

Holistic Therapy Addiction Treatment San Diego HGR Drug Rehabs Evidence-based clinical programming is the foundation of effective addiction treatment, but the most comprehensive programs recognize that recovery also involves healing at a physical, emotional, and spiritual level that traditional talk therapy alone does not always reach. HGR Drug Rehabs San Diego California integrates a range of holistic therapies into its treatment programs at Harmony Grove Recovery, creating a multi-dimensional recovery experience that addresses the whole person. Equine therapy is among the most distinctive offerings at HGR, and research on its application in addiction treatment consistently shows benefits for emotional regulation, self-awareness, boundary-setting, and non-verbal communication. Working with horses in a therapeutic context creates experiences and insights that can be transformative for clients who have difficulty accessing their emotional experience through conversation alone. Yoga and meditation provide tools for stress management, mindfulness, and somatic awareness that support both the early recovery process and long-term mental health. Beach excursions and recreational therapy reflect a broader philosophy of learning to enjoy life sober. A meaningful component of recovery is discovering and developing activities that provide genuine pleasure and social connection without substances, and the San Diego setting gives HGR access to natural environments and recreational opportunities that support this process in a way few inland facilities can match.

HGR Drug Rehabs San Diego California | 402 W Broadway Suite 400, San Diego, CA 92101 | 760-697-0497

The combination of clinical rigor and **holistic drug rehab San Diego** holistic programming is reflected in the reviews that former clients and families share about HGR. The food is described as outstanding, the fitness options as robust, and the overall environment as beautiful and conducive to healing. These qualities are not incidental: they reflect an intentional design philosophy about what effective recovery support looks like. Call HGR Drug Rehabs San Diego California at 760-697-0497 to learn more about holistic addiction treatment in San Diego. Located at 402 W Broadway Suite 400.

## HGR Drug Rehabs San Diego

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**Drug & Alcohol Rehab San Diego, CA**

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