



Located in beautiful Malibu, California

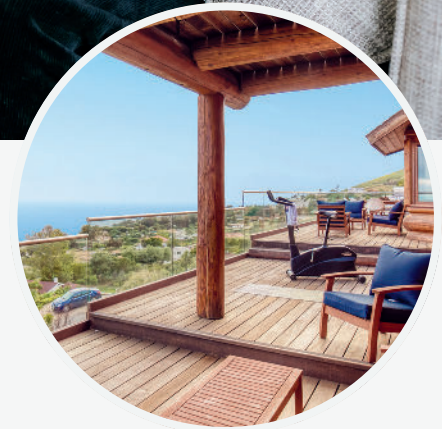
Admissions: 866-352-2075

Let our highly trained admissions specialists help you determine if our program is the right fit for your needs.

### TRUSTED TREATMENT, CUSTOMIZED CARE

For more than 45 years, The Meadows has been helping people overcome addiction, heal unresolved emotional trauma, and develop the tools they need to transform their lives.

That time-tested Meadows Model is available in a boutique setting at The Meadows Malibu. Our outcomes are unparalleled. Join us to begin your journey to lasting recovery.



### ABOUT US

At The Meadows Malibu, we go beyond quick fixes to get to the root causes of behaviors and issues. Our expert clinical staff – which includes therapists trained in Internal Family Systems, Post-Induction Therapy, and Accelerated Resolution Therapy – help patients find deep healing from substance use disorders, mental health issues, and unresolved emotional trauma. And the healing continues long after they leave because they are sent home with tools and techniques to help them continue to transform their lives.

### WHAT WE OFFER

- Comprehensive inpatient treatment
- Integrated trauma services
- Post-Induction Therapy
- Eye Movement Desensitization and Reprocessing
- Accelerated Resolution Therapy
- Internal Family Systems Therapy
- Somatic Experiencing Therapy
- Innovative Brain Spa & neurofeedback

### WHAT WE TREAT

Our program is designed to address a variety of issues, including:

- Substance use disorders
- Dual diagnosis
- Emotional trauma
- Depression, anxiety, & bipolar
- Intimacy & sexual struggles
- Sex addiction\*
- Post-traumatic stress disorder
- Codependency & control issues
- Work addiction & money issues
- Relational problems
- Body image issues

*\*Open to patients from Gentle Path transitioning to continued care.*



## OUR MULTIDISCIPLINARY PROGRAM

Successful treatment combines a diverse range of powerful methods that work together to foster support, discovery, and healing. The Meadows Malibu's individualized approach encompasses the Meadows Model to address emotional trauma and addiction. Every client has a personally dedicated, multidisciplinary team to rely on for clinical, medical, and personal growth throughout treatment and beyond.

### PROGRAM ELEMENTS

- Full medical assessments
- One-on-one therapy
- Small group lectures & process groups
- Detox assistance
- Psychiatric support
- Medication management
- Alumni program & aftercare support

### HOLISTIC OFFERINGS

- Equine-facilitated therapy
- Nutrition education
- Acupuncture & massage
- Yoga, qi gong, & somatic movement
- Expressive arts
- Surf therapy
- 12-Step & SMART meetings
- Offsite group excursions
- Meditation, mindfulness, & breathwork

## BRAIN CENTER

In addition to traditional therapeutic modalities, we offer bio- and neurofeedback sessions to enhance the treatment and recovery process. We use cutting-edge methods and state-of-the-art equipment to aid in grounding and self-regulation. Neuro- and biofeedback help to retrain the brain, making it possible to confront deeper issues with less anxiety and a calmer spirit. There are multiple opportunities to utilize the Brain Center every week, both individually and with peers, all guided by our neurofeedback specialist.



### EMILY DELSTER, LMFT, CSAT

*Executive Clinical Director, The Meadows Malibu*



Emily began her career in behavioral health as an intern at The Meadows in Arizona, where a Survivor's Workshop sparked her passion for helping others heal. She went on to serve as a family and primary therapist, focusing on trauma, PTSD, addiction, and suicidality. In 2022, she relocated to California and joined The Meadows Malibu, where she now serves as Executive Clinical Director, supporting her team in delivering exceptional trauma and addiction-focused care.

Emily has trained with leaders in the field, including Dr. Richard Schwartz (IFS) and Dr. Peter Levine (SE). She is certified in Accelerated Resolution Therapy (ART), Post Induction Therapy (PIT), the Safe and Sound Protocol (SSP), and is a Certified Sex Addiction Therapist (CSAT). Her approach in therapy and leadership is warm, honest, and future-focused.