

## **CLARITY WAY -- holistic approach to clean living and clarity of mind.**

**Clarity Way** is a medically supervised premier holistic drug and alcohol rehabilitation facility based in South Central Pennsylvania's beautiful countryside. Specializing in individualized treatment programs catering to clients battling all levels of substance abuse and process addictions (i.e. gambling and sex), Clarity Way is an oasis for recovery.

From medical detox to aftercare, Clarity Way is committed to providing its clientele with successful addiction treatment combined with privacy, luxury and serenity at its 15-bed facility.

Upon arrival, clients receive a full medical and psychological evaluation, to determine an individually tailored treatment plan. The plan is created and put into practice by the clinical team, specializing in addictions counseling, music therapy, art therapy, psychotherapy, spirituality and cognitive behavioral therapy. Additional offerings include personal training, life purpose coaching, optional 12 step meetings, massage therapy and acupuncture.

Clarity Way is the only U.S. rehab to house a state of the art recording studio for its clients. It was designed by two-time Grammy nominated musician/producer Christopher Thorn, member of the band Blind Melon. The studio is outfitted with guitars, keyboard and a Mac computer equipped with a Pro Tools, GarageBand and Reason software. It is designed for clients to continue to express their creativity as they recover. Thorn notes, "Music is an art form that can affect us in profound ways and it's basically a universal medium. It can provide comfort, joy and laughter, and can help us through our most trying times. With the creation of the studio at Clarity Way, my hope is that those in recovery can use music as an outlet to find peace, and as a tool for self-discovery, in order to gain insight into who they strive to be in this life."

The Clarity Way Method is a success oriented program which utilizes a multi-sensory and multidisciplinary approach to addiction. The multi-sensory facet of the program is sensitive to the fact that everyone learns through different styles and speeds, some visually, some auditorily and others kinesthetically. By making use of all three learning styles clients achieve success by learning to truly understand the process of addiction and the benefits of clean and sober living. The multi-disciplinary approach enables clients to draw from a variety of avenues to define and apply new ways of understanding the mind, body and spirit. The team of therapists specialize in different modalities providing clear insight and perspective for each client in dealing with their individual issues. The therapists work in the disciplines of Drug and Alcohol, Cognitive Behavioral, Educational, Holistic, Family, Spiritual, Music, Art, Massage Therapy, Fitness Training and Life Skills. Through their own specific avenues, each discipline presents the same message of sobriety and clean living.

Clarity Way is aware of the need to have the most supportive and comfortable environment possible for those choosing recovery. Clients' goals are achieved by participating in weekly private and group therapy sessions and a variety of recreational activities. By providing an emotionally safe setting that is luxurious, healing, serene and secluded, Clarity Way focuses on mind, body and spirit. The innovative Clarity Way Method of a holistic multi-sensory and multi-disciplinary approach makes recovery achievable for all.

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

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