

The Ranch is located on 2,000 historic acres, 45 miles west of Nashville, nestled among the beautiful woodlands and rolling hills of Tennessee, along the scenic Piney River. Used cooperatively as a hunting ground by Cherokees, Creeks and Chickasaws, the land nourishes the body and spirit today as it did centuries ago. Visitors often say they feel a healing presence here, and it is true — healing is witnessed at The Ranch every day.



recovering trust



Programs

The Ranch's programs include various experiential modalities used to identify and treat the underlying causes of self-rejecting behavior and trauma, with comprehensive treatment for men and women ages 18 and over. We offer a long-term program in monthly intervals to a small resident population, ensuring personalized therapy that is focused, structured, and honors the diversity of people, their specific needs and learning styles.

Each client receives 2 one-on-one therapy sessions per week, approximately 100 hours of therapy per month and a broad range of additional teachings, workshops and experiences.

The Ranch provides an integrated approach that addresses the underlying causes of suffering for:

Trauma/ PTSD

Substance Abuse/ Chemical Dependency

Eating Disorders

Co-occurring Disorders

Mood Disorders/ Depression, Anxiety

Codependency

Personality Disorders

Love and Sex Addiction





recovering life

Recovery from Substance Abuse and Addiction

At The Ranch, we believe our clients flourish best in an environment of support and respect where they can make healthy choices and are responsible for the consequences of those choices. Our approach, while different from many traditional programs, is valued by many facilities that actively refer their clients to us for ongoing treatment, as well as referring professionals seeking primary care for their clients, due to the fact that our program builds on our client's previous recovery work and individual strengths in powerful ways. Ambulatory detoxification is available for those who meet medical admission criteria. We support our clients in exploring and deepening their use of 12-step sponsorship, meetings, and step work and we further encourage them to broaden their focus to discover how they are creating every aspect of their lives. We help them to identify addictive patterns of behavior and address the underlying issues that can compromise their sobriety, health, and self-actualization. The Ranch provides a beautiful 12-step walking trail deep within the woods where clients can actively take steps towards freedom from their addiction.



Trauma & PTSD Program

The Ranch provides comprehensive recovery treatment for survivors of childhood and/or adult trauma of all types. Co-morbid addictive and compulsive disorders can be treated concurrently. Disorders such as post traumatic stress disorder, acute stress disorder, dissociative disorder, obsessive/compulsive disorder, and panic disorder are addressed by our multi-disciplinary team. The particular approach for treatment is determined on an individual basis to meet the client's needs.

Our staff is skilled to provide innovative techniques including EMDR (Eye Movement Desensitization and Reprocessing), art therapy, brainspotting, equine therapy, experiential role-play therapy, ropes and adventure therapy, Tai Chi, therapeutic/spiritual ceremonies, journaling, and the latest in medication management. We provide this within a conventional format of single-gender and mixed-gender groups, as well as individual sessions, family therapy, and workshop opportunities. The program stresses the mind-body-and spirit connection. It is geared toward a full exploration of feelings and messages received during traumatic experiences, within a safe "containing" environment. The opportunity to experience empowerment through full expression of feelings and to change negative beliefs about the self, others and a higher power, is provided.

Therapists at The Ranch are highly experienced clinicians with various specialties in trauma, EMDR, brainspotting, family systems, chemical dependency, sex, love and relationship addiction. Experienced milieu managers provide support and containment continuously during the day and night at our gender specific residence homes.



recovering truth

Eating Disorder Integrative Recovery

The Ranch Eating Disorders (ED) Program offers integrative recovery treatment for women struggling with Bulimia, Anorexia, Compulsive Eating, Restricting and Body Image Issues. Clients seeking longer-term care for managing and healing eating disorders, will find an integrated, trauma based, holistic approach in a gender-specific, non-institutional facility surrounded by natural beauty.

Our Integrative Recovery ED staff combines years of expertise in the areas of eating disorders, dual diagnosis, and co-occurring addictive disorders. Understanding the specific needs of ED clients, we keep residency small – no more than 10 women at a time — to make sure that each person receives customized attention and treatment. Our medical staff, clinical team, and dietician provide personal support and supervision as needed. Clients are guided by skilled staff to be responsible for their own meal planning and preparation.



Highlights of our Integrative Recovery ED Program:

- Individualized food plans designed by a Registered Dietician including biweekly sessions with the dietician
- Direct exposure to food, labels, "fear foods" and "binge foods"
- Staff-assisted meals and after meals emotional processing
- Food logs which track amount and type of food consumed and accompanying emotions
- Mindful eating practices including gentle meals
- Exposure to a variety of social situations including restaurant meals, group dinners, dessert and dining with other Ranch residents
- Weekly body image group and yoga/ Tai Chi/ Nia
- Eating Disorder Anonymous meetings with staff-assisted 12-step work
- Emphasis on integrating body with mind and spirit
- EMDR, art therapy, psychodrama, Gestalt and sensory therapy
- Coping skills based on sensate re-focusing including activities designed to replace self-injurious behavior addictions
- Weekly ED-specific Adventure/ Equine Therapy Groups
- Spiritual Development and Wellness groups and activities
- Family of Origin Groups



Residential Accommodations

The Ranch offers single gender residences for privacy and safety in a peaceful, serene environment. These lovely houses and their beautiful grounds provide unlimited opportunities for clients to become conscious of and integrate body, mind and spirit.

Hilltop House for Women

Hilltop is a contemporary log house boasting vaulted ceilings, a floor to ceiling stone fireplace in the living room, and a spacious kitchen ideal for cooking. The open staircase leads you to the upper level, which offers large bedrooms, a loft and private terrace. The front porch is perfect for daily meditation and provides panoramic views of the surrounding hilltops and grazing horses. Hilltop House can accommodate up to eleven women.



Lake House for Women

Lake House is a European inspired, country chateau that sits among the pastures of the Piney River Ranch. Each room in Lake House is spacious in design and offers up to ten women comfortable living quarters with breathtaking views of the countryside. The circular dining room and upgraded kitchen provide a gentle setting for community meal times.



River House for Men

"River House is one of the most unique, therapeutic settings today".

Located on the site of the old Pinewood Mansion next to

the Piney River, the Lyles train depot makes its home as the men's unit after being moved to the property in the early 1970's. Completely restored with a state-of-the-art kitchen, the depot is connected to an authentic cowboy bunkhouse that serves as the living quarters for up to twelve men. A pre-Civil War Era smokehouse now serves as the office and group room for the men's therapist.



Spring House

Spring House is a warm and inviting ranch-style home located on seventeen prestigious acres which border the Piney River. Built in 1996, the eclectic interior consists of a charming dining room, open kitchen, and comfortable bedrooms and offers 8 gender specific clients the opportunity to explore and begin their recovery journey. The living room is spacious with a cozy fireplace and the backyard has a trail that leads to the spring-fed creek. Spring House embodies the welcoming spirit of The Ranch.



recovering freedom

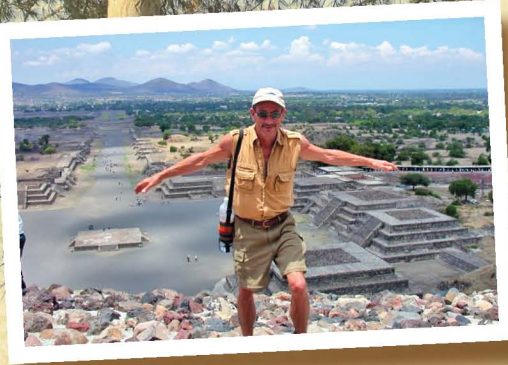
recovering passion



Spirit Recovery

Being authentic is the natural condition of humans. When we are authentic we express spontaneously with love and joy for life. As young children we started out connected to Nature, to Spirit, to the Wholeness of Life, and felt free to express that connection. As we grew, we began to be programmed in order to fit into society's beliefs. Some of these beliefs served us well, however many created conflict within ourselves. We learned to modify our behavior, to emulate what we thought we were supposed to be and not what we really were. We started self-judging and self-rejecting based on what we were taught and as a result, we lost our authentic selves.

Spirit Recovery goes to the heart of experiencing our natural condition as joyful, spiritual beings. Clients at The Ranch will have the benefit of Spirit Recovery weekends and can join Spirit Recovery conferences and journeys to experience themselves beyond the programmed limitations of beliefs, as aspiritual beings who are free to love, free to live, free to be happy.



recovering you

