



THE DELRAY CENTER FOR HEALING

RELAPSE PREVENTION TREATMENT

"No therapeutic stone is left unturned by The Delray Center, which is one of the reasons for our exceptional long-term results." -- Dr. Raul J. Rodriguez

Comprehensive Addiction Treatment (CAT) at The Delray Center for Healing is the crown jewel of outpatient addiction treatment programs. In stark contrast to conventional "business model" centers, The Delray Center Day Treatment follows a "therapeutic model" which focuses on providing premium grade care from elite level professionals. Our philosophy is that it will take nothing short of the best that science and psychology has to offer in order to achieve success in treating human illnesses. The Delray Center Treatment strives to provide the highest quality treatment to each individual.

An **Evening & Weekend Treatment schedule** has been created to cater to professionals with active daytime employment or family responsibilities. An entire series of group therapies are now available after 5pm to accommodate most full time work schedules. The range of services is similar to daytime CAT, only the schedule has been compressed and there is preferential scheduling for late individual appointments. Evening Comprehensive Addiction Treatment (ECAT) covers the later part of the day weekdays plus Saturday mornings, with a strong therapeutic structure. *Our recommendation for a thorough treatment experience would be a minimum of 12 weeks.*

Long-term recovery is the goal of treatment at The Delray Center. Short-term success with poor follow-through is a recipe for another demoralizing relapse. This why long-term support is built into each and every full-length treatment plan to ensure long-term success. Every 12-week block of Evening Treatment attended includes 12 weeks of The Delray Center Group Therapy Program membership.

This permits for a seamless and uninterrupted experience of continued care transitioning from the Day Treatment plan to long-term outpatient care. Continued individual therapy and medical management is also recommended and facilitated in the outpatient setting.

The Delray Center has succeeded in creating an elite level therapeutic program with exceptional affordability. This affordability is specifically due to efficiency of structure, not from 'cutting corners'. This effectiveness allows for the delivery of a grade of medical and psychological science that is superior to an inpatient facility, yet at a fraction of the cost. The average 28-day stay at a mid-level inpatient treatment facility will run \$25,000 to \$35,000 and will require you to miss work and other life responsibilities. ECAT allows you to receive a near full intensity of therapy while still allowing you to maintain your job and personal obligations. The cost of the ECAT for the recommended minimum of 12 weeks is \$19,800 with payments of \$6,600 every 4 weeks. A \$2,000 discount is granted with a full 12-week commitment. A \$6,000 discount is granted with a full 24-week commitment.

The Delray Center follows a holistic treatment approach, which addresses the mind, body, and soul. This approach is very evident in the Day Treatment plan. These treatment modalities can include:

- Intensive Individual Psychotherapy
- Family Therapy
- Advanced Psychopharmacology Chemical Detoxification and Relapse Prevention
- Vitamin Optimization Therapy
- Traditional Eastern Acupuncture (Private Individual Sessions)
- Thai Massage, Cupping & Acupressure
- Neurofeedback with EEG brain mapping
- Harmonial Biofeedback with Color Relaxation Therapy
- Nutritional Assessment and Therapy
- Intensive Daily Contact with the Treatment Support Staff & Coordinator
- Intensive Individual Fitness Training
- Therapeutic Activities
- Full Access to CAT Facility & Reading Room
- Private CAT Group Process Therapy (cohorts)

The Delray Center also offers Silver & Gold level group memberships. Gold level membership services are already included with the ECAT treatment plan. Gold level services include:

- Cognitive Behavioral Therapy (CBT) Groups
- Psychoeducational Groups
- Relapse Prevention Groups
- Therapeutic Process Groups
- Family Psychoeducational & Support Group
- Meditation Groups
- Gender Specific Groups
- Anxiety & Depression Groups
- Community Acupuncture & Facilitated Group Relaxation
- Auricular Therapy
- Vinyasa & Asthanga Yoga
- Group Circuit Training
- Expressive Art Therapy & psychodrama
- Creative Writing
- Book Study: Includes Spiritual & Philosophical Literature

No other program can come close to the quality and affordability of The Delray Center Relapse Prevention Treatment. We are committed to your successful recovery!

For questions or additional information, please contact us at: (561) 266-8866.

The single greatest factor in long-term success is the length of time that a person remains engaged with some form of a treatment system. The Delray Center is dedicated to do all we can to make this process as easy as possible for you.