

## **Moonview Sanctuary Releases First Case Study of Client Treated Using Unique Moonview Model**

**Trademarked Treatment Method Utilizes Novel Team Approach and Variety of Mind, Body and Spirit Modalities to Treat Individual**

**Los Angeles, CA** - Moonview Sanctuary ([www.moonviewsanctuary.com](http://www.moonviewsanctuary.com)), a non-residential treatment and optimal performance center which specializes in combining Eastern and Western approaches, released today the first case study of a client treated with the Moonview Model, a trademarked method utilizing a novel team approach and a combination of mind, body and spirit modalities. The report describes treatment of an alcoholic client suffering from fatigue, anxiety, depression, guilt and anger.

The case study examines intensive outpatient treatment of a 42-year old man suffering from multiple mental and physical complaints who is abusing alcohol, presumably to self-medicate emotional distress. The idiographic (individual-centered) study protocol employed the Moonview Model, a customized multidisciplinary treatment strategy, to reduce the client's substance abuse and emotional distress while improving his self-reported social functioning and quality of life.

The initial assessment and subsequent treatment incorporated the perspectives of multiple therapeutic approaches, including cognitive behavioral therapy, neurofeedback, mind/body approaches, sobriety education, neuro-emotional technique (NET), meditation and traditional Chinese medicine. The report defines the rationale of the various modalities used in the protocol and how the Moonview Model was applied to address the client's clinical issues. The case demonstrates how the novel treatment protocol strategically combines conventional and holistic treatment techniques to produce positive results.

In the Moonview Model, 10 therapists are selected from a roster of more than 70 treatment professionals, representing over 25 different modalities, to create a team wholly engaged in treating one individual. The program begins with a comprehensive assessment from multiple therapeutic perspectives to develop a positively-framed treatment plan that is not based solely on DSM-IV categories. During the treatments, the client experiences three to five individual therapies daily. A team leader oversees the continuity of each successive treatment and relays relevant information about each session to the next practitioner.

"This approach was established for a number of reasons," said Moonview Sanctuary Clinical Director Dr. Stephen I. Sideroff. "First, we believe that multiple perspectives result in a more thorough assessment and allow us to understand the patient in all his or her dimensions. Further, the approach allows the patient to feel fully understood, in turn creating a sense of safety and trust that facilitates the process going much deeper than would otherwise be possible."

The study authors state that the Moonview Model is designed to be ultimately flexible and adaptive. Each modality is carefully selected to address the specific needs of the individual client and the sequence of treatments is deliberate, designed to maximize the inherent benefits of approach. The effectiveness of the individualized treatment plan is evaluated daily in team consultation and continually adjusted to match the client's progress or creatively overcome resistance or emotional blocks.

"The true power of this approach is its responsiveness to the client's therapeutic breakthroughs," stated Moonview Sanctuary Medical Director Dr. Terry Eagan. "By integrating the approaches of many different therapists and changing treatments in response to progress, the client benefits from the synergistic effects of each modality and achieves much greater results. The Moonview Model is one of the most responsive and adaptive treatment protocols ever implemented in a clinical setting."

In the case study, the client participated in a four-day intensive outpatient treatment program every six to eight weeks for six months. The client received three to five, 60 to 90 minute individual therapy sessions per day focusing on addiction recovery, coping skills, interpersonal relationships, physiological self-regulation, mind/body integration, and stress management. To augment individual treatment sessions, the client also participated in couples' therapy with his wife to explore how childhood family patterns and destructive coping skills had been recreated in their marriage. The Moonview Model utilizes an integrative family systems approach to include family members and other significant relationships in the therapeutic process.

Upon completion of treatment, the client had achieved and sustained abstinence from alcohol or any other mind-altering substance for six months. He reported much greater energy and sense of well-being, along with a decrease in social anxiety and depression. Additionally, he reported an improved relationship with his wife and daughter and a greater amount of time spent together in both business and recreational activities. Follow-up interviews 30 days and 60 days post-treatment indicated that the client has been able to maintain sobriety and positive emotional outcomes and continues to follow treatment recommendations.

Dr. Gaetano Vaccaro, Moonview Sanctuary Deputy Clinical Director commented, "Without question, this client has benefited greatly from the collaborative treatment protocol implemented at Moonview Sanctuary. He continues to demonstrate the ability to maintain sobriety and he expresses a deeper understanding of his own internal processes. From a holistic perspective, the varied treatment modalities clearly support his capacity to integrate his mind, body, emotions and spirit and achieve a more fulfilling quality of life."

For more information concerning Moonview Sanctuary and its unique treatment method, please visit [www.moonviewsanctuary.com](http://www.moonviewsanctuary.com). To read the complete case study, please visit <http://moonviewsanctuary.com/pdfs/Article%20%201.pdf>.

[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.

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