, PsyD.
Clinical Director at APEX Recovery

What works in successful addictive-behaviors therapy? A body of scientific research informs the mental health and addiction fields of what stands up "evidence-based practice." For a therapy to be identified as an evidence-based practice, it has to have demonstrated success in clinical trials. But with many approaches deemed as evidence-based, how can therapists determine whether any particular approach will be successful with a particular client? Psychologist Scott Miller and colleagues developed a feedback system for clients to rate the effectiveness of each therapy session. A quick 4-item feedback form, known as the Session Rating Scale, allows clients to rate 1) the strength of the therapeutic relationship, 2) whether the goals/topics of the session were what the client wanted to cover, 3) how the therapist's method/approach fit for them, and 4) the overall effectiveness of the session. This immediate feedback provides therapists with information about how well the session was, from the client's perspective, on the most important aspects of the therapeutic alliance. Research has consistently demonstrated the importance of a strong therapeutic alliance as a predictor of successful therapy. This Feedback-Informed Treatment approach has itself been deemed an evidence-based practice. You can learn more [here](#).

The uniqueness of this approach is that provides therapists with the type of immediate feedback that allows them to tailor their work to each individual client, to learn from clients what works, and to avoid having sessions go in directions that are not valued by the client. In essence, this constitutes "practice-based evidence." All of our therapists at Apex Recovery utilize the Session Rating Scale (and the Group Session Rating Scale) to solicit feedback from clients each session, to ensure that we are providing clinical services that are valued by our clients. This is what leads to our successful outcomes.

Art Therapy at APEX Recovery



In APEX Recovery art therapy, creativity and art-making processes promote healing and encourage the development of insight into life situations and traumatic experiences. It is the stories in the images that help lead the process of healing. An art therapy session begins with the therapist working with the client to create a safe, healing environment and a trusting relationship.

Clients are encouraged to use materials such as clay, paint, markers, and other artistic supplies to explore memories, life stories and experiences. This gives the client the opportunity to transform conflicts and crisis into healthy solutions and perspectives.

Creating images is an especially old form of communicating, older than writing. By creating imagery through doodles, and playing with colors and shapes, clients may safely express what is too difficult to talk about. This process facilitates not only the expression of feelings, but addresses how to deal with feelings in the right context - in a way that is not destructive to the individual or others. This can be of singular help in combating the urge to relapse.

**If we can be of help to you, your clients,
friends or family, please call us today.**

Dr. Matthew Bruhin

Chief Executive Officer

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[Visit our website](#)



