



SIERRA TUCSON®

Where Change Begins®

Therapeutic Modalities



Clinical and Medical Treatment Modalities

The Sierra Tucson Model® reflects a deep commitment to treating the whole person with integrated, individualized, evidenced-based treatments and integrative therapies.

These therapies are based upon Sierra Tucson's thorough diagnostic capability, which delves beyond the resident's presenting symptoms and behavioral disorder to identify and resolve the unique core issues that are symptomatic and associated with the disorder. Sierra Tucson's individualized treatment plans are developed by experienced, clinical professionals.

Comprehensive treatment at Sierra Tucson may include a variety of treatment modalities to ensure that each resident is provided with the type and level of treatment that is best suited to meet their unique needs. We are well aware that each of our residents is a unique individual who will likely have a unique response to a given therapy. Thus, we are prepared to offer a range of treatment modalities that are designed to help our residents unearth vital information, open essential pathways into their consciousness, and prepare them for the successful pursuit of lifelong recovery.

Evidence-based treatment interventions are those that are based on sound, scientific evidence. The evidence has shown, in a systematic way that these therapies are successful.

Individual Therapy

Individual therapy is a one-on-one experience between resident and professional. Individual therapy allows for maximum privacy and confidentiality, and is an essential component of any effective treatment program.

Group Therapy

Process groups are small gatherings (usually six to eight people) who come together in an environment of safety and trust for the common purpose of addressing the issues they are struggling with; expressing their thoughts, feelings, and emotions; and both give and receive support and feedback.

Cognitive Behavioral Therapy

Cognitive therapy is a form of psychotherapy in which clients are encouraged to overcome mental health issues by changing unhealthy or counter-productive thought processes, emotions, and behavior patterns

Dialectical Behavior Therapy

Dialectical behavior therapy, or DBT, combines cognitive and behavior therapies to provide individuals with positive and healthy mechanisms to handle painful emotions. Individuals learn how to increase self-awareness, control self-defeating thoughts, modify thinking, and handle conflict and stress through the process of DBT.

Psychodrama

Psychodrama is a form of experiential therapy in which participants of a group explore the trauma of their past through creative action, allowing for correction and growth through the reexamining of those events. At Sierra Tucson, we're proud to offer this method of group role-playing therapy.

EMDR (Eye Movement Desensitization Reprocessing)

Eye Movement Desensitization and Reprocessing (EMDR), is used to treat residents with a variety of disorders including phobias, depression disorders, and anxiety disorder, but has been most widely used with Post-Traumatic Stress Disorder (PTSD).

Somatic Experiencing® Therapy

SE resolves symptoms of stress, shock, and trauma that accumulate in our bodies. When we are stuck in patterns of fight, flight, or freeze, SE helps us release, recover, and become more resilient. The large majority of people worldwide have traumatic experiences in their lifetime, which can have major impacts on their health and well-being.

Pain Reprocessing Therapy (PRT)

PRT is rooted in neuroscience, which has shown that while chronic pain feels like it's coming from the body, in most cases it's generated by misfiring pain circuits in the brain. PRT is a system of psychological techniques that requires the brain to break out of the cycle of chronic pain.



Transcranial Magnetic Stimulation (TMS)

TMS Therapy delivers magnetic pulses to targeted brain regions that regulate mood. These highly focused, MRI-strength pulses depolarize the neurons in these key areas that are underactive in residents with depression, thereby promoting the release of neurotransmitters like serotonin, norepinephrine, and dopamine.

Medically Assisted Treatment

This is a process of balance, because the inappropriate use of medications can be a major cause of relapse and suffering. The challenge we face, especially in those who are recovering from a chemical dependency, is to identify those who will truly benefit from medication and those who will not.

Nutritional Therapy

People in need of treatment tend to have unhealthy eating habits and may be nutritionally deprived. We believe that in order to think clearly, work effectively, and have enough energy to get through the day, everyone needs to be properly nourished.

Ketamine Therapy

Intranasal Ketamine

Repeated intranasal ketamine conducted a fast-onset antidepressant effect in unipolar depression, while the mild and transient adverse effects were acceptable.

Intramuscular Ketamine

Intramuscular ketamine injection has been found to bring about rapid relief from depression, especially the suicidal ideation comparable to administration as an I.V. infusion.

Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy helps stimulate your immune system and works to alleviate inflammation and pain, improving healing mechanisms in your body as a result. HBOT can be an effective treatment for various brain injuries and mental health issues because it addresses the root cause of symptoms. Hyperbaric oxygen therapy is FDA-approved for 14 different conditions and has various applications for off-label conditions.

Our collaborative partner: North Star Neurology

Stellate Ganglion Block

The SGB protocol is a Dual Sympathetic Reset pioneered by our partner, Stella, that brings the fight or flight response back to a pre-trauma state.

The goal of an SGB is to open the window of tolerance and complement other treatment modalities so that clients can heal from PTSD in mind, body, and soul.

Our collaborative partner: Desert Sky Spine and Pain





Experiential Therapy

Experiential therapy, such as equine-assisted and adventure, can shift a resident's treatment experience and overall perspective. When engaged in the challenge or activity, the individual is often asked to look inward and work on himself/herself in the areas of communication, trust, accountability, self-care, asking for help, taking healthy risks, letting go, and facing fears. This work becomes internalized, as he/she is most often fully engaged physically, mentally, and emotionally. Thus, the experience is ingrained in both body memory and psyche. When a resident accomplishes a challenging physical task with the help of peers—something that was thought to be impossible an hour earlier—his/her mind expands. In the words of Ralph Waldo Emerson, "The mind, once stretched by a new idea, never returns to its original dimensions."

Equine-Assisted Psychotherapy (individual and group sessions)

Evidence suggests that EAP can improve self-awareness, self-efficacy (the belief in one's own abilities to achieve goals and influence outcomes), and emotion regulation, while decreasing depression, anxiety, negative affect, and maladaptive behaviors.

Experiential Psychotherapy

Sierra Tucson's Activities Program encourages authenticity and courage in taking healthy risks and trying new behaviors. Once the activity is finished, the staff processes the experience with the residents, offers feedback, and asks questions that may reveal new insights that can be applied to their recovery and their lives. It is truly inspiring and rewarding to see the change and transformation take place, and the inner peace that ensues.

Activities/Adventure Therapy

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- yoga and meditation
- expressive arts groups
- hydrotherapy
- hiking, outings
- movement groups



The Sierra Tucson Model® of treatment recognizes a simple truth: All of us exist as mind, body, spirit, and emotions. Only when the whole person is treated not just the symptoms, but the underlying concerns can positive outcomes be lasting.





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(800) 842-4487

www.sierratucson.com



The Joint Commission has awarded Sierra Tucson with dual Accreditation —both as an inpatient behavioral health unit and as a residential treatment center. This endorses Sierra Tucson's commitment to excellence and our dually licensed Behavioral Health Residential Treatment Center.