

# Canyon Vista



## Successful Recovery

*We provide a safe and nurturing environment  
for our clients to heal, learn, and succeed in recovery.*

Canyon Vista Recovery Center is an Arizona Drug and Alcohol Treatment program offering a full continuum of care. We combine evidence-based addiction treatments, holistic therapies, and over 20 years of experience with a safe and supportive environment to provide clients with the highest chance of success. The Canyon Vista Recovery staff lives and models the principles of recovery. While the length of stay in our addiction treatment facility can vary, our programs generally last from 2 to 11 months.

### Trauma Therapy

Unresolved trauma is a barrier to long-term sobriety, and we know how complicated it can seem to start working through traumatic events. Some of the most important work our clients will do here is to identify distorted thinking, decrease fear responses, and develop new thoughts to decrease anxiety. Clients engage in a variety of evidence-based therapeutic techniques including Cognitive Processing Therapy for Trauma, CBT, and Mindfulness. Our advanced therapy techniques, detailed below, further encourage emotional healing.

### Advanced Therapy

**Vibroacoustic Therapy:** This therapy provides clients with a visual, audio, and physical technique that teaches them to breathe to coherence. Coherence helps tell the brain to release dopamine and serotonin. Clients feel immediate stress relief, and their sleep begins to improve.



**Alpha-Stim Treatment:** This therapy helps clients address anxiety, PTSD, depression, insomnia, and chronic pain. The treatment changes the electrical and chemical activity of certain nerve cells to bring increased mental focus, calmness, and relaxation.

### Sober Living Education

**Life Skills:** We teach our clients how to budget their money, set goals, shop, cook, and deal with daily pressures.

**Nutritional Guidance:** Our nutritionist helps clients establish healthy eating habits. Clients learn what foods to avoid during recovery and how to make a meal plan within their monthly budget.

**Recreational Therapy:** We teach clients the importance of physical activity and offer a variety of fitness pursuits, including yoga, swimming, dance therapy, and even gardening.

### Family Healing

We have weekly Family Healing groups as part of our treatment services for any of our clients' loved ones that desire addiction education and support. Participants learn to address issues of codependency, communicate in healthy way, establish boundaries, and manage the transition when returning home.

### Alumni Support & 12-Step Recovery

We offer clients the opportunity to connect with the successful people who make up our alumni community. These former clients are essential as role models and mentors. They attend weekly 12-step meetings with our residents, lead on-campus meetings, and help new individuals with their transition. They teach clients how to form healthy bonds and have fun in sobriety.

### Ongoing Recovery Support

Navigating through the first year of recovery is all about risk management. We regularly check in with former residents, answer questions, and provide resources to support recovery.



OUR MISSION  
🏡 *Improve the lives we touch* 🏡