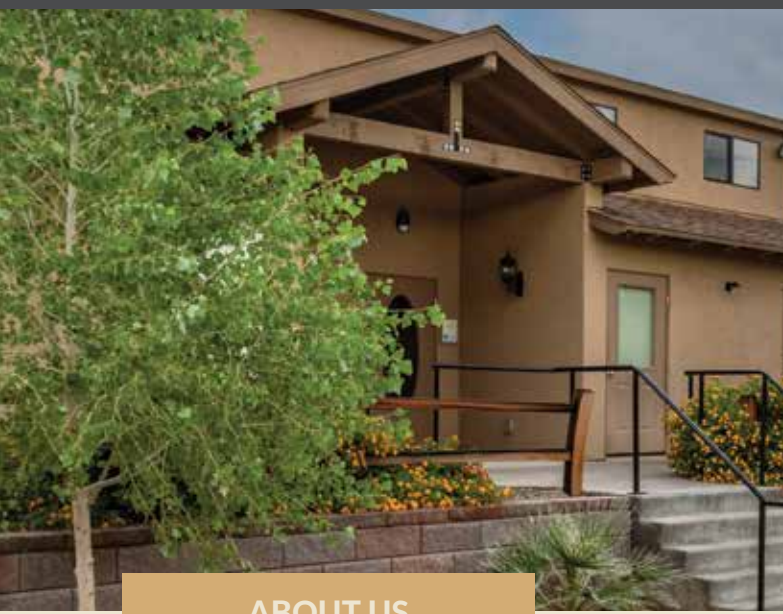




A Meadows Behavioral
Healthcare Program
Located in
Wickenburg, Arizona

Admissions: 866-352-2075

In-Network Providers: First Health,
Multiplan/PHCS/HMN/AMN/RAN,
TRICARE, TriWest Healthcare
Alliance/WPS, PNOA



RELATIONSHIP HEALING FOR WOMEN

Willow House at The Meadows is an intimate, specialty inpatient treatment experience for women who struggle with trauma, intimacy issues, relationships, and sexual issues. Our patients benefit from the highest level of care in a nurturing environment where they can rebuild their confidence and develop relationships that will empower their recovery.

ABOUT US

We strive to help every person realize emotional health, relational intimacy, and a deeper understanding of themselves in accordance with their values. Our immersive, trauma-focused treatment approach accelerates the patient’s therapy, so they can experience the genuinely joyous long-term work of rediscovering connection, intimacy, and pleasure.

WHAT WE OFFER

- Detox
- 45-day stay
- Full-time medical physician
- Individualized care from a board-certified psychiatric provider
- CSAT-certified therapists
- On-site, 24-hour nursing staff
- High staff-to-patient ratio
- Weekly one-on-one sessions with a primary counselor

- In-depth trauma work using trauma-informed therapies
- Identify and treat underlying causes
- Brain Center with bio/neurofeedback
- Dietary support as needed from a Registered Dietician
- Family programming
- Aftercare planning

WHAT WE TREAT

- Relationship and intimacy disorders
- Childhood trauma
- Love addiction
- Substance use disorders
- Sexual trauma
- Domestic violence
- Mood disorders

- Sexual issues
- Boundary issues
- PTSD
- Personality disorders
- Co-occurring disorders
- Disordered eating
- Partner betrayal



PROGRAMMING

Willow House at The Meadows is not a one-size-fits-all treatment program. We start with a diagnostic assessment to get clarification on each patient's specific dysfunction patterns and their effects on her relationships, self-esteem, and livelihood. Patients also go through our signature Survivors Workshop allowing them to enhance their journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment. This process will enable us to develop a personalized treatment plan for the best outcomes which may include psychodrama, Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR), Dialectal Behavior Therapy (DBT), Post-Induction Therapy (PIT), small groups, and 12-Step.

Family Engagement

When appropriate, we offer in-person family work to give our patients and their loved ones a safe space to engage in open and honest communication while exploring family relational issues. We also focus on relapse prevention to transition smoothly back to their home environment and daily life. When patients leave our care, they will have an aftercare plan and the support of our robust Alumni program to keep them engaged.

EXPERIENTIAL THERAPIES

Willow House encourages women to embrace a lifestyle that incorporates emotional, intellectual, physical, social, and spiritual growth by offering a wide range of activities and holistic therapies including:

- Trauma-informed yoga
- Mindfulness and meditation
- Tai chi
- Ropes and challenge courses
- Acupuncture
- Equine therapy
- Expressive arts therapy
- Defense classes
- Nutritional consultation
- Recreational activities
- Spiritual counseling

BRAIN CENTER

In addition to traditional therapies, neurofeedback sessions with a trained technician decrease the physical manifestation of trauma in the body and regulate brainwaves. Each patient also has access to cranial electrotherapy stimulation, heart rate variability, and other techniques that enhance the overall treatment process.



SCOTT E. DAVIS, MED, LPC-S, CSAT-S

Executive Director

Scott Davis joined the Meadows Behavioral Healthcare team in 2015 as the clinical director at our flagship program, The Meadows, before becoming chief clinical officer for all of Meadows Behavioral Healthcare. He took the helm at Gentle Path and Willow House in the summer of 2022, applying his training in Internal Family Systems, Post Induction Therapy, EMDR, and trauma to his role as executive director.

Prior to joining The Meadows, Davis held positions as director of clinical services, case manager, eating disorder program director, and regional director of outpatient services. He has experience treating patients and military personnel who have substance use disorders, sex addiction, eating disorders, and trauma. In addition, he has training in modalities that include neurofeedback, brain mapping, EMDR, CBT, motivational interviewing, challenge course, ropes facilitation, and the interplay among brain development, neurology, and trauma recovery.

