

BY WILLIAM FISHER

PHOTOS BY MELISSA KORMAN

ANSWER TO ADDICTION & DETOX DILEMMA DELRAY CENTER FOR HEALING

Raul J. Rodriguez, M.D, aka “Dr Rod”, started his psychiatric practice in Boca Raton before moving in 2003 to his permanent downtown Delray Beach location. Within a month of having first opened in Boca, Dr Rodriguez quickly realized he was in the midst of a rapidly growing epidemic – drug addiction.

Knowing that to be effective for his clients he had to be able to meet their specific clinical needs, he decided to expand his training in the field of addiction. He earned a second board certification in addiction medicine in the process and expanded his practice into what is today a multi-disciplinary facility called the Delray Center for Healing.

His center has expanded beyond dealing with only adult psychiatry and addiction. His highly trained clinical team provides specialized management of other complex conditions such as eating disorders, trauma, anxiety, treatment resistant depression, personality disorders and chronic pain complicated by addiction. Full scale comprehensive programs, including the option of

structured and 24/7 supervised therapeutic housing, deliver high level treatment for eating disorders, depression, anxiety, non-narcotic treatment of pain, and of course, addiction. These programs flow seamlessly into outpatient programs providing continuity of care while allowing individuals to continue functioning in their daily personal and professional lives. Dr Rodriguez and his team are most known for being able to help the most difficult of cases that no other program has been able to help.

Dr Rodriguez recently opened a second facility, the Delray Center for Wellness, which caters to the general population by delivering a holistic approach to staying healthy. The wellness programs include Ayurveda, meditation,

philosophical book studies, acupuncture, nutritional counseling, yoga, massage, fitness training and Harmonial biofeedback with color therapy. Individuals, couples and families alike regularly enjoy these many services, often permanently incorporating them into their lifestyle.

The fitness programs are all based out of Performance Fitness & Nutrition (PFN), Dr Rod’s professional fitness studio that opened in 2004. PFN provides highly experienced and skilled trainers to work with children, adolescents and adults on all fitness levels. Most PFN clients are from the beginner to intermediate level, but a number of elite athletes from the NFL, professional tennis, professional cycling and NCAA college

sports regularly train there, as well. If you want to bring up a topic that Dr Rodriguez will engage in quite easily, it’s living a healthy lifestyle. Dr Rodriguez seeks to live and breathe what he practices. When he is not at the Delray Center or with his family and friends, he races on a professional cycling team, Team Performance Fitness. He loves to race and takes tremendous pride in the success of the racing team that he’s brought together. Team Performance Fitness fields the largest mountain bike team and the second largest road bike racing team in Florida. This very successful team has multiple wins in every racing category. Dr Rodriguez himself races on both the road and mountain bike teams and is the Cat 4 road squad



DR RAUL J. RODRIGUEZ, MEDICAL DIRECTOR, DR. PATRICIA THOMAS-SHUTT, CLINICAL DIRECTOR AND LICENSED PSYCHOLOGIST

leader. The exuberant pride he has for his cycling team comes second only to that which he has for his esteemed clinical team.

It took years to assemble the hand picked group of professionals that Dr Rodriguez regards as his “dream team”. He attributes his professional success as much to the privilege of having been able to work with them as he does to his own dedication and diligent efforts. The team consists of highly skilled practitioners of psychology, medicine, acupuncture, nutritional counseling, massage therapy and Ayurveda; all at the peaks of their professional careers. Their expert work all comes together seamlessly with the support of what Dr Rodriguez regards as the best administrative and business team he has ever had. “I have accomplished so much more in my career because of the incredible individuals I work with on a daily basis”.

Raul Jorge Rodriguez was born and raised in Miami, the youngest of three and only son of Cuban exile parents. His parents worked hard to provide him with a Catholic education all the way through high school. His academic career fully blossomed in Florida International University, where he graduated Magna Cum Laude. Dr Rodriguez graduated from the University of South Florida College

of Medicine and completed his psychiatric residency training at the University of Miami-Jackson Memorial Hospital, where he was the chief resident during the 2000-2001 academic year. He received his Board Certification in adult psychiatry shortly thereafter, followed by another Board Certification in Addiction Medicine.

When not promoting health among his clients, Dr. Rodriguez most enjoys spending time with his wife and family. He met his beautiful wife, Dr. Valerie Bagwan, in his third year of medical school. What started as love at first sight is stronger than ever after 12 years of marriage. They now have two wonderful sons, almost three and four years old. In traditional Cuban fashion, both sons, Raul and Jorge, are named after their father. The proud father insists that he does not have a favorite son, but enjoys each of them very much. Dr Rodriguez hopes that one or both of his sons might someday be inspired to follow in his footsteps by seeking to touch lives in a meaningful way.

The Delray Center for Healing and Performance Fitness & Nutrition are located at 403 S.E. 1st Street in Delray Beach, FL 33483. The Delray Center for Wellness is located close by at 120 S.E. 4th Ave, also in Delray. For more information, call 561-266-8866 or visit www.delraycenter.com.