



SIERRA TUCSON®

Where Change Begins®



Holistic Therapies and Services



Naturopathic Medicine

Naturopathic medicine is a unique and distinct healthcare profession that combines the wisdom of nature with evidence based modern treatments. We offer a “best of both worlds” approach with both training in integrative medicine and pharmaceutical prescribing. Naturopathic doctors are primary care providers who can diagnose, treat and manage patients who suffer from a range of symptoms and conditions. Rather than treating symptoms, naturopathic doctors seek to find and treat the root cause of illness. Naturopathic doctors approach patient care by addressing the root cause of symptoms by assessing multiple body systems, focusing on body, mind, and spirit. We believe that each system in the body is connected, and take a “whole person” approach when treating patients.

Naturopathic doctors provide individual, evidenced-informed therapies that balance the least harmful and most effective approaches in order to help facilitate the body’s inherent ability to restore and maintain optimal health. Naturopathic doctors will work closely with the psychiatric and medical teams to form a robust and integrative treatment plan.

***Individual and Package Options Available.**

Our doctors spend an hour with patients during their initial consultation in order to have time to complete an assessment and start treatment. Common concerns include digestive issues, hormonal imbalances, fatigue, nutritional deficiencies, sleep problems, anxiety, chronic stress, addiction/cravings, chronic pain, reducing medication side effects and reliance on medication, and problems with focus. Our in-house pharmacy has a number of natural supplements and herbs on formulary that can be prescribed and dispensed on site. Lab tests to assess hormone levels, inflammatory markers, and nutritional deficiencies are often utilized as pieces of the puzzle. Collaboration and patient education are important aspects of empowering patients to take charge of their own health using integrative medicine.

Integrative Therapies and Services

Treatment can be emotionally and mentally challenging, as individuals address issues and patterns and work toward mental wellness. Integrative therapies have proven to be supportive of a successful treatment process and recovery. Healing requires change.

Integrative therapies assist in keeping individuals grounded, focused, and present in their bodies, which is key in the recovery experience. For example, studies show that with therapeutic massage, depression scores can decrease, pain and cortisol levels can diminish, and one may experience fewer headaches, fewer sleep disturbances, reduced anxiety, and an increase in serotonin and dopamine levels.

At Sierra Tucson, we offer integrative therapies that utilize both the physical and energetic systems. Delivered by highly skilled professionals, these therapies are available to residents as add-on services to their personalized treatment plan.*



Pricing will vary and is subject to change.

CranioSacral Therapy

CranioSacral Therapy (CST) stems from osteopathy, releasing restrictions in the cranial bones, spine, and fascia. This gentle, non-invasive approach focuses on balancing the nervous system and musculo-skeletal system. CranioSacral Therapy has been shown to be effective in:

- Anxiety reduction
- Reduction and management of chronic and/or acute pain
- Relief from headaches and migraines
- Relief in symptoms of concussions and brain/head injuries
- Relief from TMJ, tinnitus, and vertigo
- Relief from chronic sinus issues
- Digestion relief for gastrointestinal problems like irritable bowel syndrome (IBS), Crohn's disease, and gastroesophageal reflux disease (GERD)
- Release of post-surgical adhesions

SomatoEmotional Dialoguing Therapy

SomatoEmotional Dialogue (SED) Therapy is an advanced form of CranioSacral Therapy that uses guided imagery and creative visualization to initiate dialogue with the body and assist in the release of emotionally charged energy, including anxiety, depression, and/or the effects of trauma that are still retained deeply and stored in the memories of the body's tissues, muscles, organs, and cells. SED can assist in bringing the emotions, mind, and physical body into balance and has been shown to be effective in:

- Trauma release, positive reframing, and positive repatterning
- Chronic and/or acute pain reduction
- Mood elevation for depression and other mood challenges
- Anxiety reduction
- Post-surgical trauma release
- Reduction of headache pain and migraines
- Quieting scattered mind and emotions

Acupuncture

Acupuncture is one of the treatments used in Traditional Chinese Medicine (TCM), a complete system of healing for over 2,000 years, and includes the use of fine needles placed on specific points of energy channels (meridians) to stimulate a person's vital energy (Qi). The purpose is to create an overall balance in the physical, mental, and emotional bodies. Acupuncture has been shown to be effective in:

- Reduction and management of chronic and/or acute pain
- Insomnia reduction – promotes sleep
- Digestion relief of gastrointestinal issues such as gastroesophageal reflux disease (GERD), Crohn's disease, and irritable bowel syndrome (IBS)
- Depression and anxiety reduction
- Bring equilibrium to hormonal imbalances
- Trauma release, emotional balancing, and spiritual opening
- Detoxification
- Acupuncture needle



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Therapeutic Massage

Therapeutic massage methods can include Swedish, deep tissue, myofascial release, cupping massage, neuromuscular therapy, visceral massage, and medical massage, all of which are customized to meet the client's needs. Therapeutic massage has been shown to be effective in:

- Lowered cortisol levels (stress and anxiety reduction)
- Increased dopamine and serotonin levels (mood elevation)
- Chronic and/or acute pain reduction
- Reduction of back and shoulder pain
- Fewer sleep disturbances
- Improved focus
- Reduction of muscle tension
- Increased range of motion
- Release of fascial adhesions
- Improved digestion
- Improved structural alignment

***Individual and Package Options Available.**

Shiatsu Massage

Shiatsu is a Japanese style of bodywork that works with the energy channels (meridians) of the body. It includes rhythmic movement, assisted stretching, range of motion, traction, and compression, among other therapeutic techniques. Shiatsu has been shown to be effective in:

- Restoration of balance to mind, body, and spirit
- Anxiety reduction
- Relief from muscle tension and headaches
- Reduction of back and shoulder pain
- Digestion improvement
- Improvement of blood flow
- Support of lymphatic and endocrine systems
- Release of toxins
- Release of energy blockages

Zero Balancing

Zero balancing (ZB) uses skilled touch to balance mind and body, enabling a client to feel a sense of wholeness. The practitioner uses finger pressure and gentle traction on areas of tension in the skeleton, joints, and soft tissue in the body to create fulcrums, or points of balance, around which the body can relax and reorganize. Zero balancing has been shown to be effective in:

- Bring a person into the present moment; to feel more solid in his/her body, more grounded
- Quiet scattered mind and emotions
- Experience one's authentic self, beneath anxiety or trauma
- Mental clarity, improved concentration
- Calm the nervous system, anxiety, and stress reduction
- Improved quality of sleep
- Amplified vitality, more energy
- Lower depression, bring client to place of neutrality where he/she can experience inner balance
- Reduced headaches, TMJ pain, neck and back pain, and abdominal bloating
- Improved postural alignment

Pricing will vary and is subject to change.

Physical Therapy and Personal Training

Physical therapy is a non-invasive discipline that helps individuals develop, maintain, and restore maximum body movement and physical function. It consists of movement experts who help clients recover from an injury, relieve pain, prevent future injury or deal with a chronic condition, improve quality of life and manage pain with a detailed evaluation, prescribed exercises, hands-on care, and patient education.

Personal training is an individualized service that provides clients with 1:1 guidance around multiple modalities such as calisthenics, balance tools, weights, physio ball, Bosu, machine, pulley, TheraBand, and water. Personal Training services are often integrated along with Physical Therapy to improve strength and movement goals.

It is a chance to learn about your own body and to recognize patterns of movement that are linked to your injury. Physical therapy has been shown to be effective in:

- Pain management with reduced need for opioids
- Avoid surgery
- Improved mobility and movement
- Recovery from injury or trauma
- Recovery from stroke or paralysis
- Fall prevention
- Improved balance
- Management of age-related medical problems

Chiropractic Care

Chiropractic care focuses on the relationship between the body's structures, function, and how that relationship affects the preservation and restoration of health. It is well-known for the hands-on technique to adjust imbalances in the skeletal system, particularly the spine. While the main focus is on the spinal function, assessment of extra-spinal joints can also be addressed. Chiropractic care has been shown to be effective in:

- Spinal function
- Assessment of extra-spinal joints
- Impaired normal functioning
- Pain reduction
- Lower disease reduction
- Understand the relationship between your physical and emotional state
- Maintain holistic health

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Neuroscience

The Sierra Tucson Applied Neuroscience Program offers services to read and change biological signals picked up from the brain and peripheral nervous system. Our services compliment Sierra Tucson's integrative care model, focusing on breathing, heart rate, and electrical activity in the brain.

Mini qEEG and Physio-Stress Evaluation and Interpretation

QEEG Brain Maps measure electrical activity being generated by the brain from sensors placed on the scalp. By comparing your brain activity to recordings done in hundreds of other cases, we can identify patterns related to symptoms like anxiety, depression, or difficulty concentrating. This guides our decisions about which services will be most helpful, and gives you insight into how your brain works.

Heart Rate Variability

Biofeedback (HRV-BF): Heart Rate Variability (HRV) refers to small degrees of change in how fast your heart is beating from moment to moment. Generally, a high HRV indicates healthier, more flexible responding to the world around you. In HRV-BF, our technicians use real-time feedback to teach you how to use your breath to improve your HRV.

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Transcranial Direct Current Stimulation (tDCS):

tDCS provides a small amount of electrical stimulation to the scalp to make it easier for neurons to fire. This increases neuroplasticity, which is the brain's ability to change itself. This is a well-studied and safe method for improving brain function.

Neurofeedback (NF):

In NF, you will learn to modify your brain activity using real-time feedback from an EEG device. In this technique, we use the QEEG Brain Map to identify types of brain activity that are too high or too low. We then use feedback, presented in the form of a computer game that you play with your brain, to help you train your brain find and stay in healthier states.

Audio-Visual Entrainment (AVE):

Brain activity at different speeds, or frequencies, indicates different underlying brain processes. AVE presents light, sound, and a small stimulation on the earlobe together at specific frequencies to shift the speed of brain activity. Because the brain tends to match—or entrain to—the frequencies that are coming in (via light, sound, and touch), this can help push brain activity towards healthier states.

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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.