

# NOAH LEVINE'S REFUGE RECOVERY CENTERS SUBSTANCE ABUSE TREATMENT CENTER

Refuge Recovery Center is mindfulness-based addiction treatment program that utilizes Buddhist philosophy as the cornerstone of the curriculum. Located in East Hollywood California, we provide full service treatment: detoxification, residential treatment, partial hospitalization, intensive outpatient, and structured transitional living. Our program guides those who struggle with addiction, trauma, and co-occurring disorders to toward the process of recovery.

The program provides a practice-based framework grounded in practical Buddhist ethics and psychology. We combine Buddhist meditation practices with evidenced-based psychotherapy models, including EMDR, and offer individuals a full-range of therapeutic skills that empower and promote long-term recovery.

Our treatment program provides an integrative approach that incorporates mind, body, spirituality, and family. We acknowledge that those struggling with substance abuse greatly benefit when they are able to understand the suffering that addiction has created while developing tools to hold with compassion the pain they have experienced.

Individualized treatment plans include one-on-one sessions with several professionals including a psychiatrist, a therapist trained in EMDR therapy, and a personal case manager in order to establish a continuity of care for supportive recovery. We empower our clients to develop the necessary intention, willingness, and courage to heal addiction with integrity, allowing them to create the meaningful lives they seek.

Call or text us anytime

323.207.0276

[www.refugerecoverycenters.com](http://www.refugerecoverycenters.com)

INSURANCE ACCEPTED



**Dr. Steve Dansiger, PsyD, MFT**

Clinical Director, Refuge Recovery Centers  
Founder of the MET(T)A Method

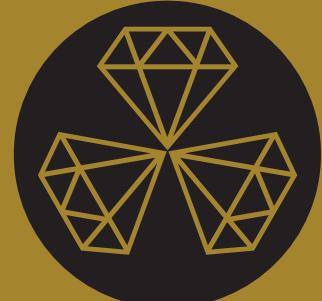
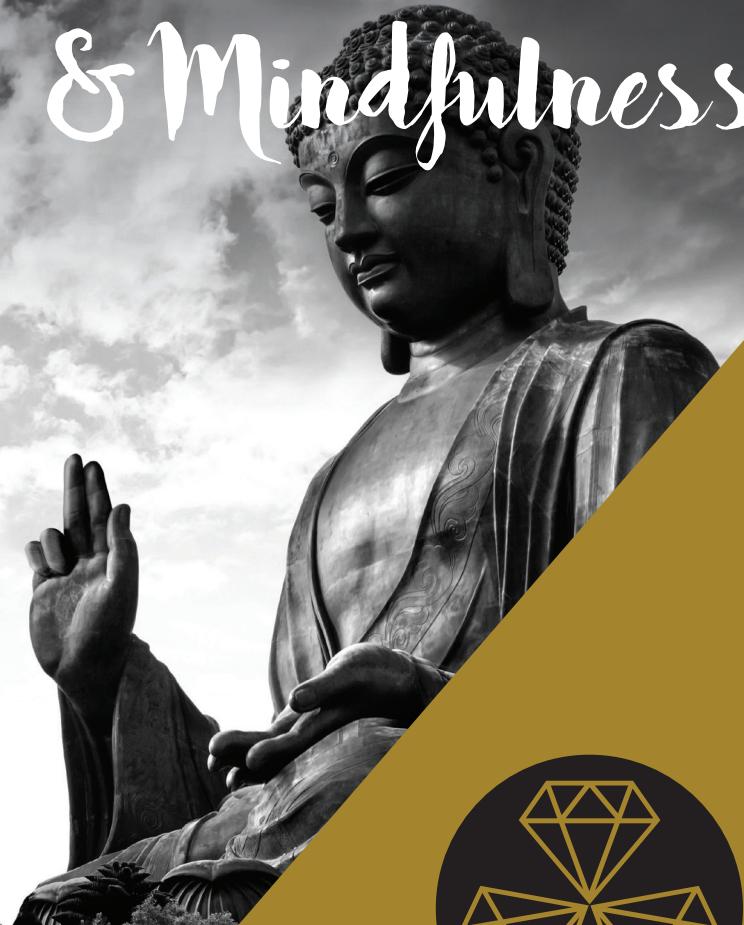
Dr. Steve holds a Doctorate in Clinical Psychology and a Masters in Counseling Psychology. Now practicing and teaching in the Insight tradition, he has been a practicing Zen Buddhist for over 25 years, including a year-long residency at a Zen monastery. He is an EMDRIA Approved Consultant and Certified EMDR Therapist, and has trained all of the clinicians at Refuge Recovery Centers in EMDR therapy since becoming Training Faculty for the Institute of Creative Mindfulness.

While working in addictions treatment settings at all clinical levels he has consistently believed in the importance of trauma-informed care, but couldn't find a structure that could actually do something specific, long-term and sustainable about the underlying trauma of addictions clients. He believes that the work being done at Refuge Recovery Centers provides that structure. He presents locally and nationally on the Refuge Recovery treatment model, EMDR and Mindfulness, Clinical Dharma (his book describing his self care program for clinicians), and other topics related to Buddhism, recovery, and trauma treatment.

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REFUGE RECOVERY CENTERS

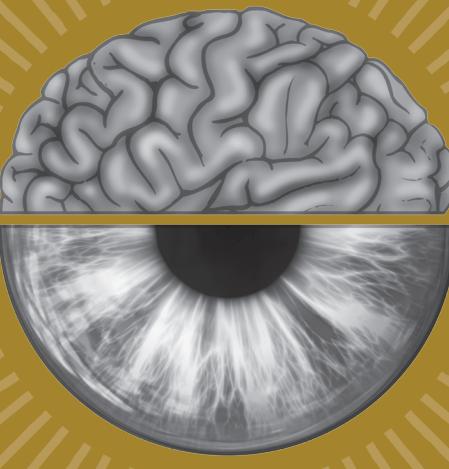
# EMDR THERAPY & Mindfulness



## What is EMDR?

Eye Movement Desensitization Reprocessing (EMDR Therapy) is a psychotherapy designed for treating distress associated with traumatic memories, which was discovered and described by Dr. Francine Shapiro beginning in 1987. EMDR therapy has become an evidence-based treatment for Post Traumatic Stress Disorder (PTSD) and recognized by the World Health Organization, the U.S. Department of Defense, the American Psychiatric Association and others as a front-line treatment for trauma, commonly correlated with addictive behaviors and substance abuse.

The model on which EMDR therapy is based, Adaptive Information Processing (AIP), posits that much of psychopathology is due to the maladaptive encoding of and/or incomplete processing of traumatic or disturbing adverse life experiences. This impairs the client's ability to integrate these experiences in an adaptive manner. EMDR therapy facilitates the adaptive processing of these experiences.



*All of the Refuge Recovery therapists are trained in EMDR therapy, including our founder Noah Levine. Pictured above are several of our EMDR trained therapists.*

# MET(T)A Method

MET(T)A (Mindfulness and EMDR Treatment Template for Addictions) is an innovative approach of envisioning and implementing addictions treatment that is grounded in both EMDR therapy and mindfulness practice, continuing the integration of Western and Buddhist psychology that has revolutionized recent therapeutic modalities. It honors the current belief that there is a deep need for trauma resolution to be a key focus of treatment in order to strengthen relapse prevention and create sustainable long-term recovery.

The name MET(T)A is META and METTA combined. META represents the use of the Adaptive Information Processing (AIP) Model and the 8-Phase Protocol of EMDR therapy to design and deliver treatment within a treatment center structure. Metta, the spirit and practice of which guides the MET(T)A Method, means "loving-kindness" or "friendliness" in the ancient language of the Buddhist teachings. This practice is used both as an anger management approach and as a reconditioning method for negative cognitions.

*The MET(T)A Method was born out of the belief that Buddhist-based mindfulness practice can be a core organizing principle and resourcing tool in a treatment setting. When paired with EMDR therapy, we seek to move from trauma-informed care to trauma-focused care.*

*Research is currently underway at Refuge Recovery Centers on the MET(T)A Method. Elements of the method are included in the book "EMDR Therapy and Mindfulness for Trauma Focused Care," by Dr. Dansiger and Dr. Jamie Marich, out on Springer Books in Summer 2017.*

Refuge Recovery Centers views mindfulness practice and trauma-focused clinical care as our core organizing principles. Mental health professionals and governmental organizations are calling for the treatment of trauma as the key to successful psychological healing.

Addiction treatment therapists are echoing this call that successful substance abuse treatment must address trauma using evidence-based therapies such as EMDR. Refuge Recovery Centers is dedicated to using therapies and practices that will bring the desired result - mindful trauma resolution resulting in stronger relapse prevention skills and sustainable long-term recovery.

