

## High-End Treatment Center Moonview Sanctuary Unveils Four New Core Treatment Programs

Unique Treatment Model Blends Eastern and Western Therapies  
to Create the Most Effective Program Available

**New York, NY (February 13, 2008)** - Moonview Sanctuary, the exclusive, non-residential treatment and optimal performance center which specializes in combining Eastern and Western approaches practiced by more than 70 experts in their fields, announced today the launch of four new Core Programs: *Overcoming Personal Crisis*, *Optimal Performance*, *Releasing Addictions* and *Transformational Health*. The new programs provide specified components to the treatment practices already in place at Moonview by further creating a customized plan of healing.

"All four programs integrate a broad range of counseling techniques and cutting-edge neuroscience with a foundation of spirituality, philosophy and ancient wisdom to provide the most effective tools for personal transformation," says Moonview Sanctuary Clinical Director Dr. Stephen I. Sideroff.

The *Overcoming Personal Crisis* program assists accomplished individuals in business and other prominent fields, who often work at an all-consuming pace, regardless of the toll it takes on their personal lives. These individuals attempt to sustain an extraordinary level of proficiency even when the pressures of their life send their internal world into chaos. When they are in crisis, the impact can be both psychologically and financially devastating.

To address the needs of families looking to overcome personal crisis, Moonview has also developed *Family Enrichment and Reconciliation* programs to strengthen or repair the loving family bond that will naturally allow each family member to feel heard, respected and honored. The program includes family sessions that are solution focused, centered on the restructuring of patterns, encouraging loving and effective communication and creating a healthy family environment.

*Moonview's Optimal Performance* program offers specialized training for high-performance professionals in business, sports and the arts who are striving to advance their expertise, broaden their skills and increase their performance. This innovative approach in the areas of Professional Development, Sports Excellence and Artistic Performance empowers each individual to increase their resilience and enrich their entire life.

The *Releasing Addictions* program operates in conjunction with inpatient facilities by continuing collaborative care and serving individuals who are seeking to overcome chemical dependency, eating disorders, sexual compulsivity and gambling. As a result of offering a team of professionals and interdisciplinary approaches, Moonview is able to offer the level of care and support that is required by someone after leaving an inpatient treatment experience. Moonview establishes good collaboration with referring agencies, therapists and centers to maintain continuity of treatment for long term success of the individual.

*Moonview's Transformational Health* program addresses the physical and emotional stress that results from chronic pain and life-altering illness such as cancer, HIV and other diagnoses. Moonview's treatment plan is designed to help bring a client's mind, body and spirit to its most effective functioning for the enhancement of the healing process and the management of physical and emotional pain. This unique approach helps identify the effective aspects of an individual's coping abilities and also the coping mechanisms that are no longer useful. Moonview practitioners assist clients in learning to reframe their condition in the most positive and effective manner to mobilize healing capabilities. Programs are also suited to help family members and caregivers of the patient.

For more information concerning Moonview Sanctuary, including the new Core Programs, please visit [www.moonviewsanctuary.com](http://www.moonviewsanctuary.com).

#### About Moonview Sanctuary

Moonview Sanctuary is an exclusive, non-residential treatment and optimal performance center which specializes in combining Eastern and Western approaches. These modalities include Western practices such as psychiatry, psychology and neuroscience, in tandem with Eastern philosophies such as yoga, meditation and Chinese medicine. Moonview offers the ultimate therapy experience, with an expert group of practitioners, all authorities in their field, working synergistically on a single client, couple or family. This customized approach provides the most private and confidential treatment possible to help clients heal, restore balance and enrich their lives.

*Please contact Leslie Friebert at 212.905.6262 or [lfriebert@js2comm.com](mailto:lfriebert@js2comm.com) for any inquiries, image and interview requests.*

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