



TRUE LIFE
Center

Our Holistic Approach to Recovery

Where Healing Takes Root in Recovery
Reach Out Now at

866.494.9826

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From the day we opened, True Life Center has established itself as a leader in the mind-body approach to mental health. There is no single condition, from depression to trauma, that does not manifest in physical symptoms. We will address your mental health by helping your physical body be at ease through multiple mind-body modalities that have been proven to be effective. True Life prides itself on taking the very best of evidence-based medicine and therapeutic approaches and combining them with holistic medicine to give you the ultimate opportunity to achieve full recovery of mind, body, and spirit.

At [True Life Center](#), the leading outpatient holistic recovery center, we help you [overcome your mental health condition](#) or addiction with a focus on nurturing and utilizing the mind-body connection to help you achieve full health.

What Exactly Is A Holistic Approach To Recovery?

True Life Center's holistic approach acknowledges that mental health conditions are experienced in the body. We have yet to meet a patient who hasn't had at least one physical health symptom related to their mental health. The body stores our emotional and psychological states on a neurochemical level. Treating only the mind or the body brings the patient relief, but it does not address the issues that caused the pain in the first place. At True Life, we practice Root Cause medicine. We believe that by uncovering and treating the root cause and source of suffering, a patient will have ultimate healing and be free to lead their authentic life optimally.



“They are some of the nicest people I know. I started IOP there last year and it’s been uphill for me ever since. The psychiatrist is friendly and open-minded, and was willing to let me try a form of treatment that other doctors I’ve had would’ve been closed off to, and it’s been the best thing that could’ve happened! They’re also not totally intolerant of human mistakes and errors, but still hold u accountable in a kind way. Great place!”

– Laura S.

- Body healing with Qi Gong

Not every treatment modality will work for your specific experience and presentation. Therefore, we will put in place a comprehensive initial assessment to get a deeper understanding of your mental health and addiction history. This complete assessment will begin to uncover the root cause of your suffering and start to lay out the treatment course that will most optimally lead to your healing and complete recovery.



[Click to watch video](#)

Common Signs Of Addiction

At True Life Center’s mental health intensive outpatient program (IOP) and partial hospitalization program (PHP), we treat both panic attacks and anxiety attacks with our unique . Our NBI program is used to discover the root cause of illness and utilize an integrated and collaborative approach that gets results. This includes:

- Individual psychotherapy with , , EMDR and/or psychodynamic approach
- Expert psychiatric treatment
- Mindfulness and self-compassion practices

Yoga Therapy And Acupuncture At Our San Diego Holistic Recovery Center

True Life Center is proud to offer what we have found to be the most effective types of holistic care at our facility, including yoga therapy and acupuncture. Yoga therapy and acupuncture treatments have been used for many years to relieve numerous ailments.

Yoga as a Therapeutic Intervention Statistics

According to an Eventbrite survey, the top three reasons for practicing yoga in the U.S. are: to release tension (54% of respondents), to get physically and mentally stronger (52%), and to feel happier (43%).

Another study of 131 people had similar results, showing that 10 weeks of yoga helped reduce stress and anxiety. It also helped improve quality of life and mental health.

An NIH study showed that, after ten weeks, women who practiced yoga once weekly had fewer symptoms of PTSD. In fact, 52% of participants no longer met the criteria for PTSD at all.

Sources:

47 Compelling Yoga Statistics: 2021 Data on Industry Growth & Effects on Health

13 Benefits of Yoga That Are Supported by Science

NIH: Yoga as an Adjunctive Treatment for Post-Traumatic Stress Disorder

The Benefits of Yoga: 38 Ways Your

Practice Can Improve Your Life

Many experts feel that we truly don't understand the far-reaching mental and physical effects of trauma. One of the most effective therapeutic intervention methods is practicing yoga. At True Life Center, our team recognizes that yoga can help people heal from trauma, and we recommend this practice for our clients. Learn more about how yoga at True Life Center can help you or someone you care about address and overcome trauma by calling 866.942.5876 or completing our online contact form.



Yoga Therapy

Overview

Yoga is a practice that is built around a series of postures or poses that stretch muscles and improve balance. Some of the poses people make may be simple, such as holding up their arms or stretching their backs. Other poses are more challenging, such as lifting their legs into bent shapes. People move from one pose to another throughout a yoga therapy session, sometimes quickly and sometimes slowly.

So, why do we use yoga therapy at our San Diego holistic recovery center? Some of the reasons that yoga can be an effective tool in recovery include:

Yoga is inclusive.

Yoga is a low-impact form of exercise that can be modified based on a person's health and skill level. As a result, almost everyone can participate in yoga therapy, regardless of their fitness level.

Yoga improves physical health.

This type of therapy is considered an ideal form of exercise for people who have poor physical health due to decades of drug or alcohol abuse. People who feel better on a physical level might be less inclined to return to addiction, as they'll have the strength and confidence to resist temptation.

Yoga enhances mental health.

People who engage in yoga therapy often experience enhanced focus and reduced symptoms of anxiety and depression. The calming effect of yoga can also relax the mind, which is a key component of recovery.

Yoga promotes better sleep.

Though the reason that yoga helps people sleep better is not clear, it has been shown to increase the secretion of melatonin, a hormone that regulates sleep and wakefulness. When people are abusing drugs or alcohol, erratic sleep patterns can severely damage mental health. Yoga therapy can help to restore healthy sleeping habits.

Yoga can ease symptoms of PTSD.

Studies have shown that yoga therapy can significantly reduce symptoms of post-traumatic stress disorder. This is especially helpful for people in recovery because addiction is often used to cope with the pain of past traumatic events. Yoga therapy can be a path for healing emotional scars that may be causing addiction.



Acupuncture

Overview

Acupuncture is an ancient Chinese practice of inserting needles into the skin to hit pressure points, thought to relieve physical and mental ailments. Acupuncture is based upon the belief that stimulating certain points in the human body can improve the flow of Qi, which is a Chinese term that translates as “life energy.” Acupuncture supposedly clears the blockages caused that disrupt the central nervous system and organ functioning. Chinese medicinal practices have grown in popularity among western practices, especially as an alternative to traditional addiction treatment methods.

“True Life Center is so awesome because they take such a holistic approach in ensuring recovery for their patients. I’m over the prison like halfway house recovery places that I’ve had to go to in the past, but True Life isn’t that. You meet with professionals who pave the road for recovery and show you how to find that road. It’s just the best. Thank you True Life.”

– Sam S.

During an acupuncture session at True Life Center, paper-thin needles are inserted into five different points of the ear. It only takes a few minutes for the practitioner to insert the needles. Then, the person sits silently for thirty to forty-five minutes, usually with the lights dim. This creates an environment of peace and well-being which leaves the person feeling profoundly calm and relaxed. Those currently dealing with symptoms of drug withdrawal often report feeling some amount of relief from their symptoms after treatment.

Some of the other reasons that we use acupuncture at our San Diego holistic recovery center are:

Lessens cravings

Research results show evidence that acupuncture raises the level of endorphins in the nervous system. Endorphins are the body’s natural painkillers. Therefore, cravings and withdrawal symptoms can be lessened by raising endorphin levels.

Promotes stress relief

Stress is often a reason that people relapse after treatment. Acupuncture helps to stimulate blood flow, relax muscles, and calm the nerves so that a person is less likely to relapse.

Eases pain

Someone in recovery should be shown natural ways of dealing with pain. Because addicts shouldn’t become dependent on painkillers, acupuncture can provide natural pain relief.

Stabilizes emotions

Addiction often causes people to have sudden mood swings or outbursts of anger. Acupuncture has been shown to relax the mind and help people feel more “even-keeled.”

Decreases anxiety

Acupuncture has a similar effect on anxiety as yoga therapy. Both practices have been shown to reduce anxiety symptoms and give people peace of mind.

What We Treat At True Life Center

According to NAMI, 20% of American adults suffer from a mental health condition every year. Additionally, 4% suffer from a mental health condition so severe that it interferes with their lives.

Our San Diego holistic recovery center’s experienced and compassionate staff understands the struggles that people living with mental health issues face. As such, we are dedicated to treating a wide variety of mental health condition:

- [Major depression treatment](#)
- [Generalized anxiety disorder treatment](#)
- [Social anxiety disorder treatment](#)
- [OCD treatment](#)
- [Panic disorder treatment](#)
- [Bipolar disorder treatment](#)

Research indicates a correlation between childhood trauma and mental health issues. Those who suffer trauma, especially early in life, run a greater risk of suffering from a mental health condition later if they do not seek help from a childhood trauma treatment center.

We understand the devastating effect that traumatic experiences can have on people. In some cases, those who have encountered such experiences struggle to cope and, as a result, can’t participate in day-to-day activities.

For this reason, we welcome those who are suffering from trauma-related mental health conditions such as PTSD and acute stress disorder. We offer life skills training so these individuals can learn beneficial coping tactics. Additionally, we are happy to counsel those who are struggling with grief, loss, and insomnia.



Complex Trauma Statistics

64% of the U.S. population has at least one adverse childhood experience (ACE), which is another term for a traumatic event.

People who have experienced complex trauma are **FIFTEEN TIMES** more likely to attempt suicide.

26% of children in the United States will witness or experience a traumatic event before they turn four years old.

Source:

Compassion Prison Project
Recognize Trauma

Many people are familiar with post-traumatic stress disorder (PTSD). While PTSD is caused by a single traumatic event, complex post-traumatic stress disorder, commonly referred to as "complex trauma," is caused by long-lasting trauma that continues or repeats for months, even years. At True Life Center, our team of experts believes in the effectiveness of therapy to heal emotional wounds caused by trauma. Learn more about our therapy programs today by calling 866.942.5876 or completing our online contact form.



Outside of mental health, our other specialties include addiction. Substance abuse is one of the most significant issues for many health centers and is greatly affected by mental health. In fact, nearly 50% of all substance abuse disorder cases are related to poor mental health and vice versa.

In order to accommodate every patient that we can, our holistic recovery center provides a wide range of addiction treatment programs for a variety of substances. Our [substance abuse treatment programs](#) include:

- [Alcohol addiction treatment](#)
- [Benzodiazepine addiction treatment](#)
- [Marijuana addiction treatment](#)
- [Cocaine addiction treatment](#)



Receive Holistic Healing In Recovery Today

Are you looking for a facility that offers a holistic approach to treatment? If so, True Life Center may be the right fit for you. Our San Diego holistic recovery center provides comprehensive and compassionate addiction treatment that heals the mind, body, and spirit. If you would like to learn more about our holistic approach to recovery, contact True Life Center today at 866.942.5876 for more information and immediate assistance. Make today the day you take the first step in your recovery journey.

