

Malibu Horizon

Treatment Center

For more information

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Every aspect of our program is built upon a solid scientific foundation and our approach to substance abuse treatment is clinically proven to be effective in overcoming addiction. Malibu Horizon offers the most effective, research-based treatment protocols.

Our treatment team is a handpicked group of caring, experienced, professionals, unmatched in the industry. Every aspect of Malibu Horizon's program has been researched and proven to work. By focusing on the root cause of an individual patient's issues, our staff is able to identify and carefully address the core patterns that have caused a continual return to self-destructive behaviors. We are different from any other program.

Individualized Treatment

Malibu Horizon provides more frequent and individualized Cognitive Behavioral Therapy and Motivational Enhancement Therapy sessions for clients suffering from alcoholism, substance abuse or co-occurring disorders. We offer art therapy, music therapy and equine therapy to connect our patients with their creative energy. In addition, we are one of the few centers to offer SMART Recovery.

CBT - MET Clinical Therapy

Cognitive Behavioral Therapy focuses on the patient's thought process. If anyone has ever said "what were you thinking", that is what CBT does it helps you with your thought process. At Malibu Horizon we use Motivational Enhancement Therapy in conjunction with CBT. We use MET to move our patients along a path of recovery we call stages of behavioral change.

Art, Music and Equine Therapy

Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process, especially the affective properties of the different art forms. Music therapy is used in a variety of ways to improve learning, build self-esteem, reduce stress and facilitate other health-related activities. Equine Therapy is an integral part of the treatment program at Malibu Horizon. Clients who interact with a horse learn to extend themselves and use the experience to help form more meaningful relationships with people.

"We differ from other programs, because we approach alcohol and drug abuse as brain disorders. Our state-of-science medical model of treatment can best be described as a multi-dimensional approach to drug addiction treatment, because we treat the entire patient along with any underlying disorders."

Dr. A. R. Mohammad
Founder

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Clinical Alternative to the 12 Step Model

Malibu Horizon is the only non 12 step, disease model, therapy based program in the world. There may be other non 12 step programs out there, however, we are the only one who believes that addiction is a chronic medical condition. The 12 step program of AA is meant to be an aftercare support group, not treatment.

Psychological Issues - Dual Diagnosis

Malibu Horizon is a world leader in the successful treatment of dual diagnosis. Dual diagnosis, also known as a co-occurring disorder is present when a person suffers from a chemical dependency and a mood disorder, such as depression, bi-polar, ADD or anxiety. Both conditions need to be accurately diagnosed and properly treated, to insure the person achieves successful, long term recovery.

Detoxing in a Very Comfortable Environment

Malibu Horizon offers a safe, comfortable, on-site alcohol detox, opiate detox and benzodiazepine detox which is closely monitored and carefully supervised 24 hours per day. State-of-the-art medications are given to relieve detox withdrawal symptoms. Each patient going through this process is always comfortable.

Exercise / Activities

Malibu Horizon's holistic approach to treatment is designed to help our patients heal gently while we introduce them to activities that offer healthy alternatives to substance abuse. Exercise is an important part of a normal, healthy lifestyle. Our goal is to help each client discover a passion for healthy, life-enhancing activities.

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Our Clinical Approach

Malibu Horizon is the leading provider of non 12 step, disease model, drug alcohol treatment. Our modern treatment program is entirely research based which clearly indicates Cognitive Behavioral and Motivational Enhancement Therapy are the most effective treatments for alcohol and substance abuse.

Malibu Horizon offers a clinical alternative to the 12 Step Treatment Model. Our integrative approach blends together a variety of “best practices” in substance abuse treatment today. Without addressing all the multiple holes and traps that await the substance abuser, they cannot stay on the safe road to recovery and therapy.

Our integrative approach has evolved over the last 10 years of working with substance abusing clients. Substance abusers are not all alike, and different patients have very different medical and emotional needs.

The cornerstone of our approach is clients must be treated as individual, not as stigmatized and “labeled” members of a diagnostic classification. We acknowledge what extensive research has now confirmed; basically, that no one approach to treatment is superior to all others and that effective treatment must be customized to meet individual goals and needs. The essence of the integrative approach is that it neither requires nor recommends compliance to one theoretical model or method of treatment. Our program blends together many seemingly disparate and competing therapy approaches, including cognitive behavioral therapy, abstinence-based counseling, supportive therapy, narrative, motivational effectiveness, couples and family therapy, patient education, and pharmacotherapy. All are brought together to meet and gratify the client’s needs at their particular stage of recovery.

Core Beliefs in the Integrative Approach

- 1) The supreme importance of the fragile alliance between the individual clients and their primary therapist.
- 2) Use of the stages of change model to match the client with all the appropriate therapies that fit current needs.
- 3) Application of motivational techniques to address clients ambivalence and mixed feelings. Helping clients truly see the advantages of sobriety.
- 4) Helping clients identify and describe the various stages of recovery; early recovery is the first six months. This helps clients become more realistic in their personal goals.
- 5) Help clients address, identify, and describe the personal meaning of their addiction.

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