

# LET US BE YOUR PARTNERS IN HEALING.



**CAPSTONE TREATMENT CENTER** helps young adults 26 and under struggling with a wide range of compulsions, addictions, hurts and other self-destructive behaviors.

Our goal is to help young

men navigate the transition from adolescence to adulthood by addressing the underlying issues that keep them from progressing, whether trauma, toxic shame, family conflict or other

hurts. Often these situations leave them feeling helpless and wondering where to turn. Capstone can help you take the next step.

**CANINE COMPANION THERAPY** is a unique part of Capstone's approach. Each client receives a registered Labrador retriever puppy upon admission. The dogs become an integral piece of the therapeutic process helping address attachment and facilitate healing. After graduation, our clients leave with a companion in recovery for years to come. —

## CAPSTONE'S SCOPE OF TREATMENT

### CO-OCCURRING DISORDERS

- Depression
- Anxiety
- ADHD/ADD
- PTSD

### ADDICTIONS

- Substances
- Pornography
- Sexual
- Compulsive Video Gaming
- Gambling
- Internet
- Compulsive Behaviors

### TRAUMA

- Sexual Abuse
- Physical Abuse
- Divorce
- PTSD
- Rejection/Loss/Death
- Neglect/Emotional Abuse

- Attachment Issues
- Self-injury
- Natural Disaster
- Accidents/Surgery
- Invasive Medical Procedures

### BEHAVIOR & ATTITUDE

- Defiance
- Entitlement
- Idleness
- Anger Explosions
- Irresponsibility
- Apathy
- Laziness
- Over Indulgence
- School/Legal Problems

### FAMILY THERAPY

- Family Conflict
- Marital Issues
- Parent-Child Difficulties
- Sibling Problems

### RELINQUISHMENT/ADOPTION ISSUES

### LOW SELF-ESTEEM



  
**CAPSTONE**  
PROFESSIONAL EXCELLENCE | CHRIST-CENTERED



## SKILLED THERAPISTS. FOCUSED THERAPY.

### THERAPY TEAM TRAINING

- Certified Sexual Addiction Therapist (CSAT) and onsite CSAT Supervisor
- Eye Movement Desensitization and Reprocessing (EMDR Part II)
- Certified Trauma Therapist (CTT Intern)

### LICENSURE TRACKS

- Licensed Professional Counselor (LPC) and/or Licensed Marriage and Family Therapist (LMFT)

### TEAMWORK

Therapists collectively review each client's progress in individual and group therapy on a weekly basis in order to develop a more comprehensive treatment plan.

“Amazing! Saved our son. The team has so much compassion for the whole family unit. We found healing and restoration at Capstone. They send you home with the tools and resources that allow the healing process to continue.”

- Father of 24-year-old  
Capstone graduate



### INTENSIVE THERAPY PROGRAM

#### INDIVIDUAL THERAPY

- Averages 1:2 therapist-to-client ratio
- Each client receives a minimum of four hours of individual therapy per week from their Primary Therapist, except during Family Week and Trauma Week.



### EXPERIENTIAL THERAPY

- Private challenge course on-campus
- Friday adventure days off-campus
- Canine Companion Therapy

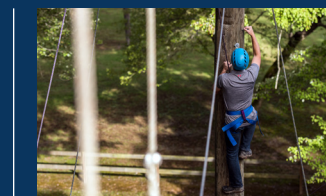
### FAMILY THERAPY

- Over 70 hours of family therapy
- Comprehensive family treatment plan
- Weekly phone sessions with parents during son's stay at Capstone

### POST-TREATMENT SERVICES

- Weekly phone consultation with Primary Therapist for three months

- Two-day Family Intensive/Relapse Prevention Tune-Up
- One weekend Family Reunion workshop during the first 12 months post graduation



### CUTTING-EDGE THERAPY

The Core-Systems Model is an Integrated Systems Model that incorporates Family Therapy, Interpersonal Neurobiology, Adventure Therapy, along with specialty training in trauma and multiple addictions.