

Malibu Horizon

Treatment Center

Malibu Horizon Treatment Center

“We differ from other programs, because we approach addiction as a brain disease. 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

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. Music therapy is used in a variety of ways and used to improve learning, build self-esteem, reduce stress and support physical exercise. Equine Therapy offers patients interaction with horses.

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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 Professional Staff

Akikur Mohammad MD

With over a decade of general medicine and psychiatry experience, Dr. Mohammad is an Addiction Specialist and Board Certified by the American Board of Addiction Medicine (ABAM). He is the Assistant Clinical Professor of Psychiatry and the Behavioral Sciences at the University of Southern California (USC), where he is active in research and in teaching and training of residents and students.

Clinical Team

Lynn Gellerman, MSN, NP-C

Clinton Ellis Weyand, Ph.D

Dr. Sara Mangat, Psy.D

Jean Kallie, Ph.D.

Jennifer Mather, M.S, Psy.D.

Sherry Gaba, MSW LCSW

Gail Sloan MS, MAC

Harlem Austin MA, CAC

For more about our program and all our staff, visit our website, www.malibuhorizon.com

Footnote: We are a twelve bed facility, located on twenty acres in Malibu California. Our program has one of the lowest clients to therapist ratios in the industry.