



A Meadows Behavioral Healthcare Program.
Located in Wickenburg, Arizona.

Admissions: 866-352-2075

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

SAFE AND CONFIDENTIAL TREATMENT FOR MEN

Gentle Path at The Meadows offers an all-inclusive, treatment experience for adult men who struggle with problematic or compulsive sexual behavior, relationship issues, sexual trauma, sexual anorexia, or other sexual disorders, many of which have trauma at their core. Our patients benefit from a psychiatric hospital level of safety in a homey, healing residential care environment.



ABOUT US

Since its inception, Gentle Path at The Meadows has set the standard for compassionate, trauma-focused treatment for sexual compulsivity. The Meadows' signature Survivors experience allows patients to process trauma experientially through an inward connection to self that allows for profound healing. Our treatment approach utilizes Dr. Patrick Carnes' methodology and our Meadows Model along with evidence-based psychotherapy interventions and neurofeedback to address the physiological, psychological, and interpersonal complexity that is compulsive sexual behavior.

WHAT WE OFFER

- Full-time physician on site
- Psychological testing
- Individualized care from a board-certified psychiatric provider
- CSAT-certified therapists
- Addiction specialists
- 24/7 care from our professional psychiatric nursing staff
- Weekly one-on-one sessions with therapist
- High staff-to-patient ratio
- In-depth trauma work
- Brain Center with neurofeedback
- Rainbow Advocate and Educator Therapist for LGBTQIA2+ individuals
- Support from a registered dietician
- Recreation therapists
- Family programming led by Certified Partner Trauma Therapist
- Aftercare planning

WHAT WE TREAT

- Sexual addiction
- Intimacy disorders
- Relationship issues
- Sexual trauma
- Emotional trauma/PTSD
- Sexual anorexia
- Sexual identity issues
- Substance use disorders
- Co-occurring mood disorders
- Mental health conditions
- Attachment disorders

Visit GentlePathMeadows.com to learn more. | Admissions: 866-352-2075



PROGRAMMING

Treatment at Gentle Path at The Meadows begins with detailed psychologic testing utilizing multiple evidence-based instruments, with synthesis, assessment, and education by a board certified psychologist. This comprehensive diagnostic workup is the basis for the creation of a holistic, personalized treatment plan to guide each patient through to recovery.

Our professional, caring clinical team relies on a wide range of treatment methods for the best outcomes. This may include psychodrama, Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR), Accelerated Resolution Therapy, Internal Family Systems, Dialectal Behavior Therapy, Cognitive Behavioral Therapy, Post-Induction Therapy, small groups, and 12-Step.

Family Engagement

Gentle Path offers support and involves the patient's loved ones whenever possible. Our family program helps educate, promote healing and communication, and come to a place of peace and resolution. 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.

EXPERIENTIAL THERAPIES

To truly treat an individual suffering from sexual addiction, it helps to create a new perspective on the world around them. As part of this philosophy, we utilize a wide range of experiential therapies to help our patients think differently about their feelings, emotions, and interactions with others. These experiential therapies help bring patients' inner struggles to the forefront, so they can move through their barriers. These include:

- Trauma-informed yoga
- Mindfulness and meditation
- Tai chi
- Ropes and challenge courses
- Acupuncture
- Equine-assisted psychotherapy
- Expressive arts therapy
- 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.

