

APEX Recovery Rehab

An 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,

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

Fred Bowen Co-Founder

I'm Fred Bowen and I am the Co-Founder of APEX Rehab. First and foremost I would like to thank you for visiting the APEX Rehab website. If you are reading this bio, chances are you are seeking a solution for drug and



alcohol abuse for yourself or a loved one. As someone who suffered from addiction for most of his life I can relate to your struggle.

I started using drugs at a very young age. The progressive nature of addiction set in quickly. Experimentation with marijuana and alcohol turned into cocaine, meth, and hallucinogen use, which led to a daily mixture of heroin, cocaine, and prescription drugs. It was obvious relatively early that I needed sobriety. The obsessive-compulsive nature of the way I'm affected by drugs always smashed my best intentions to stop. In a short time I was homeless, I was sick and I was extremely confused. I did

however, experience periods of abstinence. When the drugs and alcohol were removed I was able to function somewhat normally. I experienced successes and the quality of my life drastically improved. I was scouted to be a model and was soon living in places like New York, Paris, Spain, and Italy. In my mind my success and financial freedom qualified me to again indulge a bit with alcohol despite my inability to exhibit control in the past. As in the past, I couldn't control the amounts I drank, I couldn't control the frequency of my drinking, and I couldn't stop myself from resorting back to drugs. The cycle of using, stopping, and starting again went on for years. It wasn't until I received treatment for my issues with drugs and alcohol that I was able to stay sober. I needed tools to stay clean. The combination of medical attention, traditional recovery methods, and holistic practices gave me those tools. They saved my life. I've now been clean and sober for 12 years.

Today my passion lies in helping others to achieve the same personal freedom I've experienced through the elimination of drugs and alcohol. I like to say that my life began when I got clean. I know what worked for me can work for anyone suffering from drug and alcohol abuse. Thus the birth of APEX Rehab. APEX offers the exact synergistic blend of methods that was so successful for me. Medical attention, therapeutic consultations, evidence-based practices, traditional recovery methods, self empowerment, and holistic healing are some of those key elements. Personal recovery is not a one-size-fits-all affair at APEX Rehab. Our open-minded attitude and non-dogmatic philosophy allows us to cater to our clients-needs on a personal level and also allows us to reach a greater number of people. Our team has the ability to develop client specific recovery plans, which makes APEX Rehab unique. We are here to take the confusion out of the process of getting sober.

In closing I would like to commend you for your decision to research treatment for drug and alcohol abuse. It takes courage to ask for help. No one knows that more than me. Please let APEX Rehab be a part of your success story. We are here for you.

Clinical Director's Column



Feedback-Informed Treatment (FIT).

Written by Dr. Sean House
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 <http://www.scottdmiller.com/feedback-informed-treatment-fit/s-a-m-s-h-a-designates-feedback-informed-treatment-an-evidence-based-practice/> 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.

According to the American Art Therapy Association, art is made in this way "within a professional relationship, by people who experience illness, trauma or challenges in living".

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.

The art therapy process teaches clients the skills to manage their emotions and assists in dealing with serious addiction issues such as anger. The concrete nature of art materials and art making naturally enables patients to remain in control of their own processes, thus allowing them to feel a sense of control as they learn to cope with these intense emotions.

Art therapy can be conducted in a group and in that case, it has the added benefit of promoting sharing and closeness. Not only one's own artwork, but the artwork of other members of the group can bring the individual closer to valuable insights and revelations.

When it's done outside group, the creations can be used as an excellent starting point for self-reflection and journaling. It is an additional opportunity for the patient to dig deep into how they are feeling about their past, present and future and the conclusions reached can facilitate the progress in other therapies that seek to change the negative thought patterns and balance accepting painful emotions and working to change them.

It wasn't until relatively recently that art therapy has been recognized as a valuable and respected form of therapy in clinical context. It is now used not only in addiction recovery centers, but also in mental health institutions, prenatal classes, prisons and grief counseling centers.

CALL TODAY! 877.881.2689

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

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